

Dawn of a Healthy Life

A Nutritional Health Newsletter published by:

Women's Nutritional Health Center

413 East Unaka Avenue

423-202-6216

Johnson City, TN 37601

423-202-6216

Great is the Lord, and greatly to be praised... Ps. 48:1

I know... I know some people might be offended when they hear us in the office say "praise the Lord" in response to the wonderful reports we get from our practice members. How can we not praise Him when we fully realize these bodies were designed by our Creator to be in health, and our whole food supplements merely help the body do what it already knows how to do...bring about the amazing health improvements we constantly see at *Women's Nutritional Health Center*?

It is truly the awe inspiring ability that our Creator has programmed into your body that heals your body. We have lost sight of this infinitely powerful capability of the human body to heal itself. We've been programmed by the pharmaceutical and medical industries to believe that you can restore health with poisons (drugs) and removing organs. How ridiculous does that sound?

I believe we all realize that the human body..."fearfully and wonderfully made"...is capable of healing itself. If drugs and surgery were the answer to a healthy body, we wouldn't have so many sick people would we? I think I know what your answer to that question would be.

Our health care industry (better called sickness care) has led us down a path of increasing sickness and rising costs. As a nation we are approaching 20% of our gross national product (one out of every five dollars spent) on so called health care. What are we getting for that huge investment? We're are getting sicker and sicker and the drug companies are getting richer and richer.

We have the best doctors in the world with most having the absolute highest of intentions. We also have the best medical technology on the planet. But good intentions and 21st century technology aren't getting sick people well. With more and more people dying from the effects of prescription medications (3rd leading cause of death in America), the opposite seems to be true and it won't get any better by pouring more money into an already failed system.

Consider this analogy. Your car is running rough and a friend of yours says he can repair it if you bring it to his house. When you arrive at his house you see a chain hanging from a tree to pull the engine and a rusty box of tools most of them being carpenters tools. His intentions to repair the car are sincere and he gives it his absolute best. After pouring various power enhancing solutions in the gas tank and removing some parts, lo and behold the car still doesn't run right. In fact, it runs worse than before. Get it?

I believe that most doctors have absolutely the best intentions in their efforts in trying to help you but they don't have the right tools. Their tools...drugs and surgery... are absolutely necessary for a small portion of people. Yet, drugs and surgery are often considered the answer for every problem. How often have you been to the medical doctor and left the office without a prescription? I think the answer for most of you would be never.

The clinicians at *Women's Nutritional Health Center* are dedicated to uncovering the barriers to your recovery from whatever condition you are suffering through safe, natural means and then allowing your body to heal itself as intended by the Creator. Novel concept wouldn't you say? Tell your friends, they need to know that there is a way to restore vitality and good health safely and naturally.

What Kind of Practice Member Are You?

1. Fully Committed - practice members have made up their mind that they will do whatever it takes to finally achieve the maximum possible improvement of their health issues.

They realize that health restoration is a process and they keep all their appointments.

Fully committed practice members take all the doses of supplements daily and are constantly improving their diet even if it's only a small change every week.

Fully committed practice members will do what it takes for however long it takes to reach each new level of health.

Fully committed practice members are part of our dream of improving the health of this community and they share their good health by referring others

2. Partially Committed – practice members often have long standing health issues for which they expect quick results.

They often miss their appointments and don't take their supplements as directed nor do they make adequate dietary changes to ensure results.

They might eventually get better but it often takes much longer because of their lack of consistent follow through.

3. Non Committed - practice members are nearly impossible to help and we try our best to recognize them up front and not accept them as clients.

THREE STEPS TO RESTORING YOUR HEALTH

Step One – Fine Tuning

Once you begin your *Personalized Health Improvement Program* it generally takes about 6 weekly visits to completely Fine Tune and stabilize your program with no new *active reflexes* showing up and all beginning reflexes pulsing a 10.

We will be reviewing your Daily Food Intake Record weekly and offering guidance to maximize your health gains. Obviously the more “on board” you are with taking your supplements and improving your diet, the faster your results and the faster the Fine Tuning phase will progress.

We will also evaluate any vitamin, mineral or other products you may be taking to ensure that they contribute to your program. We will hold those products to the same standards we hold our own products. In other words, if they don’t test strong, they shouldn’t be used.

Step Two – Healing and Observation

After the initial Fine Tuning phase is completed, you should be at a new level from which your body can begin the process of healing.

We will carefully observe and manage the healing process by ensuring that all organ pulses remain at a 10. We will monitor for any other *layers* of health issues that could surface as your body is capable of handling them. This is usually accomplished with visits every two weeks for twelve weeks.

As you progress, you will notice that your supplement dosages will gradually reduce until you don’t test for them any more at all. Your body basically says, “I’m through with that”.

Some practice members with long standing, deep seated health challenges will require more than one Healing and Observation phase to uncover all the different layers of their health issues.

