

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,

I want to give a special thank you to those of you who go out of your way to refer your family and friends to *WNHC*. It's truly humbling. My greatest thrill is to see people live a healthier, more vital life. The capability of the human body to respond to *Designed Clinical Nutrition* is truly amazing. I know from Whom the healing comes and feel truly blessed to be involved in helping sick people get well.

Isn't it wonderful to consider that your body can recover, rather than the continual treatment of symptoms with drugs that are in and of themselves potentially dangerous to your health? Our bodies are designed, by our Creator, for real health improvement rather than the management of symptoms.

Even before all 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 with ever 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 already in poor health.

My idea of prevention is certainly not the medical model of putting people on drugs to "change the numbers" and doing yearly physicals until something really bad goes wrong. *Early detection with screenings is not prevention but merely a way of finding an existing problem that has gotten bad enough to require drugs or more extensive intervention like surgery.*

I see prevention of most health problems, beginning in the womb and carrying on throughout childhood and adult life. Prevention is ensuring that the potential mother and father eat the foods necessary to develop a healthy baby, even before conception. It's feeding the child real food, hopefully beginning with breast milk. It's parents setting an example and teaching children that whole foods build healthy bodies and minds, and that junk, fake foods destroy health and lead to a life of decreased energy, sickness and ultimately degenerative disease such as cancer, heart disease, diabetes, 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. Have you seen an improvement in the health of the American population in your lifetime or a steady decline? 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 many 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 something 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 health crisis that we are presently experiencing. **You are on the right path with Nutrition Response Testing.**

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 itself back to health. 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 declining health 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 will make them 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 time is a necessary element in health restoration.

Sickness begins at the cellular level...you don't suddenly develop ill health, 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 and other environmental and genetic factors. In reality, it's amazing that you made it as long as you have before you started having health issues. 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 take 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?...**VITAL!**
2. ***Give it enough time!*** We are not using drugs to cover-up your symptoms. Drugs work fast, but have no ability to restore health. Only your body can restore health given no interference and a steady supply of the basic building blocks to rebuild cells which come from...**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. Now that's exciting!!

It Just Makes Me Sick

Recently I had case that the medical management of **MAKES ME SICK!** Actually, I see a lot of medically mismanaged cases. Most people that come here have tried the medical approach first.

According to his mother, this young boy suddenly developed severe pains in his legs and other areas of his body. Pain shot through his body like the pain one gets when hitting their "funny bone". Unable to walk, he was carried into the office on his mother's back. After numerous visits to various "specialists," and \$400,000 later he was diagnosed as having a psychological problem.

We found he had been poisoned by *pesticides*...bug killers. They are extremely neuro-toxic. The effects were amplified by a preexisting sensitivity to *wheat*.

I can't tell you how blessed I felt when he walked into the office on his own two feet. God is GREAT!

The purpose of me relating this story to you is that I know I am frequently negative about medical treatments. I AM NOT against medicine or surgery when necessary. I am against the treatment of everything with drugs and when that fails...surgery. I am against putting the problem back on the patient by telling them "it's all in your head."

Sure, there are some truly psychological problems. I believe these also have a biochemical component. But to tell a previously very active 12-year-old that his debilitating pain is all "in his head" ...GIVE ME A BREAK. Thank God for Nutrition Response Testing.

Healthy Cooking 101

**WOMEN'S NUTRITIONAL
HEALTH CENTER**
is pleased to announce
our 2nd
**Healthy Cooking
Workshop**

The instructor for this
class is a

Healthy Hands Cooking
certified instructor.

**There is a nominal fee for the class
to cover materials.**

On the Menu: Easy Vegetable Bake, Grain
Free Chicken Tenders and Grilled Peaches

When: August 14, 6:30 – 7:30 PM

Where: WNHC Annex

Registration is Required:

www.healthyinstructor.com/sara-kennedy/upcomingclasses/healthycooking101 Use Code WNHC at checkout.

I highly recommend this cooking class. Sara and her husband have been clients at *Women's Nutritional Health Center* for quite some time and not only talk the talk, but they walk the walk.

Charley F. Ward, D.C.

Missed Appointments... a

touchy subject, but it has to be addressed. Believe it or not there are people who reserve time at WNHC and don't show or call. So, here's our viewpoint:

We believe that by the time someone comes to WNHC for help, they are ready to get serious about getting better. In fact, I try to make it clear from the beginning that there are responsibilities that fall squarely on their shoulders. Two of those responsibilities are spelled out on page two above.

The third responsibility is to *keep the schedule of reserved appointments*.

Missed appointments create two problems.

1. When our schedule is full, as it often is, and an appointment is missed, that time is no longer available to other clients as an option.

2. As you know, the clinicians at WNHC make themselves available for *Quick Check* visits. We often schedule these for the end of the day because our schedule is already full. (We are committed to staying late if we need to.) Missed appointments take up time that could have been used by someone else who is feeling badly for a *Quick Check* visit.

Here's the official stance of WNHC: *If one has reached the point of being serious about improving health and vitality, then they should consider their reserved appointments a priority and arrange their schedule accordingly*. In other words, ...keep their reserved appointments.

Here are two other reasons to keep your reserved appointments. (#1) If you have an appointment reserved and miss, you are putting someone else out. And, (#2) don't forget, as you signed an agreement in the beginning, you *will be charged for missed appointments without 24-hrs notice*.

Women's Nutritional Health Center

This

Certificate of Health

is a gift from someone who cares about you and the practitioners of
Women's Nutritional Health Center.

It entitles the bearer to a complete

Nutrition Response Testing Analysis

AT NO CHARGE

Call 423-202-6216 or 423-928-0677 to Reserve Your Special Appointment Time
(Use of this Certificate of Health requires the attendance of one 1 hour "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

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*If You're Not Receiving Our Weekly "Healthy Hints" by E-Mail every
Tuesday, You're Missing Out on Some Important Information.
Ask the Ladies at the Front Desk to Make Sure Your address is on our
E-mail List or Check Your Spam.*