

# Dawn of a Healthy Life

A Nutritional Health Newsletter published by:  
*Women's Nutritional Health Center*

423-202-6216

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*Your Father knows what you need before you ask Him. Matt. 6:8*

Dear Friends,

Wow, what a wonderful month we've had. There are few pleasures with greater satisfaction than seeing people improving their health. I love it. Many people that come to *Women's Nutritional Health Center* have already tried ordinary medical care and have spent thousands of dollars looking for solutions to their health issues. They're frustrated with the lack of results and the seeming lack of responsiveness of their health care provider to their problem. One of the most common statements I hear is,

**"This is my last resort."**

"If you can't help me, I don't know what I'll do". That's a pretty sad statement and I hear it all too often. It's especially disturbing when you consider that we have the finest medical care in the world. Perhaps that's the problem. Perhaps medical care (drugs and surgery) is not the answer to getting your health back. Think about it. What do drugs and surgery have to do with health? Sure, we have some wonderful medications that have saved numerous lives and of course some surgeries are absolutely necessary. However, as you already know, the large majority of drugs merely mask symptoms, and most surgeries are another glaring proof that drugs don't heal anything.

## **Prescription Drugs...the 3rd Lead Cause of Death in America**

That's right. After heart disease and cancer, prescription drugs are the 3rd leading cause of death. If you add in hospital infections, medical errors and death from unnecessary surgeries, medical care itself is the leading cause of death in America. Google "Death by Medicine" and get all the details. It will make your hair stand on end.

This bit of information shouldn't be surprising considering that all drugs are poisons not food and all surgeries carry the risk of death. Drugs force some kind of effect by your body but don't heal anything. Drugs and nothing but drugs for every problem leads to unnecessary surgeries and is a major threat to your health and the health of your family.

## **Genuine Replacement Parts Are Available**

**I think you realize that your body is made up of what you eat. Yep, you are that hot dog, that bowl of ice cream, that head of lettuce, steak, cucumber, egg, etc., etc. We've all heard it said that "you are what you eat". If you are what you eat, it only stands to reason that you can change what you are physically by changing what you eat.**

For the life of me, I just don't understand how anyone could think that a poison (drugs) can build a healthy body. It also baffles me as to why, even if drugs are used to treat symptoms, there is no attempt made to build a healthier body so that body eventually doesn't need drugs. It only makes good sense to consider supporting the bodies' recovery with whole foods.

Health and sickness begin at the cellular level. As cells become weakened, eventually organs become weakened and diseased. By the time you feel sick, you have been getting sick for a long time. The *genuine replacement parts (nutrients) from which your body builds cells can actually reverse this process and they come from food.*

If you eat junk, you have a junk body that is susceptible to all manner of health issues. If you begin to eat better, you will begin to build healthier cells and eventually a healthier body. Gee, that makes perfect sense.

But, if you have already created deficiencies of the *genuine replacement parts necessary to rebuild healthy cells, it would take too much time and too much eating to make a difference in a reasonable length of time.*

Let's face the fact that we all want to feel better yesterday even if we've spent a lifetime getting sick. It's just human nature. We can however, shorten the length of time it takes to start rebuilding cells without having to eat huge quantities of food by getting *genuine replacement parts... concentrated, whole food, nutritional supplements*

### **Concentrated, Whole Food, Nutritional Supplements**

That's exactly what our products are. Concentrated, whole food, nutritional supplements from Standard Process are derived from plants grown on their own farms, in soil free of pesticides, fertilizers and other chemicals. The soil is tested by PhD's to ensure the highest level of fertility. Using a cold vacuum process to keep temperatures below 90 degrees, the nutrients from the foods are maintained at the highest levels. Each level of processing is carefully monitored to ensure the highest level of active ingredients. Even the weeding is done by hand. You can borrow a DVD about the Standard Process farms from the front desk if you would like to see first-hand how all this is done.

### **Live Foods Support Health and Life**

Concentrated, whole food nutritional supplements have the capability of correcting nutritional deficiencies created by years of poor eating habits. Most foods today are dead or not really foods at all such as boxed cereals, sodas, etc. They don't support life but rather contribute to sickness and disease. I'm sure you can readily understand the difference between dead, devitalized pseudo-foods "fortified" with synthetic vitamin fractions and real, whole, live foods bursting with the nutrients that support a vital, active life. It only makes good sense that live foods support health and life.

