

July, 2010 Newsletter

Hello and Welcome!

I'm sure that you have all at one time or another strayed from a good and healthful path in your life..... I have recently realized that, even though I do eat really well on a regular basis, I had strayed.... So, I have just finished reading Harvey Diamond's newest book. He is the co-author of the original Fit for Life books published back in the eighty's. I followed his philosophy on eating for quite awhile. His new book is titled: Fit for Life, Not Fat for Life. If you are interested in buying it, a link is available here: <http://www.heartflowershealingcenter.com/books.asp> . You will not be able to find it in stores as it was published in 2003....

I am back! I have lost eight pounds by just following his guideline to eating and properly combining my foods. I had slowly over the past winter put on about ten pounds. My trousers were shall we say TIGHT! I feel so much better. I have more energy, my skin is radiant. It has affected me on all levels.

So I have decided to bring back my very first newsletter. I originally wrote this in January of 2004 - the first month that my original web site was published.

I hope that you enjoy reading it again (those of you who have been around since then) or reading it for the first time (those of you who have arrived since).....

You will find a recipe for a wonderful Immunity Tonic at the end of this newsletter. And, on my Announcements Page, you will find another tonic - Sea Green Tonic. Here is the link to that page:

<http://www.heartflowershealingcenter.com/annoucements.asp> . I drink the Sea Green Tonic every morning and most nights I make up my Immunity Tonic. Yum!!!

One of the Lost Secrets of Rejuvenation: Juicing

Rejuvenation

This word brings up many images: the fountain of youth, snake oil, hyped vitamin claims, dangerous hormone replacement or risky surgeries.

But what if there was a way to look and feel younger: What if there was a way to live your life to avoid premature aging? Can you really prolong your life (barring accidents) and feel better than 99.9% of the people on this planet?

There Are Ways to Become Younger

I know this directly from first hand experience. I very often have more energy than my children. I keep pace with my grandchildren. When they “nap” I am still going. In this newsletter, I will share with you one of the most important tools that I use.

My personal experience is corroborated. There is a legacy of rejuvenation information left to us by many pioneers in the field of natural health. Unfortunately, they are unknown to the mainstream, but their work and their lives proved that actual physical and mental rejuvenation are a real possibility.

Who was their teacher?

Nature.

Nature is always on the side of health and beauty.

I've also learned from science, research, the history from the field of natural health, my intuition, my chiropractic background and from the people that I've reached and counseled over the past couple of decades.

The evidence is impressive.

Several pioneers, who have become famous, actually took on the challenge of living a longer healthier life and succeeded. Some were so seriously ill when they began that they were actually written off in the early decades of their lives by medical doctors. They were told that their illnesses were fatal. They were assured that they had very little chance of survival.

One such pioneer was Dr. Norman Walker, a naturopathic physician. In his early twenties, his doctors declared that he only had a few months to live, because of the serious medical condition he faced. He traveled to France and rested on an organic farm. He ate abundantly from the fresh produce and noticed that his health and vitality started to improve.

Something within him urged him to eat more and more vegetables. He reasoned that if a few vegetables were helping, more would help even more. He decided that one of the best ways to accomplish this would be to juice the vegetables. He started by experimenting with carrots.

He noticed that his health and vitality began to improve almost immediately as he began to consume more and more juice. Dr. Walker went on to discover juice therapy and develop the Norwalk Press, one of the first juice extractors. As you drink carrot juice, you can thank Dr. Walker.

Dr. Walker lived to be 118 years old and died peacefully in his sleep. He was active and vital and left us twelve books as a legacy to follow on the path to rejuvenation. He wrote two of the twelve books when he was over one hundred years old! He didn't drink, smoke or take drugs. He didn't eat meat. He lived the majority of his long life by consuming fresh raw fruits and vegetables and their juices.

Let's be clear. Dr. Walker lived to be a healthy 118. He didn't suffer from cancer, diabetes, heart attacks, strokes or any other killer or degenerative disease. He didn't have to be pushed around in a wheel chair in his later years. He worked in his garden all morning on the day that he died.

The Secret of Fresh Juice

Fresh juice contains all of the vital nutrients that you need in the most easily digested and bio-available form. When you drink juice it enters your blood stream within five to twenty minutes and is almost instantly ready to be used for nourishment, energy, cleansing and repair by your body's trillions of cells.

Organic vegetables make the best juice. They are free of pesticides and have been shown to contain up to 300% more vitamins and minerals than conventionally grown produce. If you want to become younger, the first step you can take is to drink fresh, organic juice. But if organic juice is not available, drink fresh juice from the freshest produce you can find. Any fresh juice is better than none.

The more juice the better! Dr. Walker believed that two glasses of juice are better than one glass of juice. If you want to heal or repair your body, then drink two to four glasses of fresh juice every single day. But one glass of good fresh juice is a wonderful start and you WILL feel a difference.

But, hold on, before you begin....

There is a skill to drinking fresh juice. It's not like other beverages that you drink along with you meals. You must be aware that fresh juice must be consumed on an empty stomach, and never as part of a meal that contains anything cooked. Fresh juice is always best consumed alone. It is so concentrated and packed with nutrients, that it is a meal by itself. If you do wish to accompany fresh juice with other foods, make sure that these are only fresh, raw fruits and vegetables. I always make my juice before I do anything else in the kitchen at night. That way, I can sip on my juice while I make my dinner. Fresh vegetable juice needs a half hour to get through my empty stomach before I put anything else into it.

Why?

