Dawn of a Healthy Life

A Nutritional Health Newsletter published by:
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There is surely a future hope for you, and your hope will not be cut off. Proverbs 23:18

Dear Friends,

Last month we covered the importance of correcting the **"Barriers to Recovery"** prior to handling any organ dysfunction. These barriers would prevent you from getting healthier no matter what type of treatment you have. This month we will discuss the **"Five Most Common Stressors"** that cause these barriers to exist.

Heavy Metal Toxicity

This form of toxicity originates from metals found in every day products that you use or to which you are or were exposed. For instance, mercury toxicity usually comes from amalgam (silver) fillings in teeth, some childhood inoculations, flu shots, pneumonia shots, and other shots preserved with mercury. Aluminum toxicity can stem from inoculations, cooking with aluminum cookware, antiperspirant deodorants, drinking from aluminum cans, and antacids. Other heavy metals come from hair coloring, automobile exhaust, paint, metal water pipes, dyes, wood preservatives, and a number of other common sources.

Heavy metal toxicity is a very serious problem that can have a suppressive effect on the function of any organ or system of the body. It is especially suppressive to the immune system, to the bodies' ability to heal and the ability to balance hormones. Heavy metals can affect any tissue of the body and can slow or prevent recovery from any health problem.

With *heavy metal toxicity,* you have probably not responded well to any other type of therapy and will not until you have reduced the level of metals in your body. People with *heavy metal toxicity* are often those that have seen many doctors with none being able to pin point the cause of their problem. Left uncorrected, *heavy metal toxicity* will suppress your ability to recover and needs to be handled as a priority.

Food Immune Reactivity

Although many people have food allergies, Food Immune Reactivity (FIR) is much more damaging. FIR is intolerance to certain types of foods with long term negative health effects.

Food Immune Reactivity is much more subtle in the symptom - food correlation. In fact, many people with FIR have no symptoms that they can directly relate to eating the offending food. With FIR, you may experience some or all or none of the symptoms mentioned, as well as a number of others that masquerade as symptoms of other physical conditions.

Wheat and other grains, sugar, dairy and eggs are the foods most likely to cause Food Immune Reactivity. Many people are misdiagnosed with named diseases. They may be "living with" a condition (FIR) that can lead to severe, irreversible consequences.

Some of the conditions related to Food Immune Reactivity are skin conditions such as psoriasis, eczema, acne, rosacea, hives, and neurological disorders such as ataxia (loss of muscle coordination), severe headaches, autism, and behavioral problems such as ADD and ADHD. Autoimmune diseases such as lupus and multiple sclerosis have been linked to FIR.

As if this weren't enough, chronic fatigue syndrome, fibromyalgia, anemia, asthma, unexplained weight loss or gain, cardiomyopathy (heart muscle disease), and chronic infections have also been associated with a Food Immune Reactivity.

Digestive disorders are by far the most obvious symptoms of FIR. The most common symptoms are bloating, gas, heartburn, diarrhea (sometimes violent), constipation, cramping, stomach pain, and nausea. These symptoms are especially common with sensitivities to grains, especially wheat.

We have discovered that determining and eliminating the primary food sensitivity causing Food Immune Reactivity often eliminates sensitivity to many or all the other foods on these long lists.

We have also discovered that merely eliminating the offending foods is not enough to solve the problem. The use of proper enzyme therapy is necessary to "clean up" (eliminate) the metabolic end products causing the

sensitivity. Through Nutrition Response Testing we can determine exactly what type of enzyme and how much is needed to correct the problem. Symptoms vanish when the cause is addressed.

Immune Challenges

When your body is dealing with an *immune challenge*, it does not necessarily mean that you have an infection. It does indicate that your body's immune system is being challenged, or you are having residual effects from some previous immune problem and are having difficulty fully recuperating.

Immune challenges may be bacterial, viral, fungal (yeast), and/or parasite. It is important for you to remember that your body has the capability of handling these challenges. Even though you may have had a health problem caused by an *immune challenge* for a very long time, with the proper support, you can most likely recover.

People with chronic *immune challenges* are often those that have frequent colds and sore throats, chronic bronchitis, chronic sinus problems, toenail or fingernail fungus, and/or they may seem to have nearly constant allergy problems or just have felt bad for a long time and can't seem to get well no matter what they do. Many autoimmune diseases such as lupus and rheumatoid arthritis have their beginning in chronic *immune challenges.*

Chemical Toxicity

Chemicals are certainly irreversibly entwined in our modern lifestyle. We literally can't avoid them. Among the most common chemicals to which we are frequently exposed that may lead to health challenges are acetates, chlorine, food dyes and preservatives, formaldehyde, hazardous toxins (found in cleaning products), hydrocarbons, medications, perfumes and other fragrances, pesticides, petroleum solvents, and plastics. A really healthy body can usually eliminate these chemical toxins effectively without causing any health problems.

Chemical toxicity can be expressed by a host of varied symptoms including severe, sudden onset, often unexplained pain in any part of the body. Any organ can be affected by chemical toxicity. Since most toxins are eliminated through the liver, kidneys and bowels, symptoms may be related directly to those organs. For instance, if the liver is involved, nausea, bloating and other digestive symptoms may predominate. If the kidneys are involved, fluid retention may be the primary symptom. If the bowels are involved, diarrhea or constipation may be the health issue. Skin issues and congested sinuses are often a reflection of chemical toxicity because the body tries to get rid of the toxin through the skin and/or mucous membranes.

Through nutrition response testing, we are able to determine if chemical toxicity is involved with your health issues and what remedies need to be used to eliminate these toxins from your body.

