

# Dawn of a Healthy Life

A Nutritional Health Newsletter published by:

***Women's Nutritional Health Center***

413 East Unaka Avenue

Johnson City, TN 37601

423-202-6216

423-202-6216

***"...I have come that they may have life, and have it to the full."*** John 10:10

Dear Friends,

I want to give a special thank you to those of you who go out of your way to refer your family and friends to us. It's truly humbling. My greatest thrill is to see people live a healthier more vital life. The capability of the human body to respond to *Designed Clinical Nutrition* is truly amazing. I know from Whom the healing comes and feel truly blessed to be involved in seeing sick people get well.

Isn't it wonderful to consider that your body can actually recover rather than continuing the treatment of symptoms with drugs that are in and of themselves potentially dangerous to your health? You can experience real health improvement rather than the management of symptoms.

Even before all the hubbub about the "health care crisis" began, there was already obvious need for a major change in the system. However, unless there is a fundamental shift in what we call "health care" we will continue in the downward spiral of poor health and increasing cost.

In order to effectually improve the health of the American people and reduce the staggering cost of a failed system, we must leave behind the antiquated system of treating symptoms with drugs and surgery and begin paying attention to prevention from an early age and health restoration and maintenance for those already in poor health.

My idea of prevention is certainly not the medical model of putting people on drugs to "change the numbers" and doing yearly physicals until something really bad goes wrong. Early detection with screenings is not prevention but merely a way of finding an existing problem that has gotten bad enough to require more extensive intervention like surgery.

I see prevention, of most health problems, beginning in the womb and carrying on throughout childhood and adult life. Prevention is ensuring that the pregnant woman eats the foods necessary to develop a healthy baby. It's feeding the child real food as the child grows hopefully beginning with breast milk. It's parents setting an example and teaching children that whole foods build healthy bodies and minds and that junk, fake foods destroy health and lead to a life of decreased energy, sickness and ultimately degenerative disease such as cancer, heart disease, Alzheimer's, arthritis and more.

Doesn't it only make sense that this approach will automatically lead to a healthier nation and lowered healthcare costs? Bingo..."health care crisis" solved. Sure this will take some time but, if we continue on the same path of symptom treatment, we will have another generation of Americans even sicker than their parents with even more crippling economic consequences than we are presently experiencing.

Think about it. Have you seen an improvement in the health of the American population in your lifetime or a steady decline? Have you seen at least a stabilization of health care costs or a continued staggering increase? I think the answers are obvious.

Isn't it time that we as individuals take personal responsibility for our own health. In the past 36 years, I have noticed something in common with many sick and hurting people. They want me to give them something to make them better. The idea that they need to do anything other than take a pill doesn't occur to them thanks to the business of medicine and the slick advertising from the drug manufacturers. It hasn't worked in the past and a reshuffling of the same system will not avert the crisis that we are experiencing in the state of health of this great nation. **You are on the right path with Nutrition Response Testing.**

## *It's Absolutely Amazing*

I hope, when I am 100 years old and still practicing, that I never cease to be amazed at the capability of the human body to restore itself back to health. The longer I use this wonderful analytical technique called Nutrition Response Testing combined with Designed Clinical Nutrition, the more I am convinced that the body...your body can recover from most anything... given enough time.

I am also amazed at the number of people who have the notion that they should be able to recover from a lifetime of declining health within a few weeks. I know that many of you reading this find that notion ridiculous. However, there are those who are looking for that magic remedy that will make them well with no responsibility on their part. You however realize it takes time to get sick and it takes time to recover. Let's explore the reasons time is a necessary element in health restoration.

Sickness begins at the cellular level...you don't suddenly develop ill health even though it may seem that way. What you are experiencing now, with your lack of health, is the accumulation of the effects of a lifetime of dietary and lifestyle habits and other environmental and genetic factors. In reality, it's amazing that you made it as long as you have before you started having health issues. What wonderful bodies God gave us that can survive the abuse we put them through.

Yet, now you *are* suffering from that lifetime accumulation and you've come to *Women's Nutritional Health Center* in the hopes of getting well. So, to help you on that journey back to health, let's review what I emphasized to you on your report of findings visit. Remember that visit after your initial exam during which you read your Report of Findings and agreed to do your part in getting well? Here's basically what we talked about.

It is absolutely amazing how effective this program is in reversing your decline in health, if you take control of your life and health by following these two simple rules:

1. ***Follow through with your Personalized Health Improvement Program***. This basically means that you **take your supplements** as directed...don't skip doses. Are you doing that? And, **make the dietary changes** that we agree upon each week. Are you doing that?...**VITAL!**
2. ***Give it enough time!*** We are not using drugs to cover-up your symptoms. Drugs work fast but have no ability to restore health. Only your body can restore health given no interference and a steady supply of the basic building blocks to rebuild cells which are...**real food**.

