

Dawn of a Healthy Life

A Nutritional Health Newsletter published by:

Women's Nutritional Health Center

413 East Unaka Avenue

Johnson City, TN 37601

423-202-6216

423-928-0677

By this My Father is glorified, that you bear much fruit...John 15:8

Dear Friends,

How very exciting it is to be involved in a healthcare system that truly has the capability of helping sick and hurting people get healthier rather than just treating symptoms with potentially dangerous drugs. Most of our clients have already tried ordinary medical procedures with no true improvement in health or vitality and many have even tried other alternative methods with minimal results. This month's newsletter will give you a better understanding of the "*barriers to recovery*" that could prevent you from gaining the health and vitality you desire.

The *NO LOCK* Situation

If you are someone who has experienced *no lock*, you know exactly what I'm referring to. In this situation, you have no testable muscle...you can't hold your arm up against pressure. Correcting the *no lock situation* is of the highest priority in helping you get well. Without the *lock*, we can do no further testing. We must be able to find a reason for the *no lock* and correct that situation. Whether the *no lock* is caused by heavy metals, chemical toxicity, immune challenges, or food sensitivities, it is the first and most important "*barrier to recovery*" standing in the way of your recovery.

Think of it this way. Since it is through the bio-energetic locking mechanism that we are able to test the bio-energetic reflexes of your body, if there is *no lock*, it is as though your body were saying to us, "Unless you fix this most important problem first, I will not give you any other information." Weird I know, but it works. If we are unable to correct the *no lock* situation, then that person may not be a candidate for Nutrition Response Testing. It really is that simple.

BLOCKED REGULATION

Let me give you a little back-ground information before I explain this one. Every function of your body is controlled by the Autonomic Nervous System (ANS). The word autonomic means: to self-regulate...no outside control. In other words, the ANS controls the functions of your body without any conscious input from you. You don't have to think about your heart beating, your food digesting, your breathing, healing etc., etc. It all happens autonomously...on its own.

BLOCKED REGULATION is caused by one or more of the same factors mentioned above and interferes with your body's ability to heal. This situation leaves you "*closed to healing*" and is a major "*barrier to recovery*" interfering with every attempt at getting well. Someone with *blocked regulation* may be doing everything right but still doesn't get well or has minimal results. This is often a major contributor to being "Functionally Ill."

Of course, if you have BLOCKED REGULATION on your first visit, it must be addressed before anything else we do would be of benefit to you. Also, if during your Fine Tuning and/or Healing and Observation phase of your program you become *blocked*, you could have a cessation of progress or a worsening of symptoms. This could be caused by a deeper "layer" (read "Peeling the Onion") needing to be dealt with or some environmental factor which is now affecting your ability to heal.

Imagine it this way: Let's say you have neglected your lawn and your grass had grown very high and was looking really bad. You drag the mower out of storage and begin mowing when you hit a rock that you can't see due to the grass being so high. Now your mower blade is broken (BLOCKED REGULATION) and you take it to the repair shop. Well, it seems lots of mowers are broken and it will be two weeks before you can get your mower back. What will happen to your grass? Will it get better or worse in those two weeks? It would obviously get worse because you now must fix what's more *critical* (the mower) and then complete the mowing.

Now let's relate that example to your body. You have neglected your digestive tract with a bad diet and the use of medications to cover up the heartburn and bloating. You come to WNHC and we find the right combination of nutritional supplements and dietary changes that bring tremendous relief. Then, all of a sudden, you awaken in the middle of the night with heartburn again. You come to the office complaining that the program is not working. We analyze and find that you have BLOCKED REGULATION (your mower is broken) and your body can't complete the job of healing the digestive tract.

In this example, we determine, through Nutrition Response Testing, that you are *blocked* due to an exposure to the pesticides you sprayed on your roses. Now your body, in all its wisdom, stops working on healing the digestive tract and pays attention the more *critical* situation of dealing with the pesticide toxicity. This new situation must be fixed before your body can return its attention to healing the digestive tract just like your mower must be fixed before you can mow your yard.

SWITCHED REGULATION

Once again, we are considering your Autonomic Nervous System's ability to regulate function normally. In this situation, your ANS is in a state of confusion. Someone with SWITCHED REGULATION may respond very well initially then worse and then better again within hours or days...off and on, not stabilizing. Or they may have the opposite response to the nutritional protocol than is expected. There is confusion in your ANS that prevents your body from responding normally.