Scars

When I learned about the possibility of scars on the surface of the body causing problems inside the body, I had to be shown beyond the shadow of a doubt. I discovered that this information was not new but had been researched in Germany and Japan as far back as World War II. The final proof for me was to actually see the results on my own patients.

Here are the basics of how this works. It is an established fact that the human body has a *bio-energetic electrical field* and that this field is created by the flow of *bio-electricity* through the body and over the surface of the body. We also know that 80% of sympathetic nerve fibers end in the skin. When the skin is cut or broken open and forms a scar, the scar is now a different type of tissue (fibrous) than the skin prior to the cut and the nerves are no longer organized in the same pattern. This new disorganized fibrous tissue and now denser nerve structure can store *bio-electricity* much like a capacitor can store electrical energy.

Much like static electricity can build up in your body and then discharge from your body when you touch a metal object, the *bio-electricity* stored in a scar can be released over time with the normal flow of energy in the body. This *short circuit,* so to speak*,* can cause dysfunction at a distant location. Often this *bio-electrical* short circuit can cause you to be blocked or switched which, as you now know, are major interferences to regaining your health.

For example, a scar on the mid-line of the body, such as an episiotomy, C-section or laparoscopy scar can contribute to *bio-energetic* dysfunction of organs such as the thyroid, ovaries, uterus, bladder, or heart and can be involved in feelings of depression, anxiety, panic attacks, and even chronic fatigue. Many other health challenges can be traced to scars on the surface of the body. Not all scars are active but, if you test for a scar with the NRT procedures, that scar is interfering with your ability to become healthier and must be treated.

The **"Five Most Common Stressors"** must be properly handled to support your recovery. Nutrition Response testing is laser accurate in uncovering these stressors and in determining what support your body needs to recover.

Are You Fragrance Sensitive?

Many people are fragrance sensitive and have no awareness that it is causing a problem... It is estimated that at least 20% of Americans are sensitive to fragrance. I think it's much more. Those with allergies or asthma have an even higher chance of developing a reaction to fragrances.

The most common signs of fragrance sensitivity are easy to recognize. Sneezing, runny nose and watery eyes, skin reactions like rashes and hives are common and may not be consciously related to the fragrance. Other reactions can include headaches-especially around the eyes, nausea, dizziness, fatigue, decreased concentration, and pain anywhere in the body. For some, symptoms can be as severe as breathing difficulties, asthma, seizures, and even anaphylaxis.

Just about everybody-care product we use today contains some sort of fragrance. We are exposed from laundry detergents, dryer sheets, cleaning supplies, shampoos, soaps, cosmetics, tissues, air fresheners, scented candles, and a myriad of other products.

More than 3,000 different chemicals are involved in creating synthetic fragrances. It can take a combination of over 200 chemicals to make up some favorite fragrances. Most all these chemicals are derived from petroleum. When the molecules are breathed into the lungs, they are readily absorbed into the blood stream and must be detoxified by the liver to be excreted through the kidneys and/or bowels.

Because the petroleum molecules are extremely foreign to the body, they are often difficult to detoxify and become "hung-up" in the liver, kidneys, and or bowels creating a toxemia that can make one very ill.

If you develop odd symptoms after exposure to a fragrance, get an NRT analysis ASAP. We have effective ways of ridding the body of these offending chemicals.

To learn more, go to EPA.gov and type in the subject line Fragrance Toxicity or Google it.

Available at
Women's Nutritional Health Center

At the request of many of our clients, we have found a safe, fragrance-free, toxic-chemical free shampoo, conditioner and body lotion.

The product line is called **"FREE OF"** because it is. It was developed by a Nutrition Response Testing doctor whose wife suffered from multiple chemical sensitivities.

A tester for the body lotion is on the counter. Give it a try and tell us what you think.

New Classes Planned For 2019

In addition to our very important and mandatory "Heathy for Life" class, we want to provide you with information about topics in which you might have particular interest.

You might be interested in the latest information about longevity.

Learning how to most effectively handle the common stressors that affect your body may be your topic of interest.

Just let us know and we'll put it together for you and let you know when the class will be available.

Cleaning Up Your Personal Environment…HOME

I have already briefly written about the negative effects of chemicals - especially fragrances. Get on your computer and do some digging. It should make you take note and move you to action for the sake you and your family's health. Here are some simple steps you can take to clean up your home environment: #1. Get rid of those chemically-toxic, fragrant dryer sheets. These are some of the worst products you can use. #2. Use unscented laundry detergent and other cleaning products. #3. Use unscented body care products such as soap, lotions, and hair products. The scents in these products are not only picked up by breathing but also absorb through the skin. #4. DON'T use any air fresheners unless they are a true essential oil. Products like Glade and Febreze are very toxic to you and enter the body through the lungs which is second only to injection into a vein for the speed at which it enters your body. Remember, all these toxic chemicals must be processed by the liver and eliminated. They ALL pose a threat to your health, even contributing to cancer. #5. Change to environmentally friendly cleaning products for the sake of the environment and you and your family. If they are toxic to the environment, they are toxic to you. There are a number of websites you can visit for information. I like *DIYnatural.com*. Even standard grocery stores are carrying fragrance free and environmentally safer products. **NONE OF THIS IS DIFFICULT. TAKE RESPONSIBILTY FOR YOUR AND YOUR FAMILY'S HEALTH AND SLOWLY BUT SURELY MAKE THESE SIMPLE CHANGES.**

Women's Nutritional Health Center

Certificate of Health

Give This Certificate to Someone You Suspect Might Be Suffering From One or More of the Five Most Common Stressors

We'll provide a no charge (\$120 value) Initial Consultation and Nutrition Response Testing Analysis

(Use of this voucher requires the future attendance of a one hour Healthy for Life Seminar)

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Learn About the Five Most Common Stressors Affecting Your Health