

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

423-928-0677

Let not mercy and truth forsake you... And so, find favor and high esteem in the sight of God and man. Pr. 3:4-5

Coconut Oil – A Great Fat

Here are just some of the benefits of *coconut oil*: good to cook with because it is not destroyed by high temperatures; can contribute to weight loss; it helps regulate blood sugar; helps raise metabolic rate; promotes healthy thyroid function; it acts as an anti-inflammatory in the digestive tract; it has some antimicrobial properties inside and on the skin; coconut oil is a perfect moisturizer, make-up remover and is a naturally pure eye make-up remover; it has been shown to help keep the skin from developing liver spots and other blemishes caused by aging and over exposure to sunlight. In some cases, it even helps restore damaged and diseased skin.

Coconut oil, to provide the benefits mentioned, must be certified organic; not refined; not bleached; no chemicals added; no deodorization; no hydrogenation (it should be solid at room temperature and turn to oil as it warms); not GMO; from fresh coconuts not dried "copra"; not high heat extracted.

Raw Extra Virgin Coconut Oil from Garden of Life meets all these requirements and it's the product we use at Women's Nutritional Health Center.

Aspartame – Sweet Poison

Aspartame was originally developed in a laboratory as a drug to treat peptic ulcers in 1965. You will better recognize aspartame by the names NutraSweet and Equal. There have been more reports to the FDA for aspartame reactions than all other food additives combined.

Aspartame has three components; *phenylalaine*, *aspartic acid*, and *methyl ester*. *Aspartic acid* is an amino acid found in foods we eat; however, it can only be considered harmless when found in proper combination with all the other components it is found with in nature. When aspartic acid is consumed as a free-form amino acid, it enters the central nervous system in abnormally high concentrations and, much like MSG, causes excessive firing of neurons and potential cell death. This effect is called *excitotoxicity*. It is linked to symptoms such as headaches, depression, mental confusion, balance problems and seizures. To date the FDA has not required the removal of excitotoxins such as MSG and aspartic acid from the food supply.

Even more worrisome is the 10 percent of aspartame that is absorbed into your bloodstream as *methanol* (wood alcohol, paint remover), which is a breakdown product from the *methyl ester* component of aspartame. Methanol poisoning can result in fatal kidney damage, blindness, multiple organ failure and death. Methanol can break down to a colorless toxin know as *formaldehyde* which can cause: irreversible genetic damage, headaches, fatigue, chest tightness, dizziness, nausea, lack of concentration, seizures and other issues including cancer.

Phenylalanine decomposes into DKP a known carcinogen (cancer causing), when it is exposed to warm temperatures or prolonged storage. There has been an increase in the rate of brain cancers since the year after aspartame was first approved for use in diet sodas.

How in the world did a dangerous chemical substance like aspartame get approved by the FDA for use in our food supply? Easy answer...politics. Once again "follow the dollar", and you'll see that your health was traded for a fist full of dollars.

It's as simple as this... don't let your taste buds dig your grave for you...stay away from aspartame and other synthetic sweeteners. They are poison. We recommend stevia extract from Nu Naturals as a safe, plant extract sweetener. It even comes in flavors like vanilla and chocolate.

Have You or Someone You Love Been Caught in the *Diabetes Scam*

As I write this article, 1 of 10 Americans suffers from Type II diabetes. It is estimated that, at the current rate of progression, this epidemic will progress to 1 of 3 Americans by mid-century. Children are now being diagnosed as Type II diabetic...a diagnosis that used to be called Adult Onset Diabetes.

What in the world is going on in this country? I can give you my opinion and I believe it to be accurate.

Diabetes is a big money industry...\$116 billion a year and is expected to triple by mid-century. There is no incentive, by the pharmaceutical industry or the business of medicine, to find a cure for diabetes. That is not to say that doctors don't want to help their diabetic patients. It does appear, however, that no attention is given to the possibility of a diabetic recovering. The emphasis is strictly on the treatment of symptoms with no consideration given to correcting the cause.

