

Health Promoting Lifestyle

By Michael T. Murray, N.D.

The first step is to follow a health promoting lifestyle including learning to deal with stress effectively. Next is to make sure that you provide the immune system with all the vital nutrients it needs to function optimally. These two simple steps can go a long way in supporting central control mechanisms to keep the immune system functioning in a manner that not only increases your resistance to colds, the flu, and other infections, but also protects you against cancer and other potentially deadly diseases.

Lifestyle and Immunity

Now let's discuss the practical steps you can take to improve immune system function. The first goal is to take a look at your lifestyle to see if there are any factors that may be interfering with your body's ability to fend off illness. Among the most likely culprits:

- Chronic or severe stress
- Excessive consumption of alcohol
- Exposure to environmental toxins
- Cigarette smoke
- Lack of exercise
- Poor sleep quality

For most people, the biggest factor that depresses their immune function is stress. When you experience stress, your adrenal glands pump out more adrenaline and corticosteroids. These hormones inhibit white blood cell formation and function and cause the thymus gland—the main central control unit of the immune system—to shrink. Stress suppresses immunity by stimulating the sympathetic nervous system. This is a part of the autonomic nervous system that is responsible for the fight-or-flight response.

Good immune function requires being under the control of the other "arm" of the autonomic nervous system, the parasympathetic nervous system. This system automatically assumes control during periods of rest, relaxation, visualization, meditation, and sleep. But, if we stay relaxed and calm during our waking hours, it can balance out the negative effects the sympathetic nervous system exerts. During the deepest levels of sleep, potent immune-enhancing compounds are released, and many immune functions are greatly increased. At least seven hours of sleep per day is essential for helping the immune system function at its peak.

If you want a properly functioning immune system, it is absolutely vital that you reduce the amount of stress in your life, as well as learn to better control it. The basic strategy for stress reduction is to find positive, relaxing ways of releasing excess tension and help your autonomic nervous system function under parasympathetic control. Stress reduction does not mean that you have to give up the high-energy lifestyle that you really enjoy. Find a routine that works for you. Doing so will not only help your immune system, but will also improve your relationships and free up energy and focus.

Nutrition and Immunity

A deficiency of virtually any single nutrient can significantly impair immunity. Throughout the world, nutrient deficiency is by far the most common cause of poor immune function. This fact is by no means limited to people whose diets are restricted by poverty. In America, many people are overfed but undernourished. They choose foods that have a

lot of calories, but little real nutritional value. Here are some simple guidelines:

- Eat a diet that is rich in a variety of vegetables (especially the green leafy ones), fresh fruits, whole grains, beans, nuts, and seeds. These plant foods are rich in essential nutrients and immune boosting chemicals.
- Cut out the sweet stuff. Sugar makes your white blood cells sluggish. Studies show that eating 100 grams of sugar (about 3.5 ounces) reduces the ability of a type of white blood cell known as a neutrophil to engulf and destroy bacteria by as much as forty percent within two hours after ingestion. Since neutrophils account for about sixty to seventy percent of your white blood cells, interfering with them can seriously impair your immune function.
- Decrease the intake of saturated fats and cholesterol. A diet high in saturated fat suppresses immunity.
- Eat sufficient, but not excessive amounts of protein. Adequate protein intake is critical in the making of white blood cells, antibodies, and chemical messengers such as interferon. You also need protein to make antioxidant enzymes such as glutathione, which is found in abundance in white blood cells. Elevated glutathione levels are associated with better immune function. Individuals with low immune function can often benefit from eating more protein from fish, lean poultry, and lean cuts of meats. Taking a high quality protein supplement is also a good idea if you have a history of low immunity. Whey protein is the highest quality protein. An additional 40 to 50 grams per day for one month will boost protein stores back to normal. After the month is up, I would still recommend 20 grams of either choice or combined daily. In vegetarians, substitute soy protein for whey protein.
- Take a high-potency, high-quality vitamin and mineral supplement, like my MultiStart formulas from *Natural Factors*. Doing so will increase your intake of all of the key vitamins and minerals required for optimal immune function. A landmark study found that adults who took a multi vitamin and mineral supplement had a fifty percent decrease in the number of days of illness due to infection compared to the group that took a placebo. Those taking the supplement also showed improvement on eight out of twelve objective measures of immune function.

Additional Support

While a health promoting lifestyle and optimal nutrition provide a strong foundation for strengthening immune function, during times of increased stress or exposure to viruses and other organisms additional support is definitely needed. One formula that I highly recommend to provide this extra boost is Anti-V from *Natural Factors*. This herbal formula contains the following concentrated extracts:

- Echinamide™—a patented, clinically proven, super-extracted Echinacea purpurea liquid that guarantees high levels of the three key active groups of compounds responsible for echinacea's actions on the immune system.
- Astragalus (*Astragalus membranaceus*)—the most famous herb in Chinese medicine for strengthening the immune system that is now backed by scientific evidence.

- Lomatium (*Lomatium dissectum*)—gained attention during the Spanish influenza in 1917, after it was discovered that Native Americans were recovering from this flu much quicker than everyone else.
- Reishi (*Ganoderma lucidum*)—referred to in Chinese medical texts as "the mushroom of immortality," is valued by modern herbalist for its ability to promote resistance during times of stress.
- Licorice (*Glycyrrhiza glabra*)—a valued, time-tested herb noted in recent scientific investigations for its anti-viral properties.