### **The "Secret" Combination**

Well, it's not really such a secret but you would think it is considering that medical industry never addresses this simple solution to improving health. Unfortunately medicines' answer to sickness and disease is treating the symptoms and is never about rebuilding a healthy body. So that being as it is, it is up to us individually to take responsibility for our own health.

This "secret" combination is: (Now don't tell anyone unless you want them to get healthier.) utilize *genuine replacement parts (whole food, concentrated nutritional supplements) to correct your nutritional deficiencies while, at the same time, learning to eat a healthy diet to maintain your health gains. That's what we do here at Women's Nutritional Health Center. If you remember, your "Personalized Health Improvement Program" consists of whole food, concentrated nutritional supplements AND filling out your Daily Food Intake Record so that we can teach you how to improve your diet. If you follow the program and give it enough time, you WILL improve your health and the longer you do it the better the results.*

Eventually deficiencies will be corrected and a healthy diet will help prevent further deficiencies. Your body will build healthier cells and you will actually have a healthier body. Now that's health care. What a novel concept...building health rather than treating symptoms.



# Pot Luck Dinner

To be enjoyed at

*Women's Nutritional Health Center*

on

Monday June 22nd

at

6:30pm

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Bring Your Favorite

“Low Carb”

“Gluten Free”

“Healthy Dishes”

and share your favorite while trying someone else's favorite.

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Space is limited.

**Register**  
**At the Front Desk**

Or call

423-202-6216

**Are You Wheat (Gluten) Sensitive?  
Here is a Partial List of Conditions  
Related to Gluten Intolerance.**

1. Abdominal distension (bloating)
2. Recurrent miscarriages
3. Amenorrhea (no period)
4. Anemia
5. Canker sores
6. Joint problems
7. Asthma
8. Ataxia (difficulty walking)
9. ADD
10. ADHD
11. Autism
12. Diabetes
13. Hyper and hypothyroidism
14. Celiac disease
15. Neuropathy
16. Osteoporosis
17. Osteopenia
18. Growing pains
19. Epilepsy
20. Headaches
21. Cancer
22. Cirrhosis
23. Crohn's disease
24. Failure to thrive
25. Chronic fatigue
26. Gallbladder malfunction
27. Gastric ulcers
28. Irritable bowel
29. Chronic diarrhea
30. Reflux
31. Heartburn
32. Heart disease
33. Multiple sclerosis
34. Grave's disease
35. Lupus
36. Hypoglycemia
37. Impotence
38. Infertility
39. Leaky gut syndrome
40. Liver disease
41. Mineral deficiencies
42. Psoriasis
43. Depression
44. Anxiety
45. Rheumatoid arthritis
46. Eczema
47. Difficulty losing weight
48. Failure to thrive

Believe it or not, this is a much shortened list. Gluten intolerance is a serious problem that is related to many health issues. Whether it is causative or contributory to all these and many more conditions doesn't really matter for those people suffering. It must be dealt with or recovery will be impossible outside of Divine intervention.

That's right. If you are gluten intolerant and you don't aggressively address that issue, it is unlikely that you will ever recover from whatever condition you suffer. Oh sure, you may get some temporary relief from drugs and other medical procedures. You might even find some relief through natural means, but you will not recover.

The inflammation created by your body's immune response to the gluten will keep most any chronic condition from getting better. That inflammation could be anywhere in your body contributing to any health issue.

Recovery from gluten intolerance requires avoidance and proper enzyme therapy. It's well worth the effort to live a healthier life.

**CHECK OUT THE UPDATED WEB SITE  
WOMENSNUTRITIONALHEALTHCENTER.COM**

**Don't Forget! *Women's Nutritional Health Center has expanded hours.*  
NOW OPEN 5 FULL DAYS UNTIL SIX AND SATURDAY MORNING TILL NOON**

*Women's Nutritional Health Center*  
413 East Unaka Avenue  
Johnsons City, TN 37601  
423-202-6216

**Pot Luck Dinner Scheduled – Check Inside**