

# DIET & HEALTH NEWS

SEPTEMBER 2009

## GREETINGS EVERYONE,

If you enjoy my newsletters and want to share them or review previous issues, they are posted on the website at [www.dietandhealthcenter.info](http://www.dietandhealthcenter.info). The site is being expanded soon to include products for sale (such as Cedar Remedies), links to health sites, clinical tests available, and my new BLOG. So be sure to check in occasionally and see what we have up.

I need to collect ALL your email addresses too as I am building an email newsletter base. This will allow me to send you the latest news without waiting for a written newsletter.

Please call the office right now at (210) 826-0034 and give us your email.

If you need meeting rooms for a class or conference, please consider our beautiful meeting spaces which are affordable and quiet. You can see photos and prices at [www.sameetingcenter.com](http://www.sameetingcenter.com).

I also have some nice office space for rent, if you know anyone needing space.

Thanks!

*Beverly*

## TRULY FAST FOOD

Will you be at work today during lunchtime, or running errands? If so, why not plan a truly fast meal, by packing a to-go lunch to eat at work or in the car?

I have become an expert at “car picnics” over the years. I find a nice tree to park under, facing something attractive, lock the doors, move the seat back, and tune in some classical music. I have a large napkin for my lap, and real silverware. If you have to eat at the office, get away from your desk and find a spot somewhere in the building that is peaceful. I have found great spots in airports, office buildings and hotels.

Container Store, and Bed, Bath and Beyond carry a variety of small food containers. Add a reusable ice pack and put everything in a small insulated bag. You can also pack a hot thermos of food in the winter.

Warm weather lunches are easy. Take a look at Judy’s lunch at the Diet & Health Center if you catch her at the front desk sometime! She has a row of little Tupperware containers and one large one. The large one has mixed greens. The small ones may contain shredded cheese, beans, artichoke hearts (canned are ok, without the oil), seeds, tomatoes, carrots, etc. I need more protein than Judy’s beans and cheese and seeds, so I always have a serving of leftover meats or fish with mine. Then add some cold-pressed oil such as olive oil or walnut or

macadamia. Add some lemon, lime or real Balsamic Vinegar if desired. (Be careful with Balsamics – most are sweetened with sugar, not aged for true flavor).

Of course, you can combine everything as a salad before you leave home if you prefer, or pack some cold steamed vegetables with some leftover roast chicken or steak, and some oil and herbs and salt on the veggies. In winter, I eat stews made with meats and vegetables and herbs. Just take them out of the refrigerator or the insulated bag an hour or two before eating and let them sit at room temperature.

I also buy high quality canned salmon and sardines from [www.vitalchoice.com](http://www.vitalchoice.com) and I take that and a hearty salad and I am set. A whole small avocado travels well, as does hummus and vegetables and crackers. Use the hummus as a dip or spread it as salad dressing over the salad. Since hummus is high in protein, you may need only a small amount of animal protein, or none. Have a little fruit with lunch, or save it for your snack with some nut butter or cheese.

Remember, all meals and snacks are simply protein plus fat plus carbohydrates (preferably from vegetables or beans or fruit).

Enjoy!

# SWINE FLU NEWS

Ok, so we are all tired of Flu news, but so many of you are asking for my opinion, I know I need to write about it.

First of all, you can go to [www.mercola.com](http://www.mercola.com) and sign up for Dr. Mercola's free health newsletter. He reports frequently on Flu news (and lots of other things) and you can search his past newsletters for more info at any time. Just check the date on the posting to see if it is recent.

As far as the vaccine goes, my personal opinion of this vaccine is no different than most (if not all) vaccines. I don't want to write a whole page on this, so I'll just mention a few points. Go to Mercola if you need more details.

Naturopaths traditionally dislike vaccines because A). they have toxic and carcinogenic carriers in them (mercury, etc.); B). they are not tested for side effects or long-term effects (except what we can see in society's children all around us now – autism, chronic immune dysfunction, etc.); C). they are generally a for-profit venture; and D). the strain of virus grown will not be a match for what has mutated since the research began.

(By the way, did you know that more people DIED from the 1976 Swine Flu vaccine than from the flu, which never escalated as feared)?

We all know that people get sick, and may even die of something, but to inject millions/billions of people with unproven goods is ludicrous to me.

Homeopathy has a particularly good track record in fighting the flu, and it was well established in the 1918-1920 epidemic that populations treated with homeopathy had better outcomes. And remember too what was going on during those years in Europe. War, deprivation, and massive societal dysfunction created a populace devastated by stress and poor immunity. The close contact of traumatized soldiers in European foxholes is believed to be where the virus multiplied, and then it was shipped all over the world on troop carriers and airplanes.

Did you know that the majority of deaths during that epidemic were from bacterial infections concomitant

with the Flu, not from the Flu virus? You cannot immunize against a bacteria, but you CAN treat it with modern antibiotics.

So, how do we keep healthy? Do what we know to do. Wash hands frequently (but NOT with normal chemical soaps – even water and a towel is better than nothing), use paper towels (or gloves or your clothing) to touch door knobs, faucets and toilet handles, move away from anyone appearing ill, and stay home when you should. Keep your hands to yourself and don't touch anything you don't have to (handrails, money, consumer goods, etc) . I follow this rule myself on a daily basis.