The dosage recommendation for immune support during acute viral infections is 50 drops in water or two capsules every two to three hours. For long-term support or prevention the recommendation dosage is to take 50 drops or one two capsules two times a day or as directed by your health practitioner. [Refer to the September/October 2005 issue of *The Life Line* for an article by Dr. Murray addressing the *Echinacea controversy*.]

Stopping a Cold—Cold

The common cold is caused by a variety of viruses that infect the oral and nasal passages, as well as the sinuses. The symptoms of a cold are well known: fever, headaches, nasal congestion, sore throat, a general "blah" feeling (more technically known as malaise).

If you are an adult and you get more than one or two colds a year, or if your cold lasts more than four or five days, you probably have a weakened immune system. Kids have a tendency to get more colds because of increased exposure to cold viruses, but any more than three or four per year is excessive.

As is true of all health concerns, prevention is the smartest strategy. By boosting your immunity, you'll have a better chance of keeping colds from developing in the first place.

When you do get a cold, follow these recommendations.

Be sure to:

- Rest
- Drink plenty of liquids (water, diluted vegetable juices, soups, or herb teas). Try to drink eight ounces of water every hour.
- Avoid sugar (including natural sugars such as honey, orange juice, and fructose), because sugar depresses the immune system.
- Eat a healthy balanced diet.

And take:

- High potency multivitamin-multimineral supplement
- Vitamin C: 500 milligrams every hour that you are awake with a glass of water. If excessive gas or diarrhea is produced, reduce dosage to 500 mg every two hours.
- Anti-V (from *Natural Factors*) 50 drops in water or two capsules every two to three hours.

In light of the upcoming flu season and the threat of the "bird flu," the common name given to avian influenza, it is essential to support immune system. What we definitely know is that the H5N1 virus, the most significant subtype of type A influenza virus right now, is resistant to amantadine and

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Gratitude for the Heart

By Michael A. Scimeca, D.C.

Thanksgiving is a holiday for the heart. Once a year, we focus on the important practice of being thankful, of living with gratitude, of nurturing the heart. As a holiday that transcends different religious backgrounds, the joy of sharing appreciation with family, friends, neighbors, etc., can deliver such internal warmth.

Having a day set aside to remind us to remember to pay homage for our many blessings is both wise and healthy. In sharing the joys of breathing, perhaps we can remember loved ones who have gone before us. Maybe we can reflect back on our past hopes and dreams and rekindle the opportunities in front of us.

Thanksgiving invites us to dust off the practice of forgiveness, to let go into the love within. It is an offering to be most present, to represent the love from which life springs forth, to say "thank you," so sweetly and completely that deep peace is the only product.

My sister, Donna, once asked me, "Do you know why we are blessed?" I tried hard to get the right answer before she concluded, "Because we know it!" Maybe this Thanksgiving is a time for us to know our blessings; to be blessed because we know we are.

Allow me to offer some sound suggestions for making this Thanksgiving the happiest of seasons:

- **Choose to be Grateful**
Thankfulness is first and foremost a choice.
- **Let Go of Resentment**
Forgiving others is a gift we give ourselves.

- **Start a Gratitude Journal**
Each day upon awakening, write ten things for which you are most grateful.
- **Show Appreciation**
Practice random acts of kindness and senseless acts of beauty.
- **Celebrate Life**
Create a great day of celebration.

Before, during, and after the Thanksgiving Day Holiday, we can live so well that our life helps other people enjoy their blessings. By choosing to live in gratitude, reflecting on our blessings, opening our heart, showing appreciation, and celebrating well, every day can be Thanksgiving Day.

Happy holidays to all of you. May you find the wisdom of being grateful, the courage to show your gratitude, and the fortitude to succeed for the sake of success.

Dr. Michael A. Scimeca is a chiropractor practicing in Marietta and Roswell. He is the founder and developer of Catalyst, a gentle hands-on approach for supporting the peaceful function of the body. He is also the owner of Coaching4Peace.com. Michael is a single father with a great passion for sharing core values in support of building a culture of peace. Contact him at 770-992-8220.

Letting Go

By Sandra M. Yee, DCM

I'm recovering from emotional growing pains, now deciding what to sell and store away while I take a winter sabbatical. I'm amazed at how much junk I've collected, much of which I'll be giving up without ever having used any of it. My younger sister laughs because she has so often benefited from my hoarded precious items: candles, chocolates, sketchbooks, clothing, bed linens, even gift money I stashed away and forgot about.

While saving for the future has its merits, holding on to "stuff" can turn into enormous clutter and stagnant energy. We save things because we might need them later, we don't want to ruin them, or we're afraid we won't be able to find replacements if we use them up (and at such a good price!). We don't enjoy what we have nor have the pleasure of sharing what we have.

Constipation equals "holding on to the crap"—hanging on to bowel junk and material junk, as well as emotional junk like guilt, anger, blame, and shame against ourselves and others. Remember, what comes in must go out. When our bowels are packed, our bodies can't

properly absorb nutrients. When our homes are cluttered, we usually can't use half of what we own. When our minds are blocked, we can't open ourselves up to new adventures and opportunities.

