

# 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,

Thank you, thank you, so very much for the family and friends you refer to Women's Nutritional Health Center. It's by your "word of mouth" that we continue to grow. You obviously understand the truly amazing capability of the human body to respond to *Designed Clinical Nutrition*. We know from Whom the healing comes and feel truly blessed to be able to care for those you care about. Thank you.

Isn't it wonderful to see the ability of the human body to actually recover rather than continuing the treatment of symptoms with drugs that are in and of themselves potentially dangerous to your health? You are experiencing real health improvements rather than the management of symptoms.

Even before 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 and 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. Then we must begin paying attention to prevention from an early age and health restoration and maintenance for those who are already in poor health.

My idea of prevention is certainly not the medical model of putting children on drugs like statins and doing yearly physicals until finally something is found to be wrong that requires treatment. Screenings for early detection can save some lives but cannot be considered prevention.

I see prevention of most health problems beginning in the womb and carrying on throughout childhood and adult life. Prevention is ensuring that the expectant mother eats the foods necessary to develop a healthy baby. It's feeding the child real food as the child grows, hopefully beginning with breast milk. It's parents setting an example and teaching children that whole foods build healthy bodies and minds while junk, fake foods destroy health and lead to a life of decreased energy, sickness, and ultimately degenerative disease such as cancer, heart disease, 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 sicker than their parents with even greater increases in sickness care costs.

Think about it. If you are 40 or older, have you seen an improvement in the health of the American population in your lifetime or a worsening? 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 most 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 a pill doesn't occur to them thanks to the business of medicine and the slick advertising from the drug manufacturers. The old, tired system hasn't worked in the past and a reshuffling of the same system will not improve your health in the future.

**You are on the right path for improving the health of yourself, your family, friends, and community.**

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## *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 its health and vitality. 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 removal of barriers, proper nutrition and 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 allowing their health to decline 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 helps them get well while taking no responsibility for their part. You however realize it takes time to get sick and it takes time to recover. Let's explore the reasons for this.

Sickness begins at the cellular level...you don't suddenly get sick even though it may seem that way. What you are experiencing now...your lack of health is the accumulation of the effects of a lifetime of dietary and lifestyle habits. In reality, it's amazing that you made it as long as you have before you started having trouble. 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 help. In order to help you on YOUR journey back to health, let's review what I emphasized to you on

the 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? Also, make the dietary changes that we agree upon each week. Are you doing that?
2. Give it enough time! We are not using drugs to merely mask your symptoms. Drugs work fast but have no ability to restore health. Only your body can restore health given no barriers and the basic building blocks to rebuild cells...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 remove the *barriers* to its recovery, feed it what it needs, and give it time to mend, it will most likely recover from even many years of ill health. How exciting!!

Always remember that you are... "fearfully and wonderfully made" by your Creator. The same God that formed the heavens and the earth formed your body and it is *designed* to heal itself.

## 2020 FLU VACCINE ESTIMATED ONLY 45% EFFECTIVE

I want to start off very early this year in my warnings about the ***hype and fear*** used every year to scare people into having a flu shot. Did I say that? Yes, I did, and I believe it 100 percent. If you want to know who will benefit from each latest “pandemic,” follow the money.

The *Centers for Disease Control and Prevention* has concluded that as of February, the flu vaccine effectiveness was around 45%. That’s worse than the flip of a coin and yes there is the risk of getting all the flu symptoms from the shot itself. Those effects are nothing compared to the potential for severe neurological damage.

Remember the “severe” flu season of 2018...that wasn’t... but was hyped up by the media. Or how about the “pandemic” of 2009-2010 that was supposed to kill millions of people...that didn’t. You probably don’t even remember either of these hyped up potential disasters and you certainly don’t hear any reference to them from the media now.

The official stance of *Women’s Nutritional Health Center* is that a ***healthy*** body is capable of warding off viruses of any kind including flu and even Covid19. If a healthy individual succumbs to a virus, their body is capable of marshaling its defenses and recovering. That’s how we are designed by our Creator... “fearfully and wonderfully.”

Begin by informing yourself now before the hype and fear starts. Start with ***Mercola.com*** and do a search. Make up your own mind.

**Most importantly...live a healthy lifestyle.**

## Understanding Cholesterol

There is certainly an amazing amount of confusion about cholesterol. Let’s examine some basics and see what you think about what you have been told.

First of all, let’s talk about LDL the supposed bad guy. LDL is NOT cholesterol. It is a Low-Density Lipoprotein that carries cholesterol from the liver, where it is manufactured, to the rest of the body. It’s a transporter not a problem in and of itself.

There are two types of LDL. The *small, dense particles* are so small that they can get into artery linings damaged by **inflammation not by cholesterol** itself. The large and fluffy particles are typically no problem. Small, dense particles are likely to lead to clogged arteries and possible heart attack or stroke.

Sugar and refined carbohydrates **are the main cause** of inflammation and increased small, dense LDL. Large, fluffy LDL is increased by **saturated fat**. What about that? The “good”, supposedly bad, cholesterol is improved by exactly what we have been told not to eat.

Unfortunately, most blood work does not differentiate particle size. They just give you the LDL number which then often causes panic and a prescription of dangerous statin drugs.

So, let’s say your most recent blood work shows that your LDL is higher than is considered normal. How would you be able to tell if it’s most likely small and dense or large and fluffy? Here’s how:

If your **triglycerides** are **high** and your **HDL** is low, you most likely have small, dense particles. If your **triglycerides** are **low** and **HDL** is **normal or higher**, you most likely have large, fluffy particles. The total cholesterol number has been shown to be basically useless in determining risk.

Triglyceride readings of 150 or less are considered normal. We find around 70 is ideal and is usually required to make a significant difference.

Eating according to the “Healthy for Life” plan long enough will reduce your triglycerides, increase HDL (good cholesterol) and improve LDL particle size lowering your risk of heart attack and stroke.

# *Women's Nutritional Health Center*

## Certificate of Health

A gift from someone who cares about you.

*It may be redeemed for a*

**COMPLIMENTARY**

**Nutrition Response Testing Analysis**

*(\$120 Value EXPIRES June 30).*

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.

**A Printed Copy of This Newsletter is Worth a FREE Quick Check**

**womensnutritionalhealthcenter.com**

*Don't forget "Healthy Hints" each Tuesday in your email.*

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Leave the "health care crisis" behind. *Get Healthy!*