The entire medical treatment of diabetes involves drugs that ***do not reduce*** the increased incidence of heart disease, strokes, blindness, kidney failure, leg ulcers, circulatory problems and amputations suffered by the diabetic. The drugs used to treat diabetes have been implicated in *increasing the risk of heart attack and stroke*.

Obviously, the present approach to the treatment of diabetes is not working. Not only does the treatment not work, there is no attention placed on prevention. So, what is the answer...what is the potential (*dare I use the word*) "cure" for diabetes?

The answer lies with the individual... People must take personal responsibility for their own health, if there is to be any expectation of preventing or overcoming diabetes. I know that we have been told that diabetes is genetic. Yes, there is a very small percentage of diabetes that is genetic, but the majority is lifestyle induced. The concept of blaming all diabetes on genetics has, for the most part, been debunked by the new science of "epigenetics".

Epigenetics basically says that, if you don't have the lifestyle habits that contribute to diabetes, there is a very good chance that you won't become a diabetic even if you have family that is diabetic and, if you are, you have a good chance of overcoming it. Now that's encouraging!

I bet you are wondering what lifestyle habits contribute to diabetes. It's mostly this simple: don't eat sugar and eliminate or at least greatly reduce the consumption of bread, pasta, rice and other grains. There is tremendous help for those suffering with diabetes. Get the full story at one of our "Healthy for Life" lectures at *Women's Nutritional Health Center*.

Fluoride...YUK!

I'm sure you are already aware that most drinking water supplies in America are treated with fluoride to prevent tooth decay. There has been much controversy about its effectiveness and safety. Data compiled by the World Health Organization shows absolutely no difference in tooth decay in countries that used fluoridated water compared with countries that don't use fluoridated water.

Even the American Dental Association reversed its position on fluoride and did not advise dentists to give babies fluoride because of its adverse effects on bone growth.

Here are some things to consider: Fluoride accumulates in bones making them brittle and more easily fractured...Fluoride accumulates in the pineal gland which may interfere with sleep and the onset of puberty...Fluoride damages tooth enamel and may lower fertility...Fluoride inhibits antibodies from forming in the blood...Fluoride confuses the immune system...Fluoride has been found to increase the uptake of aluminum into the brain and lead into the blood.

Noting these and other health risks and the obvious ethical issue of medicating an entire population without their consent, many European countries have banned fluoridation.

At WHNC and at home, we use bottled spring water that comes in 5-gallon bottles. Reverse osmosis is an effective method of removing fluoride, chlorine and other toxins from drinking water.

Teeth are more likely to stay healthy on a diet composed of real food and eliminating the junk.

Nutritional Health Center Women's
FREE SERVICE for Your Family and Friends

The clinicians of *Women's Nutritional Health Center* will be providing a no charge, brief, introductory *Nutrition Response Testing* analysis during regular business hours. This service is provided for you... to help those family members, friends and co-workers that you know, in your heart, would benefit from *Nutrition Response Testing* but just won't commit to scheduling that first appointment.

You can bring them during your regularly scheduled office visit or just drop by any time. The only paperwork will be a "Permission to Perform Exam" slip and there is certainly no obligation of any kind.

We will provide a brief *Nutrition Response Testing* analysis to demonstrate what *Nutrition Response Testing* involves and explain how *Designed Clinical Nutrition* might help with their particular health issue.

Women's Nutritional Health Center

This

Certificate of Health

is a gift from a friend or loved one who cares about you and
from the practitioners at

Women's Nutritional Health Center

It may be redeemed for a

COMPLIMENTARY

Nutrition Response Testing Analysis

(\$120 Value)

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

Use of this voucher requires the future attendance of one "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

Check your email every Tuesday for WNHC "Healthy Hints"

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*Shocking Health Information Inside And A Great
New Service Available*

