

Dawn of a Healthy Life

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

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Some trust in chariots, and some in horses; but we will remember the name of the Lord our God. Ps 20:7

Fibromyalgia...my favorite case

I need to tell you a true story, and I want you to share it with someone who is in the same situation. They need to know there is hope and you can give it to them.

As Mary (not real name) continued her long and very sad health history I wrote down her list of symptoms...*pain that migrates from one area of her body to another, constant, debilitating fatigue, inability to concentrate, unstoppable weight gain, bloating and nausea, constipation, frequent urinary tract infections, sinus congestion, depression, anxiety, panic attacks, insomnia, and night sweats.*

She told me mood swings have caused a major strain in her relationship with her husband and children. She has no interest in life and has quit going to church and socializing with her friends.

Mary said that, after thousands of dollars of tests, she was diagnosed with *fibromyalgia*. She was prescribed antidepressants, pain pills, antibiotics, sleeping pills, and hormone replacement therapy for her symptoms. She looked up at me with teary eyes and said, "I've never felt worse and I'm at the end of my rope."

I hate to admit it, but all I could do is smile at her. I've heard similar stories so many times and to tell you the truth...**I love fibromyalgia cases** because we get such good results. I explained my reasons for the smile and what the remainder of her visit would be like.

After uncovering the primary reasons for Mary's symptoms with a complete Nutrition Response Testing analysis, Mary looked up at me once again with tears in her eyes and actually smiled at me. This time the tears were tears of relief and joy. She told me I was the first person to find a reason for her health issues and offer any real hope.

There is hope for most all *fibromyalgia* victims. Finding and eliminating the underlying "barriers to recovery" and then supporting that recovery with *Designed Clinical Nutrition* often leads to amazing results in a relatively short period of time.

There are so many people, mostly women, needlessly suffering from the symptoms of *fibromyalgia*. I know you know at least one. Please help them. Give them the "Certificate of Health" found in this newsletter and help them return to a healthier, energetic, happier life.

Know Yours Foods

Have you ever wondered how to determine whether or not the fruits and vegetables you buy are organically grown, genetically modified or genetically engineered or are grown with chemical fertilizers, fungicides and pesticides?

You can figure that out by reading the Price Look-Up Code (PLU) on the sticker.

Conventionally grown produce (grown with chemical fertilizers, pesticides and other chemicals) will have A PLU code of only four numbers. An example would be 4011 for a conventionally grown banana.

Organically grown produce has a five numeral PLU code starting with the number 9. 94011 would be the code for organically grown banana.

Genetically engineered (GE) or genetically modified (GMO) bananas would have start with the numeral 8 such as 84011 for banana.

Avoid GMO and GE foods, as it is yet to be determined the effect they will have on humans long term.

Aspirin Fails to Prevent Heart Attacks and Strokes

I know you've heard for years that aspirin is necessary to prevent both heart attack and strokes in people who haven't had a heart attack or stroke but may be at high risk for them. Here are what recent studies in the prestigious journals *Lancet*, *Journal of the American Medical Association*, and *Journal Watch-General Medicine* have to say: for people without heart disease but at high risk for heart disease, **aspirin was useless**, and the risk for major hemorrhage (internal bleeding) was almost double. In the latest study of over 3,000 adults at high risk for heart disease, **no benefit could be shown**. The aspirin group had the same number of heart events (such as heart attacks and strokes) as the placebo group.

So if you have never had heart disease, a heart attack, or a stroke, but have risk factors for these and are on aspirin, you might want to ask your doctor if he is aware of these studies.

Nutritionally there are several strategies you can use if your blood is too "thick". First of all, you must consider the effects of high insulin levels. If you remember from your "Healthy for Life" class, one of the effects of high insulin is to cause the blood to be prone to clots. Insulin levels go up from eating sugars and too much bread, pasta, rice and potatoes. Lowering insulin levels is a powerful, safe, natural way to lower blood viscosity (thickness).

A wonderful product from Standard Process called *Circuplex* has the capability of lowering blood viscosity and at the same time improving circulation.

High quality Omega 3 oils also have this capability. Standard Process's *Tuna Omega3*, *Linum B-6* and Nordic Natural products such as *Pro Omega*, *Pro EPA*, *Pro DHA*, and *Pro EFA* are also very helpful and of the utmost quality.

Be sure to be tested for which supplement might work best for your body.

Liver Problems – Create a Myriad of Symptoms

The liver is involved in many health issues. As many of you may have noticed, somewhere in your Personalized Health Improvement Program the liver shows up as a priority and must be handled. I believe we are all aware of the importance of the liver...so why doesn't it show up first in the program?