Is everybody ready to let go and let life flow with abundance? To help release stubborn bowels, press your fingers into the points about two inches away on either side of the belly button. (Imagine sitting on the toilet, bending forward, raising your heels into a quasi-squat, and pressing fingers firmly into the crease at the level of the belly button.) A good book and two minutes ought to do the trick. Ah, it feels so good to be free!

Giving thanks for the journey of growing bolder, wiser, and much happier.

A motivational speaker, writer, and natural health coach, Sandra M. Yee uses her background in acupuncture and Ancient Thothetic Medicine to lead workshops in self-healing and self-empowerment in the greater Atlanta area. For personal coaching in anti-aging, contact Dr. Yee at 678-488-6633.

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If you have any comments about any articles in this newsletter, or would like to submit a letter to the Editor, please address these to:

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Trying to Kick the Habit

By Dr. Joe Esposito

If you're a coffee, tea, cola or any other "bad drink" drinker (sorry, just speaking the truth) and you try to give it up all at once—dream on, right? You may get a headache or general upset feeling. Caffeine withdrawal is not a pleasant experience for you or those around you. In addition to caffeine having a serious negative effect on your nervous system, caffeine will block some of the absorption of calcium in your digestive system. Caffeine is often hidden in many foods. Did you know that two aspirins could have as much caffeine as a cup of tea or a glass of cola? If you do want to give it up, put a glass of your favorite caffeinated drink in the refrigerator. Every hour that you do not feel good and are craving some, take one tablespoon of the drink. That should make you feel better. If you feel bad the next hour, repeat the process. If you feel ok the next hour, skip the "fix." Most people report that in two to four days they can kick the habit. Think of all the money you'll save that you can now spend on organic produce!

Enjoy a wide variety of foods in your diet, but avoid mixing too many different foods in one meal or you will end up having a hard time properly digesting it all. More

and more experts are singing the praises of raw food for one main reason: enzymes. Our bodies desperately need enzymes to process our food efficiently, and raw foods are our only source of this crucial dietary element. So, try to eat at least one raw food at each meal. Once any food is heated to 120° Fahrenheit or higher, many of the nutrients and enzymes begin to break down. The more we cook our food the less healthy it becomes. A vegetarian or vegan diet without raw foods is still a long way from healthy. A good variety of raw fruits and veggies spread throughout your day ought to do the trick.

Eat as much as you need to keep and maintain a healthy weight and lifestyle, but do not overeat. Too much food dulls and depresses the mind and can cause fatigue, a weakened immune system, and other bad things. Are you reading this after a big meal? Having trouble keeping your eyes open, aren't you?

Do not eat meals too close together. Wait until one meal is digested and out of your stomach before piling on another. If the first meal is only partially digested and you dump another pile of food on top of it, the first batch ends up sitting in the stomach too long, waiting

for the second round to digest so that they both can pass out of the stomach and into the small intestine. In addition, food that sits too long in the stomach gets "over digested" and will not be absorbed very well. Here are a few good rules of thumb. Before eating again, wait at least:

- 1 hour after eating a fruit-only or non-starch vegetable-only meal
- 2 hours after eating a starch meal, such as grains or starchy vegetables
- 4 hours after eating a protein meal such as beans, nuts, or legumes

Each day, use these guidelines for whatever you eat. It's good for the digestion and for the soul.

Joe Esposito, chiropractor, licensed dietician, author, and director of Health Plus Chiropractic Center, is committed to making healthy living commonplace. This information is an excerpt from Dr. Joe's award winning book, *Eating Right . . . For The Health of It* available in the Life Grocery book section. Contact him at 770-427-7387 for further information.

A Root Cause of Back Pain

By Brian Murray, M.Ed.

Are you or someone you know frustrated by chronic back pain? You may be surprised to learn that a root cause of back pain is simply chronic weakness of the muscles responsible for extending the lumbar spine—the spinal erectors. The critical importance of these muscles is often overlooked.

To understand the importance of these muscles, consider the following quote from *Spine*, volume 14, number 2, 1989:

The human spinal column, devoid of musculature, is INCAPABLE of carrying the physiological loads imposed on it. It has been shown experimentally that an isolated fresh cadaveric spinal column from T1 to the sacrum placed in an upright neutral position with sacrum fixed to the test table can carry a load of no more than 20 N (five pounds) before it buckles and becomes unstable. Therefore, muscles are necessary to stabilize the spine so that it can carry out its normal physiologic functions. This stabilizing function is in addition to the usual muscle function of producing motions of the body parts.

Your head alone weighs ten pounds or more! Can you imagine how much the entire upper body must weigh? Clearly, the spinal erectors are extremely important for keeping you upright.

The spinal muscles provide structural integrity. As they weaken, the spine literally collapses upon itself

placing more pressure on discs and nerves. In addition, posture suffers and normal spine function deteriorates. All of this leads to pain.

Chronic sufferers of low back pain have in common one major problem: because of pain, they have stopped using their backs. This lack of use leads to further wasting of spine and trunk musculature, decreased endurance, and stiffness of ligaments and joints, which increases the probability of sprains, strains, and muscle spasms. All of this leads right back to the beginning—avoidance of movement. This is called the deconditioning syndrome. This syndrome is a key factor in chronic back pain.

To prevent further deterioration of the spine, strengthening the muscles intrinsic to the spine is critical. Muscles are shock absorbers. If they are weak, the constant stress and strain of daily living threatens the vertebrae, discs, ligaments, joints, and muscles.

