Dawn of a Healthy Life

A Nutritional Health Newsletter published by:
Women's Nutritional Health Center
413 East Unaka Avenue
423-202-6216 Johnson City, TN 37601 **423-928-0677**

***I will Praise You, for I am fearfully and wonderfully made; marvelous are Your works*. Psalm 139:14**

HAPPY and **BLESSED NEW YEAR** to all our friends and family,

We do consider you friends and family. I say friends in the sense that we develop relationships through our short, but intense, appointments at WNHC. I say family as a group of believers with faith in our Father God who created us and His Son that died for us. I also say family as a group that strives to take responsibility for regaining and maintaining the health and vitality that we were created to have.

The verse above says it all... "Fearfully and wonderfully." We are immensely better than the 5th Avenue marketers of the latest pharmaceutical miracle "drug," would have us believe. It's as though our normal state of health is presumed to be one of sickness and the only way to recover health is to ingest or shoot into our veins some man-made chemical concoction that has a list of side effects a mile long; or when that fails, remove a body part. Our natural state is no longer presumed to be a state of vibrant health but one of frailness that requires medical intervention and management while we die a slow, drugged-up death.

We at Women's Nutritional Health Center presume our natural, God-given state to be one of vibrant health reflecting the fearfully and wonderfully made bodies we were given. We presume that if we can remove the "barriers to recovery" acquired during our lifetime and/or during development in the womb, our amazing bodies can repair themselves as designed. What a radical thought!

We presume that even though it may take several years to restore the ravages of a lifetime, these bodies are capable of replacing each old, sick cell with new, healthier cells up to our genetic potential. We presume that life can be lived with health and vitality until the end and then goes out like a good candle…burns bright to the last, spits, sputters, and goes out.

My, my… aren't we presumptive? We all presume something about our health, don't we? Which would you choose? As for us and our households, we choose "fearfully and wonderfully made."

Now once again we want to remind you that we are not anti-medicine. We are anti over-use of medicine. We are anti-drugs for every health issue and nothing but drugs for every health issue. We are anti…if drugs fail, remove the organ. Mercy! If drugs and surgery could make us well, there wouldn't be any sick people anymore. We wouldn't have to continue to build new or bigger hospitals. We wouldn't have to house frail, broken-down, memory-impaired folks in nursing homes until their bodies give up the struggle.

NO! We are PRO "building health." We are PRO removing the "barriers" to the capability of your body to heal, as it was designed by your Creator. We are PRO feeding your body REAL FOOD that it can use to replace those old, sick cells with healthier, more vital cells. We are PRO helping you eliminate new barriers that might present themselves in the course of living in a toxic world. We are PRO supporting your body when it inevitably succumbs to the myriad of organisms with which we are dealing on a daily basis.

We are PRO helping you live a life full of health and vitality while your candle burns brightly until it spits, sputters, and goes out. We are PRO helping you ***live*** life.

Here's Where the Rubber Meets the Road

The underlined words (*take responsibility)* in the first paragraph above are the key to you realizing your body's "fearfully and wonderfully" made potential. You knew this was coming, didn't you? You knew that we love to share our reason and passion for why we do what we do but you also know that we are about ACTION! It takes responsibility to take action. If you thought you could regain and maintain a healthier more vital life just by taking a few supplements, you came to the wrong place.

Remember our name? *Women's Nutritional Health Center.* It is about nutrition. We are not *Women's Supplement Health Center.* Sure, we use whole food supplements to help you remove the "barriers to recovery" and then support that recovery. Check out Standard Process.com and you'll see for yourself the great lengths taken to grow and prepare the finest food supplements available on the planet.

We also use the highest quality herbal products mostly to temporarily support sick, tired organs and systems until your body can bring about repair. Check out MediHerb.com and SystemicFormulas.com. All of our products have been used by thousands of practitioners like us for many hundreds of thousands of people just like you with tremendous success for many years.

But it's not these amazing, reliable products that repair your body and restore health and vitality. So, what is it? What repairs/heals your body? It's that same power that causes the inanimate, lifeless dust from which we were made to function with intelligence as a living being. It was part of our original design and still works as well today as it did for Adam and Eve. It's the *"breath of life"* breathed into our nostrils by our Creator. It just has a lot more interference these days than it did in the perfect Garden of Eden.

Imagine a world in which the 82,000 different chemicals used by mankind had not yet been developed. *Imagine* the quality of nutrition found in food that grew on soil not tainted with artificial fertilizers and pesticides. *Imagine* what water must taste like without the toxic residue of industrialization. *Imagine* what clean air must feel and smell like.