If you mix fresh juice with a sandwich, or anything cooked, you will not receive the benefit. Fresh juice is so alive with vital nutrients, anything less vital will destroy its

value. Once in contact with cooked food, the juice will immediately ferment and spoil. Even if there is only one bite of cooked food!

For this reason, fresh juice must also never be taken on top of a meal that you have just eaten or are in the process of digesting. If you eat a cooked meal, wait at least four hours before having any fresh juice. If it is a large meal with heavy proteins and starches combined, wait until the next day for your fresh juice. If you spoil the juice it will NOT do you any good at all.

In fact, mixing fresh juice of any kind with anything cooked can give you a terrible stomach ache. The combination is simply incompatible.

Raw juice doesn't require digestion. Like water, the moment it reaches your stomach it immediately leaves, entering the small intestine. There, it is absorbed by the villi and transported into your blood and lymph systems for distribution to your cells.

Fresh juice is one of the major secrets to increasing your vitality and becoming younger.

The Secret of Efficient Digestion

Digestion requires more energy than just about anything else that you do.

Why is this important?

Wasting energy is not something that you want to do if you value your health.

I urge you to develop the consciousness here and now that every one of the myriad of processes in your body, from digestion to respiration, temperature and balance maintenance to blinking, speaking to thinking, circulation of your blood to detoxification of poisons, to the building of new cells and the removal of spent ones – these and countless more drain your energy reserves.

Think of all the intricate processes of metabolism, ranging from respiration and circulation to the ongoing process of regeneration – the constant breaking down of old cells that are replaced with new ones. Think about the complicated process of digestion – as the elements of life necessary for the building of human blood, bone, and tissue are extracted from a myriad of food sources, broken down into the smallest components, absorbed into the blood, and transported to the cells for assimilation. Hair and nails are always growing. Nerves, organs, muscular and skeletal systems are all in constant activity, even during sleep. There is an endless need for energy to insure that none of these processes break down.

As you become more conscious of just how much energy your body requires, the energy factor in life becomes more significant to you. If you are low on energy, the workings of your body become depressed. If they become seriously depressed, you are on the path to disease. Breakdowns are unavoidable.

Now, few people realize that digestion takes more energy than any other process of the human body. Unconscious eating habits and random choices of foods, including frequent snacking can be the largest drain on your body's energy reserves. It is for this reason that Surgeon General Koop assured us as far back as 1989 that food causes nearly 70% of our diseases. By natural extension, food is also the cause of premature aging.

You see, you are in control here. There is so much you can do with food to sidestep ill health and return your body to a youthful state.

Let's take a moment to look at this energy factor.

I have already made the case that digestion takes more energy than anything else that you do. Nothing that you eat can be used by your body until it is turned into a liquid. Everything that you eat, from bread to meat, must be liquefied if your body is to have a chance at using it. The most basic elements of life – the amino acids, simple and complex carbohydrates, fatty acids and vitamins and minerals must all be transported to your cells in liquid form to be used.

Think now of the idea that the fresh vegetable juices that you can drink take no energy from your body, because they don't require digestion. They are already in usable liquid form.

Every time you eat a cooked meal, the energy necessary for digestion will rob your energy reserves. When you eat a particularly large meal, you often feel more tired. The more courses you eat, the greater the drop in energy after eating. A powerful example of this energy phenomenon is what happens after any festive celebration, such as Christmas dinner or New Years Eve. The more that you eat, the more that you drink, the more exhausted you become.

Drink juice, and make a comparison. Drink it slowly, because it's a highly concentrated food. The more you let it mix with your saliva, almost as if you are chewing it, the greater the benefit you will receive.

And then remember this about the power of juice. No one is going to do it for you. It is up to you to drink fresh juice on a daily basis if you want to become younger.

The word "beauty" originates from the Latin word "bonus" which means "good". The desire for beauty is a spiritual attribute. We admire artists because of the beautiful works that they create. We love Nature because it is beautiful to our eyes. We hold in high regard those among us who are beautiful. You can create real beauty within yourself through your dietary choices. Exercise, sleep, meditation, the company you keep and the thoughts you entertain are some of the supportive factors in creating beauty. As you learn how to become younger, you will see that you also begin to appear more beautiful.

So, enough said. Here is a recipe for an "Immunity Tonic" that I drink every single evening while I am preparing my supper.

A fruit and vegetable juicer makes this boon to your health possible. The investment in a good juicer may be more valuable in the long run than health insurance! The healing and medicinal properties of garlic (which is actually an herb) are astounding. It's a strong natural antibiotic and immune system strengthener. It purifies the blood

naturally and lowers blood cholesterol. Dr. Walker claimed that garlic kills parasites in the intestines. He drank juices like this one every day. Be careful though – raw garlic can upset a delicate stomach. Spinach or sunflower sprouts add a healing dose of chlorophyll. The importance of chlorophyll in the body cannot be overemphasized. It's the vehicle for oxygen, which wipes out deadly disease-causing anaerobic bacteria.

6 carrots, trimmed and scrubbed	1 cup spinach leaves or sunflower sprouts
1 tomato	1 whole cucumber, scrubbed
2 celery ribs, scrubbed, leaves removed	1 to 3 garlic cloves, according to tolerance
1 red or green bell pepper not seeded	½ lemon
1 beet, trimmed and scrubbed	1 teaspoon Carlson's Lemon Cod Liver Oil
½ teaspoon Trace Concentrated Liquid Mineral Drops	

Juice everything but the lemon and Cod Liver Oil in a fruit and vegetable juicer. Juice the lemon by hand, and then stir it and the oil into the tonic.

This recipe serves two.

And Wall-la! You have one very good and powerful step toward a more beautiful and healthy you.

To your health!!
Linda