Health Tidbits – 2005

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GREETINGS EVERYONE! Just got back from an outstanding rafting trip down the Colorado River in the Grand Canyon. My kids, Max and Mandy surprised me with this trip for my birthday in July. It was an experience of a lifetime. There is no way to explain the grandeur of the canyon. You have to see it for yourselves. To experience on a raft and, in addition, taking side hiking trips and then sleeping under the stars, WOW! Is all I can say.

ANNOUNCEMENT! I am now working with the InterCommunity Cancer Center of Lake County – offices located in Leesburg, Lady Lake and soon to be open in Clermont. I will be working with patients to enhance their cancer treatment protocol with nutritional guidance and as well as providing knowledge about various herbal supplements known to help the immune system in its fight against cancer.

ANOTHER ANNOUNCEMENT! I want to give kudos to Susie Adcock , an herbal student of mine who lives in Valley Center, California. She just completed her Batchelor's degree with Clayton College. She will be opening a natural health practice and I know she will be tremendously successful. Also – Susie is a fantastic Tarro Card Reader – if anyone is interested in doing a reading by phone or offering her congratulations, her number is (760)749-7512. You will have to ask what her fee is for the reading. You will be amazed at the results.

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Aspartame is linked to leukemia. We aren't surprised to hear more bad stuff about Aspartame. The additive, known as NutraSweet, is 200 times sweeter than sugar and is used throughout the world in 6,000 diet foods an **pharmaceutical** products including Diet Coke, Pepsi Max, strawberry yogurt, vitamins and sugar free cough drops. Lymphomas, Leukemias, Malignant brain tumors – all linked to Aspartame. Be careful because Aspartame is claimed to be natural because it contains two amino acids (aspartic acid ad pheylalanine) – nothing could be further from the truth.

Dangerous Generalizations About The Benefits of an Aspirin a Day: In addition to triggering Gastric bleeding, more and more research points to the fact that aspirin can increase the risk of heart attack and stroke in as much as 40% of the population. And… scientists have determined that an aspirin a day for ten or more years is associated with a 44% increase in the development of subcapsular cataracts (the most common and disabling form of cataracts). Even though taking aspirin is reported to stop blood platelets from sticking together and forming clots, 12 hours after taking it, platelets in 33% of patients tested actually shoed more activity than normal – apparently the result of a rebound reaction that promoted blood clotting.

The lesson to be learned here:

- Be wary anytime anyone suggests taking a drug or synthetic substance on a continuing basis to prevent or improve health. An apology or "late breaking update" years down the road cannot make up for lost health.

Alternatives To Aspirin:

- **Bromelain:** decreases the stickiness of blood platelets, improves blood flow, and increases the ability of blood cells to break down and remove foreign or damaged proteins; lowers blood pressure, increases the efficiency of the heart and even helps in cancer prevention. As an added benefit, bromelain inhibits the formation of particular prostaglandins that increase inflammation and promotes the formation of beneficial prostaglandins that have anti-inflammatory effects.
- **Gingko Biloba:** the most popular of RX medications in both Germany and France. Contains "ginkogolides" which stimulate the circulation in the brain and extremities and reduces platelet activity factor which causes blood platelets to aggregate (stick together). It is a superb herb for vascular insufficiency
- **Hawthorn Berry:** an herb known as a heart tonic. Enhances coronary circulation, normalizes heart beat,

prevents and reduces heart arrhythmias and guards the heart against oxygen deficiency. It is used for blood clots, high and low blood pressure, rapid pulse, and increasing blood flow and oxygen to the brain.

- **Co-Enzyme Q10:** a naturally occurring nutrient found in nearly every cell in the human body – but is affected by an insufficient intake of essential nutrients required for COQ10 synthesis. Deficiency causes a wide variety of cardiovascular diseases – angina, cardiomyopathy, congestive heart failure, coronary artery disease, hypertension, mitral valve prolapse. Supplementing with CoQ10 has been shown to be clinically effective in preventing and treating heart problems as well as degenerative diseases affected by aging and low levels of oxygen. It helps reduce tumor size, blood clots, and neurodegenerative diseases.
- **Capsicum**: reduces the risk of developing atherosclerosis (narrowing and hardening of the arteries); reduces platelet aggregation and the formation of clots; stimulates circulation, lowers blood pressure and aids in the prevention of heart attack and stroke. Capsicum is used quite often in herbal remedies as a catalyst because it helps in the absorption of other nutrients. Sprinkling cayenne pepper on your food during cooking is an excellent source of Capsicum.
- **Super Omega Fish Oil (EFAs)** : Essential fatty acids are essential components for the formation of nervous tissue and an integral component of every cell wall and membrane in the body. Fragile or weak arterial walls are more susceptible to damage, which triggers the release of blood clotting enzymes.
- **High potency Grapine (Grape seed):** Proanthocyanidins – a class of flavonoids with unparalleled antioxidant capability – 50 times stronger than vitamin E. PACs can cross the blood brain barrier and stay in the blood stream for up to 72 hours protecting the brain and central nervous system from free radicals. It also strengthens red blood cell membraines; prevents heart disease; inhibits oxidation of LDL cholesterol in the blood stream which can lead to the formation of plaque on arterial walls.
- **Folic Acid, B6 and B12:** These vitamins work synergistically to metabolize **homocysteine, an amino acid that , in high concentrations, is toxic to blood vessels.** B6 also aids the synthesis of CoQ10, a heart protecting compound.
- **Red Grape Extract:** the heart promoting components of red wine grapes are called polyphenols, one of the most beneficial of which is resveratrol which helps maintain blood vessel tone.
- **L-Arginine:** in the body, the amino acid L-arginine is converted to nitric oxide. Nitric oxide influences blood vessel function. Supplementation with L-Arginine may support the circulatory system by aiding blood flow.
- **Taurine:** is an amino acid that helps maintain blood pressure and cholesterol levels already within the normal range.