Just like we can't imagine the shaking of the earth and the dust cloud developed by a herd of a million buffalo running the plains, we really can't imagine this perfection because we no longer have a frame of reference for it. Oh sure, there are places where it's better, but no place on earth is untouched. SO, WHAT DO WE DO?

Simply put…we do the best we can with what we have. It's not rocket science. We need to eat REAL FOOD. Sure, it's not as good as it was 100 years ago but it's a million times better than all the junk products that come in a package. Just because the box says "fortified" does not make it nutritious.

Oh, it's easier to eat boxed, pre-prepared products but it's not easier to live in the broken down, sick body that will be the end result. It's certainly not easier to watch our children suffer from diseases that used to be relegated to adults or diseases that were basically unheard of in my parent's lifetime.

It's all about taking RESPONSIBILITY for our own health and the health of our children and future generations. ***We are committed to help you take control and get back what these bodies were "fearfully and wonderfully" designed to do.*** **GOD BLESS you and yours in this New Year 2021.**

Food Immune Reactivity

Although many people think they have a food allergy, in reality they have Food Immune Reactivity (FIR). This is truly intolerance to a certain type of food that has long-term negative health effects.

A typical allergic response to food is almost always apparent as the onset of symptoms comes quickly - symptoms such as tingling or itching around the mouth, swelling of the lips or face, difficulty breathing, stomach cramping, diarrhea and/or vomiting, skin rash or hives. If you've ever had a true allergic reaction to a food, you are aware of it and avoid that food to prevent further reactions.

However, FIR 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 the symptoms mentioned, as well as a number of others that masquerade as symptoms of other physical conditions.

These are the people who suffer various health complaints for which ordinary medical testing has been unable to identify the cause and offer a correction. Symptoms are usually treated with drugs that expose one to a whole host of other potential symptoms (side effects). This may sound like you or someone you know.

Wheat…Number One

The modern-day, genetically engineered wheat that humans have been consuming for the last 50+ years is the primary food causing Food Immune Reactivity. Wheat sets up a chronic inflammatory state within your body.

Inflammation is the common thread that runs through all the degenerative diseases from which humans suffer such as arthritis, diabetes, heart disease, cancer, Alzheimer's, fibromyalgia, and other diseases of modern life.

Inflammation is related to auto-immune conditions, allergies, asthma, and lowers the resistance of cells to bacteria, viruses, fungi, and parasites.

Many people are diagnosed with named diseases when they may actually be "living with" a condition that can lead to severe, long-term consequences…FIR.

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

The list gets longer. Osteopenia and osteoporosis have been linked to wheat sensitivity, as well as rheumatoid arthritis and osteoarthritis. Thyroid disorders and diabetes are included in this long list of symptoms that can be related to wheat sensitivity.

As if this weren't enough, chronic fatigue syndrome, fibromyalgia, anemia, asthma, unexplained weight loss or gain, cardiomyopathy and chronic infections have also been associated with a sensitivity to the protein in wheat, barley, and rye…gluten.

As long as this list is, digestive disorders are by far the most obvious symptoms of gluten sensitivity. The most common symptoms are bloating, gas, heartburn, diarrhea (sometimes violent), constipation, cramping, stomach pain, and nausea.

Yuk, that sounds absolutely awful, but many people have suffered from some or many of these symptoms for which they take prescription medications. Obviously, the meds do nothing for what is really wrong and could eventually lead to serious complications because the cause of the symptoms was never found nor corrected.

At *Women's Nutritional Health Center,* we have a simple, effective way of determining if you are sensitive to wheat/gluten. If you know someone with any of the symptoms mentioned, please tell them that there is hope of living a normal life again. We'll give them a no-charge preliminary analysis to see if they can be helped through Nutrition Response Testing.

Women's Nutritional Health Center

Monday - Friday
8am to 12pm - 2pm to 6pm
and Sat. 9am to 12 pm

womensnutritionalhealthcenter.com

Women's Nutritional Health Center

Certificate of Health

Give This Certificate to Someone You Care About
Who Needs to Improve Their Health in 2021
We Will Provide a Complete Nutrition Response Analysis
At no charge ($120 savings)
You Just Might Change Their Life Forever

By using this coupon, you agree to attend one "Healthy for Life" class.

Don't forget to check e-mail every Tuesday for *"Healthy Hints."*

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Read About FOOD IMMUNE REACTIVITY and…How It May Be Affecting You or Someone You Care About