Step Three – Maintenance – Your “New Foundation”

From your “**New Foundation**” of more optimal level of health, you can continue on to higher levels of health as time passes by maintaining your gains. You accomplish this by (1) maintaining a healthy diet and (2) not letting new “layers”

develop.

The frequency of maintenance visits is determined on an individual basis much depending upon you sticking with the dietary improvements you have made. A quarterly Nutrition Response Testing analysis is ideal.

If you are going along feeling fine and suddenly you are not, you are **blocked** or **switched** and have gotten off the path to normal. Don't wait. Call the office and use a **Quick Check** visit ASAP.

Quick Check visits are provided at a reduced fee for those issues that invariably come up

You might be surprised at what we can handle. Try us. You'll be glad.

Carbs and Your Health

I know that many of you consider my views about what constitutes a healthy diet to be in extreme contrast to the expected standard of the day. You would be exactly correct. I have not come to this stance lightly. Having been trained in a classical medical type education, my expertise in the field of nutrition from early in my education was based on the established norms.

It was after several years in practice, while following the established and widely accepted norms that I finally realized that my patients were developing the very degenerative diseases the established dietary guidelines were supposed to prevent. They were developing diabetes, heart disease and becoming obese just like everyone else and I didn't like it at all.

I began a process of research that has led me to the conclusions that I teach in the "Healthy for Life Class". Clinical results with people like you have consistently proven our approach to be correct.

Let's take a look at what has happened to the health of Americans in the last 40 years. Since we have steadily reduced the intake of saturated fat in our diets the obesity rate has more than doubled, diabetes has tripled, and heart disease is still the nation's leading killer. Bypass surgery is one of the most often performed surgeries and Americans are taking dangerous cholesterol lowering medications by the ton.

We know that obesity is related to all other degenerative diseases and that diabetes increases the risk of heart disease by up to 5 times. Yet, the powers that be still support the same low fat, high carbohydrate diet that has caused this epidemic. They continue to support this failed premise at the peril of us all despite reams of valid information to the contrary.

Recent evidence casting doubt on this outdated and fallacy riddled theory now comes from a study in April 2010 issue of *Scientific American*. Combined data from several studies that included 350,000 people concluded *no association between the amount of saturated fat consumed and heart disease*.

If you are interested in reading the definitive book about this subject for the lay person, read *Why We Get Fat and What to Do About It* by Gary Taubes. It's a small book, written by a science journalist, packed full of the truth often hidden from us by the pharmaceutical and medical industries. It will open your eyes and maybe make you angry about being duped for so long.

Oh Those Pesty Pesticides

If you have been one of the “unfortunates” that have dealt with pesticide toxicity, much of what I’m about to write will certainly hit home. If you haven’t yet had a problem with pesticides, watch out because they seem to be everywhere.

Most people don’t realize they’ve had an exposure to pesticides because the symptoms are not usually immediate. Exposure can come from something as simple as mowing a yard that has been treated, eating unwashed fruit and vegetables, or breathing the fumes in a building that has been treated. Symptoms can be as varied as: headaches, nausea, fever asthma, cramps, allergy symptoms, diarrhea, dizziness, vomiting, convulsions, memory loss, blurred vision, fatigue, rapid heartbeat, chest tightness, pain around the heart, soreness of joints, flu like symptoms, respiratory paralysis, elevated blood pressure, immune deficiency disorders, irritations to the eyes, skin, nose and throat, muscle twitches, numbness of the extremities, loss of coordination, changes in heart rate, changes in liver function and elevations of liver enzymes, behavioral abnormalities, hyperactivity, moodiness and genetic damage. A recent study in the journal *Pediatrics* has found links between pesticides and ADHD in children.

Yipes, all those symptoms sound like the warnings at the end of a drug commercial and would probably be treated with some sort of prescription medication.

We have recently seen numerous patients with a variety of symptoms related to pesticide toxicity. Very often, these folks feel *really* bad all of a sudden or they have a worsening of previous symptoms or a cessation of progress in a program that was working well.

Thank God we have a safe and none invasive way, through NRT, of determining if you have been pesticide poisoned. It’s called *resonance testing* and is very easy and precise.

If you have odd symptoms develop or you just stop progressing or get worse, call immediately to be tested for pesticide toxicity. It could save you a lot of suffering.

Women's Nutritional Health Center

This

Certificate of Health

is from a friend or loved one who cares about you

and from the practitioners of

Women's Nutritional Health Center.

It may be redeemed for a

Nutrition Response Testing Analysis

AT NO CHARGE! THIS IS A \$120 SAVINGS.

Call 423-202-6216 to Reserve Your Special Appointment Time

(Use of this Certificate of Health requires attendance of one 1 hour "Healthy for Life" class.)

to someone whose health you are concerned about.

Make a difference in the health of our community.

Check Out Our NEW Web Site at

WOMENSNUTRITIONALHEALTHCENTER.COM

Women's Nutritional Health Center
413 East Unaka Avenue
Johnson City, Tennessee 37601

Learn the Effects of Pesticide Toxicity Inside