

# DIET & HEALTH NEWS

JULY 2009

## HELLO FRIENDS,

We have been so busy lately! Thanks to all of you for referring so many new clients. I hope we can be of help to all those who are ready.

It has been gratifying to see so many “old” clients back again too. I love hearing of things that have changed since you improved your diet or passed on some of your “Beverly” info to your friends or family. This is what I am here for, and I hope you will keep coming back as new challenges come up.

Remember that there is much we can do to slow the cell death and aging processes that gradually take over our eyes, brains, hearts, bones and more. I believe we can live to a very old age with medical procedures

available now. The question is: what condition will you be in, now and while you are alive those extra years?

With this in mind, I would like to share my vision as well as some frustrations in working together. And I want to keep to the truth as I see it: that holding off the deterioration of our minds and bodies benefits us AND our families. The investment you make today WILL pay off for years to come.

Keep up the good work,

*Beverly*

## UP ON MY SOAPBOX

Here’s a nagging conversation I often hear in my head after work. It usually starts something like this:

“Oh darn, I forgot to check so-and-so for Vitamin D. I’ll leave a message in her file to do that next time. If there IS a next time.... Why can’t I help her understand that wheat (sugar, pesticides, stress, etc.) are really affecting her long-term health? I am SO bad at communicating! I wish I didn’t have to spend time talking about things we have gone over before. I still haven’t gotten around to working on her hormones (bones, bladder, etc). I try to encourage her to really WANT to get healthier and to fully ACT on that desire, and then we don’t have time for me to actually help very much. I am so frustrated!!”

So that’s how my mind spends its evenings. Not very productive, I know, but I usually end with an attempt to find new and better ways to communicate and to do more good with less expense. But, friends, believe me, I am generally only able to do a small portion of the things I am capable of doing with you, and it really saddens me sometimes.

Here is an example. Thanks to our instant gratification

culture, and our programming by the medical community, most of us believe we are “well” until we suddenly get “sick”. And that once we get “sick”, then I or a doctor will have a magic pill that will make us “well” again.

Nothing could be farther from the truth. I have heard dozens of people say that they are “perfectly healthy and only want to handle this one little problem” and yet I am looking at their list of things written down on the first appointment: constipation (10 years), insomnia (needs sleeping pills), obese, hot flashes, no gallbladder, exhausted, falling hair, and depressed (on 2 medications). Or whatever your list happens to include.

Sometimes my intake form goes off the page with notes, and I am still hearing the person ask if they have to take my “pills” for very long to “fix” all that!

So, I want to have an honest conversation with you, all at the same time, so that I can say some things I want to say, without repeating myself with every client. Are you ready to listen? (And hey – THANKS for listening. I wouldn’t be here without you....)



## PART ONE: MY VISION FOR YOU

I have a vision that we can all be stronger and healthier than we are now. It doesn't matter where we start from, just that we change where we are headed. But along with that vision comes my expectations of how you as a client will act, and how things will proceed between us.

Unfortunately, as can happen with expectations, I am disturbed when things don't go according to my plan.

My expectations for you? That you are like me, and are tired of feeling bad, are willing to face the truth that there really are things that need help, that it's not easy to reverse decades of aging and damage, but that you absolutely CAN make a difference in your present and future life if you are determined to do so. And that you will do whatever it takes, for as long as it takes, for your mind and body to perform optimally, given the hand you have been dealt and hold right now.

Your vision for yourself? I seldom ask about this, but I should. Sometimes it seems you'll make diet changes for just a while, and sometimes you expect enormous results with minimal input. I am often amazed that I have to explain (not so patiently – you know me!) that just ONE LITTLE PROBLEM, such as, say, bone loss, is going to require years of management, and that there are many hormonal and nutritional issues that may have to be corrected to allow your body to reverse a process probably ten or twenty years in the making.

Can I help you reframe your vision to a much larger view of health and well-being for the rest of your life? To help you do that, I want to make a new commitment to HEARING your vision for your health rather than putting my expectations on you.

Try to put aside everything you think you know about

the body for a moment. Forget the “one pill for one ill” approach to medicine that promises relief with a single pill. Do you believe that a prescription drug or a few capsules of herbs is going to have enough power to reverse the accumulation of toxins, nutritional deficiencies, injuries, surgeries, antibiotics, bad food, lack of sleep and a lifetime of emotional stress at home and work?

And yet this “reversal of fortune” is what I am all about. Look at it this way.

We are each born with our particular genetics, parents and environment. Add to that our food, emotional stressors, and physical traumas. Some of us were exposed to lead or mercury very young. Some of us have a weak organ or heart. Some of us have hit our heads or had car accidents. Some have eaten natural foods, but the majority have eaten mostly junk. Some have old dental fillings or root canals putting toxins or bacteria into our system daily. Some of us have a multitude of scars, sometimes right over a major acupuncture meridian. We are on too much or too little hormone support. And so on.....

So, you come to me in a state of decline. You are in a downward spiral of aging, infection and toxicity. Electromagnetic fields invented only a few years ago are pummeling our bodies with forces we don't understand. Our food and air are full of chemicals and carcinogens. And we are desperate for adequate clean water. MY FIRST JOB IS TO HELP STOP THE DECLINE. We do this by eliminating foods and supplements that you can't tolerate, adding foods and vitamins dense in nutrients and not chemicals, hydrating the cells, improving sleep and rest, and learning to manage your exposure to toxins such as cell phones, pesticides, and chemicals.