Much like *blocked regulation*, one can become "*switched*" at any time from deeper layers or environmental factors. In this instance you would typically have symptom improvement for a period of time and then do poorly again and then you would feel better with the passage of a little time and then do poorly again. This is often what happens to the diabetic on drugs whose blood sugar does well one day and poorly the next. Or, like the person taking blood pressure medications who can never have two good days in a row.

SWITHCED REGULATION could be compared to mowing your yard for a while and then taking a two- or three-day break and then mowing a little more and taking another break. Your yard would never be able to be smooth and even...it would never be normal.

The NO LOCK situation, BLOCKED REGULATION and SWITCHED REGULATION are major "*barriers to recovery*" and will definitely interfere with the healing of any health challenge. They must be corrected at the highest priority.

Next month we will discuss the FIVE MOST COMMON STRESSORS that can be the underlying cause of these "*Barriers to Recovery*". These STRESSORS are *heavy metal toxicity, food immune reactivity, immune challenges, chemical toxicity, and scars*. Eliminating the effect of these STRESSORS on your body could open the door to the healthier, more vital life that you desire.

Taking *Responsibility* for Your Own Health, the Health of Your Children, And Future Generations

If you read last month's newsletter (and I sure hope you did because they are produced from a heart-felt desire to be of benefit to you and your family), then you read that for you to regain and maintain your health, you must take *responsibility* for it.

So, let's discuss what you can do. Remember last month I said, "It's not rocket science"? You already have the information that will help almost everyone. I'll only dwell on the most vital aspects to keep things simple. Here goes:

1. Eat adequate protein. About .33 grams per pound of body weight is adequate for most. Your binder has info about how many grams of protein are in an ounce.
2. Eat lots of vegetables...a minimum of 6 one half cup servings from the foods in the first two columns of the "Healthy for Life Eating Plan." More is better.
3. Eliminate wheat forever and minimize sweets and starchy foods.
4. If and when you can, eat organic as much as possible. Grass fed meat is healthier.

This information is detailed in your "Healthy for Life Eating Plan." Read it until you know it. It's your health and the health of your children and future generations that is at stake.

Being just like you and having gone through the same changes in my life, I know it's not easy. What worthwhile thing is easy except washing away all your sins by accepting Jesus in your heart?

I am very much the realist and accept the fact that some of you just can't or won't for whatever reason, make the dietary changes necessary. I understand and still want to help within that limitation.

If you think that despite your best intentions and efforts, you are not getting adequate nutrition from your diet, I can offer some suggestions on your next visit. We have some amazing whole food, nutritional supplements that can fill in the gaps of an inadequate diet.

Ideally these wouldn't be used "in place of" trying to get your nutrition from food. However, they can offer invaluable support for a diet that might be lacking in valuable nutrients.

These products would not be tested as part of your "therapeutic nutritional protocol" but separately as a nutritional *supplement* to what otherwise might be an inadequate diet.

Life can be hectic juggling all the tasks that need to be completed in a family setting especially for women working outside the home and women who home school. If you have concerns, just bring it up. I'm not going to bite you...just help you. There's no reason to be embarrassed or ashamed. Remember from last month's newsletter...we at *Women's Nutritional Health Center* are PRO helping you live a healthier, more vital life whatever it takes.

Brain Healthy Foods

Topping the list of brain healthy foods are foods high in healthy fats. This should come as no surprise considering your brain is mostly made of fats. If someone ever calls you a "fat head," just say thank you.

1. Avocados have been shown to effectively combat nearly every aspect of *metabolic syndrome*, a risk factor for dementia and most other chronic diseases. Avocados also provide nearly 20 essential nutrients.

2. Organic coconut oil supports healthy thyroid function and its medium chain triglycerides (MCTs) act as an alternate fuel for the brain that can help prevent brain atrophy. MCTs also help improve your body's metabolism and fight off pathogens.

3. Organic, pastured eggs are rich in cholesterol which is needed for the regulation of protein pathways involved in cell signaling and other cellular processes. Your brain contains about 25% of the cholesterol in your body. Cholesterol is vital for the formation of every cell wall and for the production of hormones.

4. Organic, raw nuts provide protein and good fats. I'm especially partial to pecans which are rich in anti-inflammatory magnesium, heart-healthy oleic acid, phenolic antioxidants and immune-boosting manganese.

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“CERTIFICATE OF HEALTH”

This certificate entitles the bearer to a complete *Nutrition Response Testing* evaluation at no charge (a \$120 value).

VALID THROUGH February 2021

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Timely Health Information for You and Your Family