

# Dawn of a Healthy Life

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

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**Let not mercy and truth forsake you; bind them around your neck...and so find favor and high esteem in the sight of God and man. Proverbs 3:3-4**

## ***Discovery of an Ancient Mega Lake And What It Has To Do With You and Your Children's Health***

In the last few years, scientists have discovered a GINORMOUS "mega lake" larger than Lake Erie in of all places the middle of the desert in Darfur. That's right...the DESERT!

How is this possible? How could a lake so big be overlooked for... who knows how many hundreds or thousands of years? Well, it's because...

### **It's Not Really There!**

You see, scientists, using space-age radar technology, have peeled away the sandy cloak covering Darfur's bone-dry landscape and revealed a huge basin that was once the mega lake. Here's what one of the scientists said about the unbelievable find: "When you go into these deserts and look around at the land, it's so dry and lifeless you think there was never anything alive there. Then you look in the past and you see there were rivers and lakes."

Now named the "Northern Darfur Mega-Lake," it is estimated to have covered over 12,000 square miles with 600 cubic miles of water when filled to capacity. WOW!!

With technology, researchers have reconstructed a picture of what the area looked like. They surmised that the lake was fed with plenty of rainfall and numerous rivers. *The area was actually once lush and green.*

### **All of This Is Quite Interesting, But What Does It Have to Do With You and Your Children's health?**

How do you think this mega-lake went from 12,000 square miles to...NOTHING? Do you think someone pulled the plug and it drained all the water out overnight, or over a few weeks, months...or even years? Of course not, no- one would think something as catastrophic as this could happen rapidly. I'm sure the changes happened so gradually that each generation didn't pay much attention. It was the long-term effect of something happening so gradually that it seemed harmless until it began to affect their life.

Do you see the relationship of this story and your health? Just like the lake in Darfur, your health starts out lush and green...taken for granted and after years and years of small abuses...

### **The Changes Take Place So Slowly That The Decline In Your Health Goes Unnoticed Until Major Symptoms Arrive.**

And now, because *the decline in health of successive generations is accumulative*, we are seeing younger and younger people suffering with the health issues that used to be reserved for the aged. There are a host of health issues that were not at all prevalent only two generations ago such as autism, ADD, ADHD, Alzheimer's, Type II diabetes in children, heart disease in young men and women, an explosion of auto-immune diseases, and more. When the symptoms arrive, if you are like most Americans, you look for one magic fix to regain the health you have lost through the years. As you already know, that approach is not working. You CAN change this trend, that is destroying the health of you, your children and the children to be born to them (future generations).

**The Only Way We're Going to Improve Our Own Health and the Health of Our Children and Future Generations Is by Getting Back to Feeding Our Bodies REAL FOOD.**

## **IS YOUR IMMUNE SYSTEM COMPROMISED?**

As of late, there has been an increased awareness of the relationship between the gut flora (*intestinal bacteria and yeast in the bowel*) and the health of the immune system in general. Once the gut flora is damaged (*dysbiosis*), your ***immune system is compromised*** making you more susceptible to all manner of health issues. These health issues can include but are not limited to digestive problems, bowel problems, menstrual problems, yeast infections, allergies, headaches, emotional issues, autism, ADD, ADHD, eczema, multiple infections, asthma, chronic sinus and/or ear infections, learning disabilities, and more.

Obviously *dysbiosis* is a very serious health issue, the symptoms of which are usually treated with drugs. So, what is the cause of dysbiosis and can it be corrected?

Dysbiosis can actually begin at birth. If the mother is dysbiotic, then there is a significant chance that the newborn will also be dysbiotic. Disturbed flora will be passed on to the child and that child may grow up with many of the previously mentioned health issues.

Probably the most common cause of *dysbiosis* is the use of antibiotics. These drugs destroy not only the bad bacteria but also the beneficial bacteria. They also change good bacteria into disease causing bacteria, and their use contributes to the growth of antibiotic resistant strains of bacteria.

*Antifungal drugs, painkillers, aspirin, ibuprophen, prednisone, hydrocortisone, birth control pills, sleeping pills and drugs like Pepcid, Prilosec, and other "heartburn" drugs* can all cause damage to the gut.

The overuse of these and many other drugs contribute to gut *dysbiosis* and the host of seemingly unrelated health issues associated with a damaged gut lining.

Of course, we can't forget the negative effect poor diet has on gut dysbiosis. The typical

western diet of processed foods heavy on grains, starches, and sweets, is fuel to the fire of gut dysbiosis. These types of foods encourage the growth of streptococci, staphylococci and other harmful bacteria and yeasts like candida. They also create an environment that encourages infestation by parasites and worms. A person with gut dysbiosis could harbor up to 500 different species of opportunistic organisms.

That certainly doesn't sound like something anyone would want to have to deal with does it? Mysteriously, the symptoms you experience from *dysbiosis* are often not directly related to the gut.