## PART TWO: HOPE

Now that you might be coming to an uneasy awareness of just how MUCH work there is to do, I want to offer you HOPE that much can be done.

Hormone tests can show us how to balance the adrenals, and male and female hormones. Blood tests might highlight a compromised immune system and lead us to incredible anti-infective herbs to eliminate

infections you don't even know you have. Avoiding excess carbohydrates and taking high quality probiotics help us get triglycerides, weight and yeast under control. Getting the thyroid working again will bring up your energy and bring down cholesterol and extra body weight. Getting some good sleep and some real nutrition will help get the brain back online so that you have more energy and ability to take care of yourself.

The body absolutely wants to get well. Every cell is programmed for LIFE, not death. What we have to do is to get out of the way and stop harming ourselves long enough for real nutrition to get into the cells and allow the cells to repair themselves. WE don't fix anything. The body fixes itself if we give it a chance. SO, MY SECOND JOB IS TO STABILIZE BODY SYSTEMS AND BUILD UP STRENGTH FOR THE THIRD PHASE.

If you have a friend or pet who is sick or recovering from surgery, we know they need rest, water, and healthy food. And minimal stress and distractions. So why does that care and attention stop as soon as the

person can drag themselves out of bed and back to work? After all, it is far better to regain and retain our health than to trust the medical system will manage it properly (and affordably) for us! Wellness is cheaper than illness, after all. I sometimes tell clients that if we can avoid just one teeny-tiny little heart attack or surgery, that will pay for all the years of organic food and supplements and health appointments!

So, to achieve stability – no more decline! – we balance hormones, reduce toxins and infections, add the most urgent vitamins and minerals and antioxidants, rest, eat well, learn to manage our stress patterns, and begin to live as if everything we do matters.

## PART THREE: POSSIBILITIES

It may take a year to get you out of decline, and then stable, but if you'll stay focused on the possibilities, you can start to reach for the brass ring – recovery! MY THIRD JOB IS TO HELP YOU RESTORE HEALTH AND REVERSE THE DAMAGE TO BODY SYSTEMS.

It will take time, work and supplements to move into true recovery. But if we can actually FIX some of these extremely complex body systems, then maintenance will KEEP them well. Now is the time for the real work!

Let's remove heavy metals, chemicals and rancid fats from the brain and liver, and let these organs and systems begin to work as they already know how to do. Let's repair the miles of nerves and blood vessels, and the vast membrane lining on the walls of the colon. (Restoring integrity to the gut wall is the key to repairing the immune system. That, and staying off intolerant foods which cause an immune assault against the gut every time you eat them.) Keep your home and kitchen pesticide and chemical free. Detach from your cell phone and other electrical devices attached to your head. Exercise properly. See a therapist. Get body work. Learn Emotional Freedom Technique. Be with people and co-workers you respect and who respect you. Trying to heal with one hand, while still self-destructing with the other will never bring permanent results.



How to do this on a budget? Good question! Eliminating over-priced coffee, chips, candy, desserts, Meal Bars, sodas, most alcohol, and many other bad habits will pay for plenty of vegetables, and meats purchased from local ranchers. Simplify the kitchen – you don't need expensive pre-made foods. A crock-pot stew served with a big salad and some fruit will feed a family for the same price as a bag of fast food and drinks.

Prioritize for health! Investing in appointments where you can be placed on the right supplements, instead of wasting money on the wrong supplements, will pay for the appointments themselves. Your efforts will be repaid in fewer sick days, better emotional health, less pain, and less deterioration of the brain. AND, YOU WON'T NEED TO SPEND AS MUCH WITH DOCTORS, NOW OR IN THE FUTURE.

I honor the effort, expense and sacrifices you make to invest in better health care that works. Help me to be clear with you about your expectations, and how I can best plan my work with you. Communicate your needs and budget, and let me make a long-term plan for reversing your health decline, getting you stable, and moving into health recovery. I am so gratified to see the amazing changes that occur with those who are willing to make it happen. Let me know how I can best help and encourage you.

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## **DIET AND HEALTH CENTER NEWS**

### **ORGANIC SKIN CARE 20% OFF!**

Now is the time to try our wonderful Dreamous Skin Care. I love these products!

The top sellers are the Cleanser, Moisturizer and Eye Gel. Start with those, but don't stop there. The Toner is an absolute necessity for me, as it finishes removing dirt and makeup, and then helps clean and close my pores. Your pores will get smaller, and your skin will be less oily or less dry, depending on what it needs.

Glycolic Rejuvenator is a very gentle enzyme that keeps the top layer of the skin from getting too thick. I use it 3 or 4 times a week under the Moisturizer.

The Therapy Serum is incredible. It repairs skin damage, including lines, spots and more. The Masque and Scrub keep my skin clean and soft.

Dreamous also makes an exceptional non-toxic Shampoo, Conditioner and Scalp Treatment (which is also a light hair gel). There are no other hair products like these!

All Dreamous products use filtered water, organic aloe and herbs, cold-pressed oils, and lots of homeopathic remedies to make repairs. I know you will love these products, and they have NO sodium laurel sulfate, parabens, fragrances or colors to damage the skin. Sale ends August 15th.

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