Since viruses enter our bodies primarily through our eyes, nose, and mouth, don't touch your face or eat with your fingers, and learn to close your eyes when someone coughs near you.



Everyone should have on hand some of the great immune remedies such as: Vitamin C, Goldenseal, Echinacea, Morinda (Noni capsules available from us), and the most important one, VITAMIN D.

Yes that's right. Vitamin D is once again astounding us with reports of its amazing effectiveness when used preventatively to support the immune system, and in high doses as needed if sick. Adults and children should be on at least 1000 i.u. of Vitamin D3 through the winter. **DO NOT USE CHEAP DRUGSTORE VITAMIN D, OR PRESCRIPTION VITAMIN D WHICH ARE VITAMIN D2, NOT D3.** The best D is from us or the health food store. It will clearly state D3 on the label. If it does not specify, it is D2 and is very ineffective.

If getting sick, you will need to immediately take 50,000 i.u. of D3 daily for 3 days only. We have Vitamin D in 400 i.u., 1000 i.u., and 5000 i.u. Keep a sealed bottle of the 5000 i.u. on hand for colds and flu so you don't have to swallow 50 of the 1000 i.u. daily! This works for all flu and colds as well.

I'll keep in touch via email if you get us your addresses, or I may start my blog.

Stay well and be informed.

## THEANINE – MY FAVORITE NEW SUPPLEMENT

Theanine is an amino acid found in Green Tea. We have all heard that green tea has health benefits, and indeed it has many diverse benefits. Green tea contains potent anti-oxidants. It helps clean arteries, boost focus, lower heart rate, and support the immune system. We now know where some of these and many other benefits come from – the Theanine content of the tea!



When I am awake, I want to have two qualities above all. I want to be CALM and I want to be ALERT. I would not want to be alert and hyper, or calm and spacey. Theanine gives us these two mental qualities. It boosts dopamine in the brain, giving us alertness and focus, and it boosts the neurotransmitter GABA which is the main calming substance in the brain. So when we have a busy day ahead of us, or have to study hard, Theanine can help us stay calm while we stay sharp. If we tend to get anxious or speedy as we tackle our schedules, Theanine will calm us down and let us be focused enough to accomplish our goals.

Now here's the amazing thing! Theanine at bedtime helps you fall asleep and stay asleep too! This is because Theanine changes our brain wave patterns

from the busy buzzy Beta waves, to the mellow, meditative Alpha waves. Instant meditation. I take 200 mg. of Theanine on an empty stomach about half an hour before bed. And I also take a portion of a capsule during the mid-morning or mid-afternoon on an empty stomach. (Theanine is completely tasteless and colorless, and can easily be tapped from the pill into your or your child's mouth). The combination helps me stay stable, calm and focused, and sleep better. We also carry Theanine in a sublingual spray that I keep beside my bed. On nights when I am anxious or wide awake at 3 AM, I can reach over in the dark and take 2 pumps of the spray, lie down, do some meditative breathing, and usually I am back to peaceful slumber.

Theanine is great for kids and students as well. It works best on an empty stomach, but you can tap a bit into food and try it that way too. It won't make you groggy or hyper and it can help you finish your homework without drinking Coke or other caffeine.



By the way, it has long been known that green tea contains caffeine, but the Theanine in green tea will counteract the caffeine buzz for a while. Sensitive people will still want to avoid caffeinated green teas though as the caffeine suppression wears off in a while. You cannot get all the benefits of Theanine just from drinking green tea, however. You'll want to try this out as a supplement – it may become your new favorite too.

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## **DIET AND HEALTH CENTER NEWS**

### **BREATH WORKSHOP**

The Buteyko Breath Workshop will be held again this year in our Meeting Center in late October. I took this simple yet profound course some years ago and still use its breathing and other techniques frequently. It is used as an Asthma cure, but is great for those of us (everyone!) who breathe too fast, experience anxiety or insomnia, have allergies or chemical sensitivities, and pain or muscle tension.

Go to [www.asthmafreearizona.com](http://www.asthmafreearizona.com) for class info. You will not regret taking this seminar for fatigue, stress, asthma, or anxiety.

PS: The breath style is NOT deep breathing or “Yoga” breathing – in fact it is just the opposite!

### **MORE ABOUT MORINDA**

Our number one product is Morinda - the Latin name for an exceptional quality Noni product. Noni is the fruit of a tropical tree. Our Morinda brand of Noni is organic, harvested at the proper time, dehydrated at low temperatures, and encapsulated. Nothing is added or removed. There are no pasteurized juice or other ineffective plant parts.

Morinda is a gentle but potent anti-infective. It kills viruses, yeasts, bacteria, and many parasites. It has anti-inflammatory properties and helps repair the intestines.

I recommend starting Morinda at 2 to 4 caps a day and increasing as tolerated to 4, 6 or 8. If you are sick, take 6 or 8 daily until well. You can stay on a maintenance dose of 1 or 2 daily for life. A bottle of 130 capsules costs \$29.

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