

DIET & HEALTH NEWS

APRIL 2009

HELLO FRIENDS,

There is a lot of information in this newsletter issue! Take some time to study it, read it several times, and share it with friends and family. We have extra copies if you need them.

Remember to try some of the wonderful cheese that we buy from a small Pennsylvania farmer. This cheese is from truly organic pasture fed cows that have never had traditional medicines. The raw milk (not pasteurized) is

made into cheese, preserving all the enzymes, minerals and protein that heritage cheese has. It is affordable too! We carry PepperJack, Colby, Cheddar and Sharp Cheddar but please make a request if there is another cheese you want.

Enjoy!

Beverly

FOCUSING ON DYSBIOSIS

Antibiotic, probiotic, dysbiotic..... Since biotic means life, we can understand that an antibiotic is “against” life, and a probiotic is “for” life (putting those good bacteria back into the gut). So what is dysbiosis? “Disordered” life, especially in the gut.

When naturopaths use the term dysbiosis, we are talking about the toxins and imbalances in the digestive system that both cause and are in turned caused by, a multitude of poorly balanced bacteria (good and bad), yeasts, parasites, undigested food, enzyme deficiencies, food intolerances, stress, and the effects of drugs and all the above on the mucous lining of the intestines and stomach.

The gut is our second brain. We actually make and process more neurotransmitters in the intestines than we do in our brains! When we eat badly, stress out, take certain drugs or antibiotics, eat sweets and starches, or drink toxic tap water, a cascade of physical and mental imbalances can begin. An excess of bad bacteria allows more fungus to get in, and then the parasites and viruses take hold, like a gang moving into the neighborhood down the street. Once the gang moves in, all the good stuff moves out, and what remains is dangerous, and tough to restore to balance.

I recently attended a great seminar in Scottsdale, learning some new techniques for muscle-testing that you will be seeing in future appointments. The big shocker to me was that when I was tested using these techniques, I rated very poorly for dysbiosis and gut health. But having always known that my gut was my weakest link in my health, this should not have been the surprise it was!

So now my attention is back to the gut, and the connection between the health of the gut and the health of the brain and neurotransmitters. It's not just about staying off intolerant foods (which I will say again for the hundredth time that it is essential that you avoid intolerant foods long-term), but about really getting rid of the infections and damage and leaky gut and poor digestion that results in most of our symptoms either starting or not going away.

If we treat these underlying infections properly, and restore the good bacteria and enzyme function, we can begin to really digest our food, absorb the nutrients, and reduce the toxic inflammation that is the underlying cause of most health problems. When we are inflamed and nutrient poor, and carrying chronic infections, we cannot detoxify the mercury, pesticides, formaldehyde and chlorine that we are exposed to on a daily basis. And our immune systems, being overloaded, cannot handle the next infection, so it just moves in with the rest of the bugs!

And so we have a choice. To let the “beasties” take over, or to go in there and clean them out. Fortunately, I now have some really brilliant new herbs that will help us. These herbs are the best of their kind in the world, effective and non-toxic, used in other countries for hundreds or thousands of years. Stay off the gluten, dairy, sweets and starches and whatever else you are sensitive to, eat fresh real food not from a package, drink reverse osmosis filtered water or spring water, and let's refocus on establishing the balance of all the living organisms in our bodies.

Call me when you're ready to check out the new muscle-testing and herbal support. If we get the gut and flora balanced, you'll need fewer supplements and will heal faster.

SOME HEALTH TIPS TO REMEMBER

1) Avoid microwaved food, non-stick cookware and aluminum cookware (used in most restaurants as well as homes)

2) Drink half your body weight in ounces of pure water every day. Drink between meals, and finish your fluids 2 hours before bed. Remember that ice cubes, restaurant tea, and soups are made from tap water.



3) Check every label for hydrogenated oils and eliminate them. Look at salad dressings, mayo, “butter spreads”, baked goods, all prepared foods, all fast foods and anything fried. Order food steamed, grilled, raw or baked. Demand “trans fat free” food.

4) Use coconut oil, ghee (clarified butter), tea oil or leftover fat from truly organic meats for sautéing. Try to avoid heating olive oil and other oils. Use them to flavor food after cooking. Use oils high in monounsaturates and low in polyunsaturates.

5) Grate or puree squash, cauliflower, broccoli and other veggies to make them taste differently, freeze better, and get more nutrition per bite.

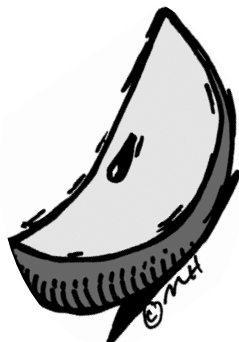
6) Buy and eat the highest quality eggs you can find, especially Omega-3 enriched.

7) Replace starchy foods such as bread, rice, pasta, and chips with vegetables and beans.

8) Never skip breakfast, and eat meals and snacks at regular times every day, preferably every four hours.

9) Always combine some protein, some healthy fat and some healthy carbohydrate with every meal or snack.

10) Eat wild salmon frequently (canned is OK). Take fish oil capsules several times daily or weekly, but only use the most premium brands.



11) Avoid juice, and don't eat too much fruit. Do

combine fruit with some fat and protein. Example: have a pear or apple with almond butter or cashew butter or cheese for a snack or dessert.

12) Remember that sodas, most granola bars, muffins, cookies, most rice and soy milk, desserts, juice and potatoes are extremely high in sugars (and therefore calories).

13) Challenge your brain daily with Sudoku, crossword or other puzzles, as well as reading. Use your “other” hand to brush your teeth, open doors, etc.

