

Dawn of a Healthy Life

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

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

Dear Friends,

Thank you, thank you, so very much for the family and friends you refer to Women's Nutritional Health Center. It's by your "word of mouth" that we continue to grow. You obviously understand the truly amazing capability of the human body to respond to *Designed Clinical Nutrition*. We know from Whom the healing comes and feel truly blessed to be able to care for those you care about.

Isn't it wonderful to see the ability of the human body to actually recover rather than continual treatment of symptoms with drugs that are in and of themselves potentially dangerous to your health? You are experiencing real health improvements rather than the management of symptoms.

Even before 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 who are already in poor health.

My idea of prevention is certainly not the medical model of putting children on drugs like statins and doing yearly physicals until finally they find something wrong that requires treatment. Screenings for early detection definitely save lives but cannot be considered prevention.

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 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. If you are 40 or older, have you seen an improvement in the health of the American population in your lifetime or a worsening? 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 40 years, I have noticed something in common with most 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 nation. Information about eating real, whole foods is the key.

You are on the right path for improving the health of yourself, your family, friends and nation.

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 its health and vitality. 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 getting sick 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 helps them get 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 for this.

Sickness begins at the cellular level...you don't all of a sudden get sick 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. In reality, it's amazing that you made it as long as you have before you started having trouble. 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 retake 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?
2. Give it enough time! We are not using drugs to merely mask your symptoms. They work fast but have no ability to restore health. Only your body can restore health given no interference and the basic building blocks to rebuild cells...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. How exciting!!

WE NEED ONE OF YOU WONDERFUL PEOPLE

Women's Nutritional Health Center is looking for a special person to be part of our team. The qualifications are that:

1. You believe like we believe...God designed our bodies to function normally in vibrant health and to heal itself.
2. You like people.
3. You like working under pressure.
4. You can work till 6 or beyond.
5. You are detail oriented.
6. You can juggle several tasks at once.
7. You work well with others as a team.

We are looking for a type of person not someone with a fancy resume or of a particular age. If you will write up for us why you would like to work here, drop it off, mail it in or email to info@womensnutritionalhealthcenter.com we will go from there.

If you're the one we need, let us know soon.

Swine Flu and Other Money Makers

I want to start off very early this year in my warnings about the hype and fear used every year to scare people into having a flu shot. Did I say that? Yes I did and I believe it 100 percent. If you want to know who will benefit from each latest “pandemic”, follow the money.

A vaccine for the “swine flu” of 1976 (yes it has been around before) made billions for the drug manufacturers and caused dozens of deaths and hundreds of cases of a paralytic disease known as Guillain Barre’ syndrome which permanently cripples its victims.

Remember the “bird flu”. We were told by the media that 14 million people could die. What happened? You probably don’t even remember either of these hyped up potential disasters and you certainly don’t hear any reference to them from the media now. The latest scare is the Zika virus. Now that the drug companies have made their billions, you hear very little about it if anything.

The official stance of *Women’s Nutritional Health Center* is that a healthy body is capable of warding off viruses of any kind. If a healthy 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.

Whether or not you and your family are vaccinated for the flu is a personal decision and I will support you in whatever you decide. Please, however, inform yourself. Start with *Mercola.com* and do a search. Another resource is *Sayingnotovaccines.com*. Click on the “links we like” to continue your search. Make up your own mind.

Most importantly...live a healthy lifestyle.

Understanding Cholesterol

There is certainly an amazing amount of confusion about cholesterol. Let’s examine some basics and see what you think about what you have been told.

First of all let’s talk about LDL the supposed bad guy. LDL is NOT cholesterol. It is a Low Density Lipoprotein that carries cholesterol from the liver, where it is manufactured, to the rest of the body. It’s a transporter not a problem in and of itself.

There are two types of LDL. Type A and Type B. Unlike in school, we want the B’s not the A’s. Type A is small and dense...so small that it can get into already damaged artery linings **caused by inflammation not by cholesterol** itself. Type B is large and fluffy and is typically no problem. Type A is actually the bodies attempt to make a short term patch of the damaged artery lining. Unfortunately short term fixes often have long term consequences. In this instance, it would be a clogged artery and possible heart attack or stroke.

Sugar and refined carbohydrates **are the main cause** of inflammation and increased LDL type A. Type B LDL is increased by saturated fat. What about that? The “good”, supposedly bad cholesterol is improved by exactly what we have been told not to eat.

Unfortunately, most blood work does not differentiate between the type A or B. They just give you the LDL number which causes panic when it is out of considered norms.

So let’s say your most recent blood work shows that your LDL is higher than is considered normal. How would you be able to tell if it’s most likely type A or type B? Here’s how:

If your **triglycerides** are **high** and your **HDL** is low, you most likely have type A. If your **triglycerides** are **low** and **HDL** is **normal or higher**, you most likely have type B. Total cholesterol has been proven to be basically useless is determining risk.

Triglyceride readings of 150 or less are considered normal. We find around 70 is ideal and is usually required to make a real difference.

Using the “Healthy for Life” eating plan long enough will bring about the healthful changes you need to lower the bad A and raise the good B.

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

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Leave the "health care crisis" behind. *Get Healthy!*