There are other natural remedies as well to use in place of aspirin, but we can't cover all of them in such a tiny newsletter. Nature's Sunshine carries all the ones we've discussed.

I use Cayenne as often as possible to spice up my cooking and I make a **Cayenne Red Pepper Rub** which is dynamite for muscle ache and pain. It works its way deep into the tissue and lasts for hours after the rub is over. Contact me if you want the recipe. It is easy to make. But be sure and wash your hands after using so you don't accidentally get it into your eyes.

Nature's Sunshine **Cardio Assurance** is a blend of heart protecting herbs and vitamins. If you don't like to swallow bunches of stuff, this might be the thing for you.

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Nature's Sunshine Strives to Produce a Better Product all the time. As part of NSP's ongoing effort to bring you industry leading quality, they have chosen to adopt California's high standards of product purity. By replacing certain raw herbs with a concentrated powdered extract of the same raw whole herb, they can reduce heavy metals to almost imperceptible levels.

And because powdered concentrated extracts are much more potent, they are able to increase the potency of the concentrated ingredient, but to also to increase the amount of

the other ingredients in each formula, while maintaining the original herb recipe and the balance of the formula. The result is a more powerful product at the same price. If you want to know which specific products have been affected by these changes, call me and I will send you a Xeroxed list.

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Chinese Mood Elevator: In Chinese medicine, emotions are believed to be connected to the internal organs, with each internal organ being responsible for a specific emotion, and vice versa. For example, liver stagnation (or toxic liver) is said to cause feelings of anger, frustration, depression and moodiness. Liver function is also believed to regulate the smooth flow of *qi or chi* – interpreted to mean "energy" – throughout the body. So, along with Milk Thistle, the key remedy to detox and rebuild the liver, for those of you noticing mood changes and irritability, you might want to add some Chinese Mood Elevator – formerly called ***AD-C*** in your NSP catalogue. It is a blend of 17 Chinese herbs.

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Tree of Light Publishing – Steven HorneRH (AHG) – President – has published a great guide for students and users of Nature's Sunshine Products. It is a comprehensive guide to provide education for those of us who always want to know more about body systems and the NSP remedies best suited for them and the diseases we will encounter. It is full of charts and instructions as well as a comprehensive list of the properties, body systems affected, historical uses, directions for use and warning and contraindications of NSP products. It also provides a therapeutic index to over 500 health problems, providing information on causes, natural therapies and NSP products people have used for success in helping the body recover from these condition. Tree of Light is a discussion forum on the internet where you can post questions and receive answers and assistance from others. The forum is located at http://groups.yahoo.com/grou;/NSPAdvisor. There you can join to receive the informative newsletters and order the Nature's Sunshine Products Guide. Also, for those of you who might want to pick up an herbal certification or two, Tree of Light offers coursework for fantastic prices. This is a great way to be come an effective natural health consultant and build a business helping others improve their health. They also offers videos, etc.

When I first began using Nature's Sunshine Products I experienced some frustration in trying to know what product was best suited to be used for what. They have so many. Once I got my hands on some of these resource guides, however and started reading. I was able to understand the healing power contained in the remedies. Still, even though I've been a student now for over ten years, I am constantly amazed at the what herbs and other natural healing remedies can do to heal the body of disease.

If you have questions regarding any of the above information, please call me with questions.

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Sweetest Skin Softeners: Some of nature's candies not only taste good in a cup of tea, but also do wonders for your body – whether they are part of a homemade concoction or of a store bought beauty product. Sugar is a natural exfoliant that helps polish your toughest skin spots, while honey soothes and moisturizes dry, irritable skin.

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I will be making a trip up to Tallahassee soon and already have a list of people who want to do a consultation. If you are interested, email me back and/or call (352)735-2966 so we can set a time. If you have a new client in mind, I will want to mail a client health history form out in advance.

I will be updating my half finished website soon. It is linked to my son's website: maxwettsteinfitness.com where you can read his monthly health related articles as well.

As always, call or mail me with questions.

Giant Hugs,

Candy