Muscle strength is the key. For many back pain sufferers, muscle weakness is a fundamental cause of pain that can be fixed. In my next article, I will explain the requirements for strengthening the lumbar spine and share success stories of those who have gone from pain to pain-free.

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rimantadine, two antiviral medications commonly used for influenza. Two other antiviral medications, oseltamavir and zanamavir, may be effective, but we simply do not know. The bottom line is that it is important to do everything you can to strengthen your immune system. Given the potential severity and life-threatening nature of the H5N1 virus, it is clearly important to seek proper medical attention if you begin to experience any flu like symptoms (fever, malaise, joint pain, running nose, sore throat, etc.) this year.

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Produce of Life

We're fast approaching the holiday season and with that comes lots of opportunities to share meals with family and friends. Why not make delectable dishes that are also healthy? In this article I will feature dates and my favorite vegetable, carrots.

Carrots are a natural source of vitamin C and dietary fiber; they are packed with the powerful antioxidants beta-carotene and alpha-carotene. Carrots are perhaps nature's best source of the powerful antioxidant, vitamin A. The body changes beta carotene into vitamin A, which is important in strengthening the immune system; keeping the skin, lungs and intestinal track in order; and promoting healthy cell growth. Vitamin A is a pale yellow primary alcohol derived from carotene. It affects the formation and maintenance of skin, mucous membranes, bones, teeth, vision, and reproduction. In addition dietary vitamin A, in the form of beta carotene, an antioxidant, may help reduce the risk of certain cancers. However, beta carotene is much more than the precursor for vitamin A.

Carrots are available and in season all year long. Look for well shaped, deep orange carrots. More beta carotene is present in carrots that have a darker orange color. Avoid carrots that are crackled, shriveled, soft, or wilted. Carrots are best stored between 32–50 degrees in the crisper section of the refrigerator. Storing them in the refrigerator will preserve their flavor, texture, and the beta carotene content. Do not store them with fruits, as fruits produce ethylene gas as they ripen, which decreases the storage life of the carrots, as well as other vegetables. Carry raw carrots in a sack lunch, to your next picnic, or in the car when you are on the go. There are many different ways that you can eat raw carrots; the choices are almost endless. They can be eaten whole, in sticks, cut into rounds, chopped, or shredded in salads. Why not try a glass of fresh carrot juice?

By Kim Strickland

A serving of power-packed dates—just five to six dates—can provide three grams of dietary fiber. That's 14% of your recommended daily value. The American Cancer Society recommends that you consume 20-35 grams of dietary fiber a day. Ounce per ounce, dates are one of the best natural sources of potassium. Potassium is an essential mineral your body needs to maintain muscle contractions, including the vital heart muscle. Potassium is needed to maintain a healthy nervous system and to balance the body's metabolism. Dates also contain a variety of B-complex vitamins—thiamin, riboflavin, niacin, vitamin B-6, and pantothenic acid. These vitamins have a variety of functions that help maintain a healthy body. They metabolize carbohydrates, maintain blood glucose levels and fatty acids for energy, and they help make hemoglobin, the red and white blood cells.

Store dates in tightly closed containers in the freezer or refrigerator. When stored frozen in an airtight container, dates can retain their quality for up to one year. Sugar crystals may appear on or beneath the skin over time. Low heat will dissolve these crystals. Do not overheat or the sugars will caramelize. Dates are delicious when eaten fresh or added to muffins, cookies, and salads. Dip them in chocolate or roll them in coconut for a classic dessert. Use them for hors d'oeuvres by spreading cream cheese or nut butter inside them—be sure to remove the pit.

Here's a recipe from *Everyday Vegan* by Jeani-Rose Atchison that combines both carrots and dates!

Carrot-Date Muffins

2/3 c water
1/2 c chopped dates
1/2 c rolled oats

6 T ground flax seeds, mixed with 1 c water
2 c grated carrots
2/3 c oil
2 t stevia leaf (green)
1 c walnuts, chopped

3 c flour
2 T baking powder
2 t sea salt
1/2 t ground nutmeg
3 t cinnamon
4 T powdered soy milk

- Soak dates and oats in water overnight.
- Preheat oven to 350 degrees.
- The next morning add the next five ingredients.
- In a separate bowl combine the rest of the ingredients.
- Stir the wet ingredients into the dry until just mixed.
- Pour into oiled muffin tins and bake for about 20 minutes.
- Cool for 10 minutes before serving.

Resources:

website.lineone.net/~stolarczyk/nutrition.html
www.medjooldates.com/nutrition.html
www.nutsonline.com/driedfruit/dates.html
www.bolthouse.com
www.foodreference.com/html/artcarrots.html

Kim Strickland, is a N.D. student at Clayton College of Natural Health. For more information, call 770-218-3952.

Pilgrims on the Path

By Janill Mitchell

A pilgrim is, according to my trusty Merriam-Webster Dictionary, someone who journeys in foreign lands. I like to think that we are all pilgrims on the path to enlightenment, working diligently in the foreign land of our consciousness. Choosing to align ourselves less with our ego's reactionary patterned way of dealing with life and more with positive loving responses. As we continue to evolve and grow our experience of life changes. With spiritual growth comes an increased awareness of both the inner world and the external reflection of it. Sometimes this awareness can become overwhelming. We can be overloaded with navigating the deeper meaning of our experiences. And knowing that we are ultimately responsible for our experiences doesn't always make it easier to deal with. Sometimes we just need to be reminded of how smart and capable we are. And so, here are some gentle reminders, tools that you already have, to cope when life gets too much.