New research by the *National Institutes of Health* called the Human Microbiome Project is uncovering some amazing facts. We now know that the organisms living in our gut, on our skin, and many other sites on and in our bodies, outnumber our cells by 10 to 1. Ten thousand different microbial species are estimated to occupy the human body. Because these organisms are so small they only make up about 2 to 6 pounds of our total weight but pack a massive impact

Scientists are telling us that these microbes contribute more genes to human survival than humans themselves. Researchers estimate that the human microbiome contributes 360 times more genetic information than our own genes.

These genes are vital for human survival. Microbes in the gut break down many of the proteins, fats and carbohydrates in our diet into nutrients we can absorb. They also produce beneficial compounds like vitamins and anti-inflammatories that our genome can't produce.

The understanding of the importance of the human microbiome is only beginning to be understood. As of now we know that specific probiotics are of benefit as is a diet of adequate protein, fats and non-starchy vegetables. We'll keep you informed.

## ***“Put the Fire Out”***

How many times have you heard me talk about *inflammation*? I’m sure you’re sick of hearing it by now. But I won’t stop because I know that if we can “put the fire out” we can help you minimize the chances of developing most of the modern, degenerative diseases that slowly ruin our lives such as heart disease, cancer, diabetes, arthritis, and even Alzheimer’s. It can be almost overwhelming to know that these *preventable, non-communicable (can’t catch it from someone) diseases account for more deaths than all other diseases combined worldwide.* The common denominator for all these diseases is *inflammation*.

Researchers have known for some time now that inflammation is at the heart of these conditions. They have also known for some time that reducing inflammation is almost always beneficial for improving and/or preventing these diseases. And sadly enough, they have known that a high carbohydrate diet and gluten are primary stimulators of *inflammation*. I say sadly because this all-important, suffering-preventing, life-saving information has not reached your average physician.

Medical professionals, dieticians and even many nutritionists still buy into the failed idea that carbs are good, and fats are bad. Look where that has gotten us. Heart disease (largely preventable) is the leading cause of death. Younger and younger people are developing this disease that used to be primarily a disease of older age. The fastest rate of increased heart disease is in 35- to 44-year olds. Yes, we have the technology to keep dying hearts pumping but we don’t have less heart disease.

Adult onset diabetes can no longer be called by that name since children are developing this disease that is now called Type 2 Diabetes. Since the American Diabetes Association recommended a low fat, carbohydrate rich diet for diabetics the rates of diabetes have exploded. The number of diabetics doubled in only ten years...DOUBLED!! That’s called a good business model for those selling diabetic medications and supplies.

Perhaps the most devastating change in the last forty years has been the epidemic of neurological disorders such as ADD, ADHD, autism spectrum disorder and Alzheimer’s. There has been a 16 percent increase of ADHD diagnosis in the past 6 years and a 53 percent increase in only ten years. A new government report indicates that 1 in 50 school age children have been diagnosed with some level of autism spectrum disorder. God help us. It has only been a few years since that number was 1 in 150 and we were astonished at that figure. Each of these neurological diseases is devastating to the individual and their families.

All of these conditions have been strongly linked to **inflammation**. Yep...that’s exactly what we’ve been teaching for years. We’ve been teaching this concept much longer than the wonderful books such as *Wheat Belly*, *Grain Brain* and *Good Calories, Bad Calories* were published because the information is not new. It just wasn’t widely accepted. **Well, we don’t care about being accepted. We care about helping sick people get well and healthy people continuing to live their life that way.**

I want to leave you with some sobering facts. It’s common knowledge that the U.S. has the most expensive health care in the world. But get this...the U.S. spends enough money of supposed health care, that if the U.S. health care system were a country it would be the 6<sup>th</sup> largest economy in the world. All that would be fine if we were getting what we paid for...good health and long life. But despite all the expense, the U.S. ranks last in health and mortality (length of life) when compared with 17 other developed nations.

The only way out of this mess for you and your family is to take personal responsibility for your health. It’s not difficult. Just follow these basic guidelines: (a) keep the carbohydrates (sugars and grains) to a minimum, (b) eat adequate protein, (c) don’t be afraid of “good fats”, (d) eat lots of non-starchy vegetables...the darker the green and brighter the color the better.

***If you are not feeding your children real food, shame on you. You’re the adult. You’re responsible, not your child. Their entire life will be better for it. I say this because I care about you, and your children, and your grandchildren - not about being popular. I am fulfilling my responsibility by telling you the truth.***

# *Women's Nutritional Health Center*

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*Women's Nutritional Health Center.*

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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.  
Together we can make a difference in the health of our community.

## ***HAPPY THANKSGIVING***

*From the Clinicians and Staff of Women's Nutritional Health Center*

*Women's Nutritional Health Center*

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*Give Thanks to HIM Who Gives Us All Good Things.*