One reason is that major damage can be occurring in the liver with hardly any symptoms being experienced. This is because the liver can function on only 20 to 30 percent capacity. Another reason is that, through Nutrition Response Testing, another organ may come up as the first priority. The body will handle problems based on a priority system that always considers what is most important for your survival first. Since the liver can function at greatly lessened capacity with symptoms being minimal, the same is not true of many other organs. If the heart or thyroid or adrenals are functioning at below capacity, you feel the effects much sooner.

The liver is the largest internal organ of the body, weighs about three pounds and rests under the ribs on the right side. Let's look at some of the signs of liver problems: **enlarged or protruding belly, muscle pain and tightness, irritability, bad breath, bloating, mental burn-out, fatigue, brain fog, dark circles under the eyes, sleep problems, toxic headaches,**

itching, allergies, belching, heart burn constipation/diarrhea nausea and more.

The good news is that even though your liver may have been functioning at below capacity for a long time, it can regenerate if given the right treatment. That treatment need not be complicated with horrible liver cleanses, although a properly done mild cleanse may occasionally be necessary. As you have experienced through handling the most important issues first based on the Nutrition Response Testing system, when the liver shows up, it is handled like any other priority. We find the stressor involved, if there is one, and deal with that and then utilize whole food nutritional supplements such *Livaplex* or *LivCo* to provide the basic building blocks to help the liver heal.

But, here's the really cooooool 'thang.' While you are correcting your diet, you are also taking the load off the liver from all the lousy foods you were eating. The liver is a self cleansing organ so, when you stop putting junk in, it already begins to clean up and improve function. In many cases, we never have to handle the liver at all. Wow, what wonderful bodies we live in. We are truly "fearfully and wonderfully made". God sure knew what He was doing.

Remove Barriers Support Recovery

It sounds too simple doesn't it? But, when you consider the primary foundation from which Women's Nutritional Health Center operates, it will make perfect sense. We believe that **God created these "fearfully and wonderfully made" bodies to function in health and that health is our normal state.**

When the body is not functioning normally in a state of health (is not able to heal itself), believe it or not, it is still doing the best it can despite the **Barriers to Recovery** standing in the way of recovery. Doesn't it make sense that, if we are designed by our Creator to heal ourselves and for some reason can't, something is preventing recovery?

With that core belief, our first concern with any health issue is to find and remove the **Barriers to Recovery**. Those barriers are like roadblocks that you can't go over, under, around or through...they must be removed if you are to get on the road to recovering your health. **Barriers to Recovery** are caused primarily, but not exclusively, by: *heavy metals, chronic immune challenges, food sensitivities, chemical toxicity and scars*. Properly dealing with the **Barriers to Recovery** is an absolute "must do" if you are to have any chance of recovering your health.

After identifying the **Barriers to Recovery**, removing them is accomplished by dietary and lifestyle changes. Second in importance is the utilization of *concentrated, whole food supplements and herbal remedies* to support the natural and normal detoxification mechanisms. These mechanisms should have been in play all along but couldn't primarily because of the typical American lifestyle and diet.

Once your body is effectively dealing with the **Barriers to Recovery**, we can finally begin to **support recovery**. Since science tells us that sickness begins at the cellular level, and recovery begins at the cellular level, we **support recovery** by enhancing cellular function and repair with, of all things, *dietary improvements and concentrated, whole food supplements*.

You may ask why we use concentrated, whole food supplements to **support recovery**. Whole foods containing all the nutrients known and unknown are what is required to repair and replace damaged, sick cells. However, by the time you have lost your health, merely starting to eat better will not provide enough nutrients to make up for nutritional deficiencies that are often years in the making. Remember, you must get enough nutrition to meet daily needs for function and repair PLUS enough extra to **support recovery** from the damage that occurred over a lifetime. Thus, the use of concentrated, whole food supplements allows us to enhance and shorten recovery time, while, at the same time, you are improving the quality of your diet for long term health benefits.

It's not rocket science folks. God made these bodies to heal themselves. When they are not, something's in the way...**Barriers to Recovery**. To get well we must remove the barriers and **support recovery**. **Praise the Lord... there is hope for most sick and hurting people.**

Women's Nutritional Health Center
Certificate of Health

A gift from someone 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 certificate requires the future attendance of one "Healthy for Life" class.

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

Be sure to check your email every Tuesday for our "*Healthy Hints*" presented weekly to help you live a healthier more vibrant life.

www.womensnutritionalhealthcenter.com

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My Favorite Case Described Inside...I Love These