First get grounded. Getting grounded means being aware of yourself in your body, in the moment, on the planet. Our wonderful bodies are often very neglected. As a professional body-worker, I have a deep reverence for the body and I have learned that our body communicates Truth with us constantly. The body's function is to assist us in our spiritual growth, yet we often go in search of answers somewhere "out there." The answers, though, are within us; we carry them in the tissues and cells of our body. The first step to reestablishing communication with our dear body is to get grounded. So, become aware of your feet. Now expand your awareness to what your feet are being supported by—ultimately, the earth. You, your body, are constantly being nourished and supported by the earth. Reconnect with that and express gratitude for the life force that is shared with you. Quiet your mind and allow the wisdom of the body to guide you. From that centered place, we can return to being grounded; a calmness

results and only then can we raise our vibrations. The ability to raise our vibration is what brings synchronicity, joy, and ease back into our life.

Next become aware of how you are impacted by the situations, places, and people in your day. A "vibe rating" system developed by Sonia Choquette works well for this. She suggests that you rate things from one to ten. One is negative, brings you down, makes you feel depleted, tired, drained. Ten is for what brings you up, makes you feel energized, filled, uplifted. This is an internal checking in with how each situation, decision, person affects you. Pay attention to how you are being impacted and aim to surround yourself with seven and higher. Choose the high ground!

A third tool you can use when life gets too much is to get clear of unnecessary baggage. Clear the past. Often we get bogged down because we are just trying to hold on to more than we really need. It's hard to feel light when you're overloaded. Take inventory of your thoughts. Are you investing heavily in past events? When you keep energy chords to events of the past, you have less energy available to create for the future. The best way to cut the chords is to practice forgiveness. The argument you had with someone close, the terrible thing that someone did to you, a bad situation that happened: if thinking about it still brings up emotion for you, you have chords tied to the past and need to practice forgiveness. Can you see that the emotions you continue to experience are hurting you? The way to freedom is through forgiveness. When we raise our vibrations high enough we enter Grace. By entering Grace, we experience a miracle as our perception of the event changes and we see things in a different light, a light that enables us to forgive, to heal, and to release the chains of the past. Now we are free.

Another tool we can always use when life is too much is to seek inspiration from a mentor or role model.

Read the biography of someone you admire. Schedule an appointment with your mentor to hear how he or she handles life's challenges and stays in balance. Listen. Now is not the time to justify your choices, become the student or apprentice and learn something new. The beautiful gift of having a role model is the ability to mirror skills that lead to success. Choose wisely.

Last, but absolutely not least, remember to breathe. Take the time to stop and take a breath. Take a deep belly breath, otherwise known as a diaphragmatic breath, by relaxing your stomach muscles, filling your belly, then your chest, then allowing a full exhale. Do several breaths like this and your autonomic nervous system will respond by switching from the adrenal blowing "flight or fight" reaction to the cell repair, centered way of being. Diaphragmatic breathing, like we did when we were babies, enhances our vital life force, lowers blood pressure and heart rate, and revitalizes us. Try it. Often.

I hope these reminders help you to re-establish that place of balance that can be so elusive. Stay well by taking good care of yourself and remember how smart you are.

Janill Mitchell, director of the Phoenix House, a Healing and Retreat Center, supports wellness in her community along side, her husband executive chef Johnny Mitchell. They offer sanctuary, education, and nourishment to all pilgrims on the path. Call 770-773-0352 for further information.



Diabetes Caused by Misinformation

By Don Bennett, DAS

We can all agree that misinformation is, in general, a bad thing. But when it concerns health information, incorrect and/or misleading info can cause needless suffering and premature death. This is why people like me have devoted our lives to dispelling incorrect health information. How can you make informed decisions regarding your health, when your decision-making process is hampered by false facts?

Let's take diabetes, for example. This is a serious disease. Normally your body controls the amount of sugar that's fed to your cells. It does this every second of every minute of every hour of every day. But when *you* take over this function and control your blood sugar "manually" a few times a day, something's gotta suffer. It's one thing if there is no choice and your body is no longer capable of doing its job, but my experience has been that there are a lot of people with "diabetes" who honestly believe they can only manage their illness and hope that one day there will be a cure, when they needn't have the illness at all. Why do these folks believe something that's not true? Lack of information, or worse, misinformation.

If you study the current diabetes info available on *Medline*, you'll discover there are almost 600 new diabetes studies featuring hundreds of different theories and conclusions. A good example of misinterpretation (and I'm being kind here), is the study that shows that absence of breast-feeding is associated with the risk of type 1 diabetes, thus the search is on for the substance in breast milk that helps prevent diabetes. Is it lost on mainstream researchers that if a baby is not being fed breast milk, it is being fed something else, and that maybe it's what is being fed in place of breast milk that's *increasing* the risk of diabetes, and not the other way around? Well, we probably have profit motive to thank for research going down the wrong path.