14) Walk at least 3 times a week for 20 to 30 minutes. Move your arms vigorously when you walk.

15) Avoid as much electromagnetic toxicity as possible. Don't wear cell phones or items with batteries. Remove electric clocks from your bedside table (use battery operated instead). Move away from the computer as many feet or inches as you can. Don't sleep or work near a fuse box, or on the wall behind the refrigerator or TV. Don't put anything electrical on your head.

16) Sleep in a pitch dark bedroom. That goes for kids too. Sleep at least 7 hours per night. Many people need 9 hours. Talk to Beverly if you are having sleep issues.



17) Remember that alcohol is pure sugar and calories, and makes you sleep badly too.

18) Anytime you cook anything, make more of it! Crockpot 4 pounds of stew meat and freeze half. Cook two to three times as much beans and greens and freeze for next week. Cook a dozen hamburger patties instead of two or three and freeze for later.

19) Get plenty of sun on exposed skin (but don't burn). Or, take 400 to 1000 units of Vitamin D daily for life.

20) Avoid all sweeteners except stevia or xylitol, or a bit of raw honey or agave nectar. Fruit or a splash of juice makes a good sweetener too.

SOME FREQUENTLY ASKED QUESTIONS

1). **How long does it take to get better?** Since many of our symptoms are related to intolerant foods and unstable blood sugar, those are the first two things we must handle to feel better. Generally we'll feel better in a few days without problem foods. Likewise, falling back on starchy foods, alcohol and sweets and eating intolerant foods will cause symptoms to occur within hours or days.

Chronic issues that aren't handled by a change in diet can take days, weeks, months or years to go away. This is because our bodies are complicated mechanisms with dozens of layers of possible problems.

Some of us have one or two really big layers (such as mercury toxicity and a sugar addiction).

Some of us have decades' old issues with hormones, allergies, abuse, stress, genetic flaws, surgical interventions, medication histories, misdiagnosed infections, toxic fillings and bacteria laden root canals and gums, autoimmune disorders, electromagnetic exposure and DNA damage, pesticide and environmental toxicity, traumas and injuries, osteoporosis, nutritional deficiencies, misalignments in our bite and our bones, and emotional negativity in work and home environments.

Oh yes, and a lack of exercise and a weight problem.

Whew!! Few people realize that this IS the list of things we work on every time you come in for an appointment. My job is to prioritize what order we work on things, and try to stick to some kind of budget. Although, most people probably need to be on twice as many supplements than I put them on, as I am actually very conservative with my dosages!

2). **How often do you recommend I come in to see you?** Ideally, every 3 or 4 weeks until we get to big layers that will take months to clear.

3). **Can I ever get off supplements?** It depends upon your goals. If you want to really fix things and

work towards keeping your brain and body functioning into old age, then the answer is no. If you want to just get through something as fast as possible, then that's a short term thing.

4). **I have seen other doctors for my problems (some of them "holistic"). How come you feel you can help me when they did not?**

First of all, having had chronic health problems all my life, I personally work with a wide variety of doctors and companies that can help show me the next step in my own healing. I pass that information on to you. Secondly, I have attended many seminars over the years teaching different muscle-testing techniques. These techniques help prioritize the THREE BIG THINGS I need to know.

WHERE is the problem – WHAT is the problem – What is the BEST solution to the problem?

Additionally, most practitioners and doctors fail to take into account the effects of that big list in Item 1). Undetected yeast, parasites, hormone deficiencies, allergies and toxicity must be fixed for the body to be able to regulate itself with the wisdom it already has.

Ultimately, we don't fix anything!

We just work to get the toxins and deficiencies out of the way so the body can do the job.

5). **Why do I avoid my supplements the day I come for an appointment?**

If you took your supplements, your body might not test that you "needed" them any more, as in fact it wouldn't at that time. It's also harder to try to get the right dose if a product is already in your system.

6). **What is the best product to have on hand (or when we travel) in case someone in the family starts to get sick?**

I would recommend our stunningly effective Morinda Supreme. Morinda is a natural fruit that works well on most bacteria, viruses, yeasts and parasites. Take 2 caps three times daily at first symptom and it may fix you in a few hours.



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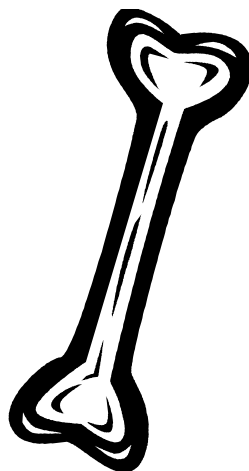
DIET AND HEALTH CENTER NEWS

OSTEOPOROSIS CLASS APRIL 25TH

Nearly **60%** of American women and **20%** of American men suffer from osteoporosis. Thin bones fracture more easily, and vertebrae can crush more easily, causing a loss of height, curvature of the spine, and a lot of pain.

As with most diseases of the modern world, this problem can be prevented, or once present, can be partially reversed without questionable pharmaceuticals such as Fosamax and Actonel.

It takes commitment to both prevent and treat, but the devastating effects of this disorder are to be avoided at all costs.



Beverly will lead a half-day class on Saturday April 25th from 10 to 3, titled Preventing and Treating Osteoporosis. The cost is \$50, and the class is open to everyone, including friends, family and co-workers.

Please let us know soon if you plan to attend. This class will not be repeated this year, so come now if you can.

We will discuss hormones, minerals, how to test for and stop losing our Vitamin D, calcium reserves, the effects of toxins and much more. See you there!

Got a garden club, association, church group, or class that needs a free speaker? Invite Beverly!