I know it sounds too simple but, for most people, it really is that simple. Health is your body's natural state ...not sickness. If you give it what it needs and time, it will most likely recover from even many years of ill health. Now that's exciting!!

### **Know Your Foods**

By reading the Price Look-Up code (PLU) code on the sticker, you can tell if fruit or vegetables are genetically modified, organically grown or produced with chemical fertilizers, fungicides and herbicides.

For conventionally grown produce (grown with fertilizers, pesticides and other chemicals), the PLU code on the sticker consists of four numbers. An example would be 4011 for a conventionally grown banana.

Organically grown produce has a five numeral PLU code prefaced by the number 9. An organically grown banana would have a code like 94011.

Genetically engineered or modified (GE or GMO) banana would have a five number PLU proceeded with the number 8. A GMO or GE banana would be 84011.

If you don't eat organic, thoroughly wash all conventional produce and avoid GMO and GE products as the long term effects on humans has not been determined.

## Swine Flu and other money makers

Did I say that? Yes I did and I believe it 100 percent. If you want to know who benefited from the 2009 and 2010 flu "pandemics", follow the money. Flu season is coming. Here's some info.

A vaccine for the "swine flu" of 1976 (yes it has been around before) made billions for the drug manufacturers as did the H1N1 vaccines of 2009/10 and yet was only about 50% effective. That's right; half the people that contracted the H1N1 virus WERE VACCINATED.

Just how safe are these vaccines that we are frightened into taking during flu season? Consider this. In a study done at the Mayo Clinic, it was found that children who received the flu shot had **three times the risk of hospitalization** as those who were not vaccinated. For children with asthma, there was actually a higher **risk of hospitalization** for the vaccinated than the non-vaccinated!

Not only does the flu vaccine result in more hospitalization of children, it simply **does not work**. In a recent study of 250,000 children between the ages of 23months and 6 years showed that "flu vaccine is no more effective than a placebo" (sugar pill).

The official stance of *Women's Nutritional Health Center* is that a healthy body is capable of warding off the flu of any kind. If an individual succumbs to the flu, their body is capable of marshaling its defenses and recovering in short order as was experienced by many of our patients who rapidly recovered last year.

Here's what to do at the very first sign of the flu or a cold or anytime you don't feel well... GET

YOURSELF CHECKED ASAP. The quicker you get the **proper** immune support remedies in your system the faster you will respond. We had many cases last year that felt better the next day.

Whether or not you and your family vaccinate for the flu is a personal decision and I will support you in whatever you decide. Keep in mind that many flu shots contain mercury based preservatives. Please inform yourself. Start with *Mercola.com* and do a search for flu vaccines. Another resource is *Sayingnotovaccines.com*. Click on "links we like" to continue your search. Make up your own mind.

**Most importantly...live a healthy lifestyle.**

## Missed Appointments...

a

touchy subject but it has to be addressed. Believe it or not there are people who reserve an appointment and don't show or call. So, here's my viewpoint.

I believe that, by the time someone comes to WNHC for help, they are ready to get serious about getting better. In fact, I try to make it clear from the beginning that there are responsibilities that fall squarely on their shoulders. Two of those responsibilities are spelled out on page two above.

The third responsibility is to **keep the schedule of reserved appointments**. Properly monitoring changes to "Designed Clinical Nutrition" is vital. In the early stages of care, the program is built up as the "Fine Tuning" phase of care progresses and other layers are revealed. These must be addressed in a timely fashion or progress will slow or stop.

During the “Healing and Observation” phase of care, deeper levels of imbalance (read *Peeling the Onion*) need to be dealt with immediately otherwise progress will also slow or stop. During this phase of care the program begins to shrink as the body no longer needs as much support and eventually rejects products because it is no longer has need of those particular products. This also must be monitored.

Here’s the official stance of WNHC: *If one has reached the point of being serious about improving health and vitality, then they should consider their reserved appointments*.

*a priority and arrange their schedule accordingly.* In other words...keep their reserved appointments. It’s worth the benefits gained.

Here are two other reasons to keep your reserved appointments. (#1) If you have an appointment reserved and miss that appointment, that time is not available to anyone else. And, (#2) don’t forget, as you agreed in the beginning, ***you will be charged for missed appointments without 24hrs notice.***

## ***Women’s Nutritional Health Center***

This

# Certificate of Health

is a gift from someone who cares about you and the practitioners of

***Women’s Nutritional Health Center.***

*It entitles the bearer to a complete*

**Nutrition Response Testing Analysis**

AT NO CHARGE

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

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

Please give this certificate to someone whose health you are concerned about. Together we can make a difference in the health of our community.

[www.womensnutritionalhealthcenter.com](http://www.womensnutritionalhealthcenter.com)

***Women’s Nutritional Health Center***

413 East Unaka Avenue

Johnson City, Tennessee 37601

*IT'S ALMOST THAT TIME OF YEAR*

# **Flu Shot Information Inside**