But let's now wander down the right path: is there research that links the consumption of cow's milk with diabetes? Have a look at this study published in *The Lancet* on December 14, 1996, "Cow's milk proteins are unique in one respect: in industrialized countries they are the first foreign proteins entering the infant gut, since most formulations for babies are cow milk-based. The first pilot stage of our IDD [insulin-dependent diabetes] prevention study found that oral exposure to dairy milk proteins in infancy resulted in both cellular and immune response . . . this suggests the possible importance of the gut immune system to the pathogenesis of IDD."

And four years earlier, the *New England Journal of Medicine* reported, "Studies have suggested that bovine [cow] serum albumin is the milk protein responsible for the

onset of diabetes . . . Patients with IDDM [insulin-dependent diabetes mellitus] produce antibodies to cow milk proteins that participate in the development of islet dysfunction [the part of the pancreas that makes insulin] . . . Taken as a whole, our findings suggest that an active response in patients with IDDM (to the bovine protein), is a feature of the autoimmune response." So there is mighty compelling information to suggest that those folks who are predisposed to diabetes should refrain from consuming cow milk. Unfortunately, I don't see any warning printed on milk cartons (or the warning that the IGF-1 [insulin-like growth factor] in cow's milk acts like gasoline being poured on a fire, the fire being any as-of-yet undiagnosed cancer you may have).

While strolling through a mall the other day, I was asked to donate money to help find the cure for diabetes. Since the majority of people with diabetes have type II (adult onset), and since I know that people with type II diabetes may rid themselves of it by eating a "special" diet, as far as I'm concerned, there is already a "cure" for diabetes. This "special" diet is nothing more than the diet a human being is designed to eat (hint: you can find the majority of these foods in Life Grocery's produce department). The problem is, in our culture, this diet is unheard of, so when it is suggested as a means to alleviating diabetes (or other maladies), people scoff at the notion. But if eating what you're designed to eat, and not eating what you're not designed to eat, means your blood sugar level stays within normal parameters *without* your intervention (testing and diabetes medications), which means that, technically, you don't have diabetes, I'd go down *that* road. Nothing does a better job of regulating blood sugar than a well-functioning blood sugar regulatory system. If someone who is predisposed to diabetes gets diabetes because they live a "non-human" lifestyle, especially diet-wise, well, to me that sounds like a normal, natural body response, and thus, not something that can be "cured." But since there are a lot of people who want to be able to have their cake and eat it too (literally), a search for a cure will continue . . . but don't hold your breath.

Bottom line, if you want the best odds of avoiding diabetes, and other degenerative diseases, consider living as nature intended, and be on the lookout for one of the biggest causes of illness: misinformation.

Don Bennett is a Disease Avoidance Specialist, lecturer, and the Director of the Health 101 Institute. Don's lectures explode common misconceptions about food and health. For enlightening and empowering health information visit www.health101.org.

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Fibroids Gone Forever

By Dr. Brenda Cobb

A fibroid is a non-cancerous tumor arising from the uterine muscle and connective tissue. Many women are affected with this annoying problem, and the numbers are rising. Normally, they are firm, spherical lumps and often occur in groups. They can be any size from a small pea to the size of a melon. They grow near the outer surface of the uterus, as well as near the inner lining of the uterus, where they can be hidden so deep that it requires ultrasound for detection.

Some women have no symptoms at all. Some have lower abdominal pain, fullness and pressure, heavy menstrual periods, bleeding between periods, and increased menstrual cramps. Many women experience rapid growth of fibroids when they are pregnant. Fibroids are estrogen driven so birth control pills, with high levels of estrogen, and estrogen-replacement medication for menopause symptoms, can accelerate the growth of fibroids.

Many women have been told to have a hysterectomy as a "treatment" for fibroids, but cutting out the very important female organs is not the answer. Fibroids must be dissolved and healed from the inside out. Surgery to remove fibroids is not the answer, because in most cases they just grow back!

Fibroids, like other masses, tumors, and cysts, are pockets of toxins. To rid the body of these growths, you must remove the cause, not just treat the condition. Look at the whole person and analyze the lifestyle and the reasons that the fibroids developed initially. Something is out of balance enough to create a mass.

There is a mental, emotional, and physical cause of all diseases, symptoms, and out-of-balance conditions of the body. The emotional cause of fibroids comes from a blow to the feminine ego, denying the self, and nursing a hurt from a partner. The ego has been hurt and there are unexpressed and unresolved hurts. The creation of fibroids comes from patterns of negative feelings and resentments.

Words we use create and develop everything about us. Fibroids are like all other imbalances in the body, they begin with a thought and the thought manifests a physical thing to represent its energy.

You are constantly talking to your DNA and telling it what to create and make you into. Thoughts create things and fibroids are a "thing" created by you. The new thought to heal fibroids is "I rejoice in my femaleness. I love being a woman. I love my body."

Diet contributes to toxicity and deficiency in the body and this effects the growth of fibroids. Foods to avoid include dairy products, red meat, chicken, turkey, pork, fried fat, sugar, salt, caffeine, and alcohol. These foods are toxic and fibroids are pockets of toxins. These foods also increase estrogen which in turn makes fibroids grow larger. Foods to help the body heal fibroids are organic raw fruits, vegetables, nuts, seeds, and living "sprouted" foods like mung bean, lentil, clover, sunflower, buckwheat, and alfalfa sprouts. It is important to drink pure filtered water to cleanse and detoxify the body.

Herbs like burdock root, nettles, cleavers, dandelion, neem leaf, Oregon grape root, red clover, and stillingia can help to cleanse the blood and lymph system. Black cohosh, cramp bark, dong quai, false unicorn rhizome, eleuthero, passion flower, shatavari, vitex berry, and wild yam can help to balance the hormones. Astragalus root, cat's claw, Echinacea angustifolia, ligustrum fruit, shiitake mushroom, ginger root, licorice root, and propolis beehive scrapings can help to boost the immune system. All of these are important in helping the body to heal and to rid itself of fibroids. Poke root extract rubbed over the ovaries and then topped with a castor oil pack can also assist in this process. Douching with an infusion of goldenseal and myrrh will help to pull out toxins and infection.

To heal fibroids, it takes some dedication to changing lifestyle habits, food, thoughts, and feelings, but anything worth healing is worth working for.

Resources:

Alternative Medicine by Burton Goldberg
You Can Heal Your Life by Louise Hay
Feelings Buried Alive Never Die by Karol K. Truman

Brenda Cobb is the founder of The Living Foods Institute, a detoxification, nutrition and health center teaching natural healing with foods, herbs, essential oils and detoxification treatments. She is the author of The Living Foods Lifestyle, Colon Cleansing For Optimum Health, 101 Raw and Living Food Recipes, and Get Started Now Towards Better Health. There are free events, gourmet dinners, educational seminars and a 10-Day Course offered at the Institute each month. For more information call 404-524-4488. www.livingfoodsinstitute.com.

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My Holiday Letter

By Linda Townsend

As I write this, it is the beginning of autumn, my favorite time of year. I anticipate the bright, contrasting colors of the trees, cool breezes that float leaves to the earth, and jumping into heaping piles of brown crackles with my daughter. Autumn for me is a quieting, cleansing breath before the earth sleeps and the excitement of the holidays begin. Yes, autumn is definitely my time of restoration and reflection.

One of the questions that I reflect upon the most: *What shall I write in this year's holiday letter?!*

Besides illuminating the receiver of each family member's accomplishments, I would like it to be a healing gift. One with words inspiring the three important elements of life: faith, hope, and love. I wish this because I find these essential elements are lacking with nearly every kind of illness and related emotions.

Despair, hopelessness, and depression are revealed as the lack of the Lime harmonic in the bioenergy system of the body. Lime is also associated with the general ability to heal chronic illnesses. Hope creates Lime. You may ask how one can have hope when in the depths of depression? Perhaps, by using other means to create Lime, one may begin to restore hope as well. Lime is also the biocolor of youthfulness and recreation. Remember trying to catch leaves falling on a breezy day as a child or opening a holiday gift with wondering expectation? Even though you may not feel like having fun, just give it a try. Playing with (or as) a young child can help bring up your spirits.

So many illnesses are isolating. Nothing is worse than feeling lonely and unloved. Love is generally in Magenta, but most people lack Magenta on the red side in Scarlet, which is related to the more intimidate and passionate forms love. How does one feel intimately loved? Part of the problem is that most people believe they must feel love to be able to love, but love is not a

feeling, it is a choice, a commitment to selflessness, the ultimate kindness, that is defined by action more than words. When you genuinely have and can show that you have a greater love for others than for yourself, you will have all the love you need.

A broken spirit is one without hope. A broken heart is one without love. You can have shades of both, but never truly be defeated until you lose your faith. Without faith there is worry, fear, and profound sorrow. Faith is found in Violet. The most serious of illnesses, including cancer, are usually within the Violet ranges also, meaning that they lack Violet — to be more accurate, they have Anti-Violet. Each moment a person worries, faith is lost, Violet weakens more, and the Anti-Violet involved with the illness gains strength. This is the ensnarement of anti-bioenergy illnesses.

Faith, hope, and love. These three create a harmonic chord with a wondrous healing power that can break the entrapments of bioenergy illness. If only I could wrap them up and give them as a holiday present or write down words just the right way to inspire them in you. If only it were that easy . . .

By the time you read my holiday letter, the highlight of my most precious autumn that inspired it will probably have faded. As all seasons, it lasts only for a breath in the expanse of time before the next begins. Now, another uniquely special season is here, the holiday season filled with festivities and gift giving. This is my gift to you: For you to hope as a child, love others selflessly, and never lose faith. May your health be continually restored and may you be an inspiration to restore others this holiday season.

Linda Townsend is the founder of BioHarmonics Research and Consulting. Contact her at 770-443-8682 or visit BioHarmonics.com.

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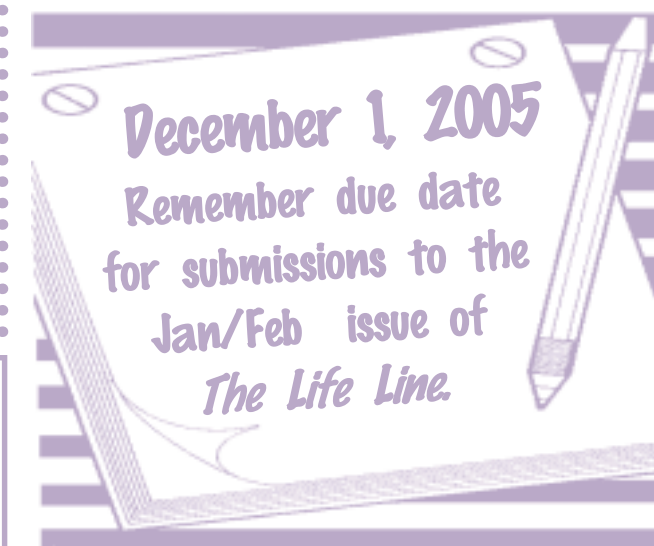
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Gluten Free Holiday Travel: Yes It's Possible

Hello my gluten intolerant friends! It's that time of year again . . . the holiday season, with all of the anxiety ridden travel to family get-togethers that inevitably come up during the holidays. I don't want you to be afraid to go because of your special dietary requirements. Quite the contrary. I want you to embrace the adventure! With just a little bit of careful planning and preparation, you can have a wonderful Thanksgiving, Kwanzaa, Christmas, Hanukkah, New Year, or whatever other special holiday event that comes up.

This is the season for reconnecting with loved ones and also the time for some really good food, a lot of which can be made naturally gluten free or easily adapted to the gluten free lifestyle. If traveling is involved, you do not need to panic that you will starve or accidentally get "glutened." Sure you might accidentally get exposed to some gluten, but that could happen just as easily at home, right?

Traveling by car is the most preferable arrangement because you can pack a cooler with lots of your favorite gluten free goodies and carry bags of safe snacks that you and your family can enjoy. If you need to stop at fast food restaurants along the way, most of them now list their gluten free menu items on their websites, usually under the nutrition section or under frequently asked questions. Just do a search for your favorite places before your trip, and if you don't have internet access, try calling the corporate offices of those places at which you might want to eat.

If you are traveling by plane and it's going to be a long enough flight where meals are served, before your trip, when you are booking your flight, ask about gluten free menu options. Most airlines are still learning about this though, so you will still want to carry some snacks in your carry-on baggage that will hold you over until you can get a safe meal.

If you are staying with family it may be tricky to cook in their kitchen as they are probably not used to having to worry about cross contamination issues. But it can be done. You will want to have scoped out a store where you can purchase some basic supplies in case you didn't carry your own. Just make sure you clean the pots and pans thoroughly before using them and when in doubt do without. I make sure I carry at least a few standby foods so that I don't starve.

The most important thing to remember is to enjoy visiting with loved ones. Try not to obsess about what you are going to eat. Just be prepared and have some basics that will hold you over, and if you are adventurous, you can attempt to create at least one great gluten free dish to share or even a whole gluten free meal to share with everyone. That is the most rewarding. If you have one dish that is naturally gluten free, that you really love, by all means share it with your friends and family!

If your family and friends want to dine out, this too can be accomplished with a little planning. There are mainstream restaurants like Outback, P.F. Changs, and Carrabba's that offer a gluten free menu, and if you are going to a local restaurant call ahead and ask to speak to the chef about your requirements and see if they can accommodate you. Whatever you do, don't be so afraid to try that you end up not going.

I always carry snacks in my purse for those occasions where there is not a lot of safe options to eat, but I don't want to miss out on the opportunity to visit with others. The most important thing to remember is not to let fear control you. Have fun and enjoy the holidays!

I'm bringing back Granny's Grits Casserole recipe for you to enjoy!

Grits Casserole

Serves 6

1 cup quick cooking grits
4 eggs
3 c water
1 c milk
½ c butter or margarine.
1 c grated cheese
garlic powder
sea salt and pepper to taste

- Preheat oven to 350 degrees.
- Put grits in water. Cook over medium heat until very thick. Remove from heat and add butter.
- Stir in salt and pepper.
- Beat eggs and milk together, add to grits and mix well. Add cheese.

By Nisla C. Whetstone, L.M.T. and Amateur Chef

- Pour into 3 quart greased casserole and baked uncovered for 45 minutes. (The center should be firm, not jiggly.)

Good for brunches, dinner with turkey, etc.

My favorite fudge recipe for you!

Rich Cocoa Fudge

Yields about 36 pieces or 1-3/4 pounds

3 c sugar
2/3 c Chatfield's Premium Cocoa Powder
1/8 t salt
1½ c milk
1/4 c (1/2 stick) butter
1 t Flavororganics Organic vanilla extract

- Line 8-or 9-inch square pan with foil, extending foil over edges of pan. Butter foil.
- Mix sugar, cocoa, and salt in heavy 4-quart saucepan; stir in milk.
- Cook over medium heat, stirring constantly, until mixture comes to full rolling boil. Boil, without stirring, until mixture reaches 234°F on candy thermometer or until small amount of mixture dropped into very cold water forms a soft ball which flattens when removed from water. (Bulb of candy thermometer should not rest on bottom of saucepan.)
- Remove from heat. Add butter and vanilla. DO NOT STIR.
- Cool at room temperature to 110°F (lukewarm).
- Beat with wooden spoon until fudge thickens and just begins to lose some of its gloss.
- Quickly spread into prepared pan; cool completely. Cut into squares.
- Store in tightly covered container at room temperature.

NOTE: For best results, do not double this recipe.

Nisla Whetstone is a Licensed Massage Therapist at Emery Chiropractic, 770-509-2433.

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