HEALTH TIDBITS
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GREETING EVERYONE!

I have been busy and that is a good thing. I am planning on coming to Tallahassee in April – will let you know a date as soon as I know one. Meanwhile, here is some information I hope you find useful.

ALTERNATIVE SOLUTIONS FOR ADD & ADHD:

Some of you know that I put together a panel discussion on Attention Deficit Disorder. It included myself as a nutritionist, Melissa Newman a special needs teacher who has had good success working with ADD kids, and Terri Blessing, nurse practitioner and MOM of an ADD kid. We invited parents and teaches to attend. Eustis High School was generous enough to let us use the auditorium and sound equipment, etc. We had a decent turnout. Unfortunately, only 18 teachers out a possible 400 in Lake County chose to attend. There were many frustrated parents who were hungry to learn there were other options besides medicating their child. Melissa offered a huge array of teaching techniques and advice to help the teachers and Terri was a great resource of advice for parents.

The purpose of the seminar was to educate and encourage dialogue. It turned out to be a very intense session. We presented material for 2 ½ hours and then opened the floor to questions. Yikes – both parents and teachers took the opportunity to air their frustrations and by the time the program was over, I think everyone was pretty exhausted.

ADD is an incredible problem that has grown in epic proportions for a variety of reasons and it isn't going to go away any time soon. The quality of care an ADD kid is receiving from both parents and their teachers is all over the lot. The majority of the teachers are receiving no education as to how to handle this type of child in their classroom. When they are trying to deal with 25 other kids, of course they want the one who is constantly "acting out" to be medicated. That is understandable. Yet medication only works well for some kids. Other suffer horrendous side effects.

The parents bare a huge responsibility to assist their kid in every way possible with nutritional support and behavioral guidance. Only a select few have the dedication and knowledge to do this.

Then there is the problem of communication between teachers and parents. Most of whom, don't think the other one is getting it "right." It makes me wonder what other countries and school systems are doing to deal with this problem – or even if it is as grave a problem.

It is easy to put the blame entirely on SUGAR and certainly removing ALL sugar from an ADD kid's diet makes a huge impact, but there are other nutrients that play a huge role in calming a kid's brain and helping them focus. I have a bunch of them available in my bag of tricks that can make a tremendous difference.

It is no easy task for parents to provide the right essential nutrients at home much less try and keep the wrong kinds of foods away from kids when they are at school and parties. In addition, many parents are junk food junkies as well and have no clue what the difference is between complex (show sugar release) carbohydrates and simple complex (fast sugar release) carbohydrates. Nor do they know how to proportion proteins, amino acids, essential fatty acids, magnesium and a host of other remedies that can not only calm a child's brain but help boost IQ.

The label *Attention Deficit Disorder* refers to a long list of dysfunctional behaviors. It is a tough label to live with and many kids are MIS LABELED! Teachers are not empowered to apply this label and without proper testing physicians should not arbitrarily apply the label either. There needs to be a scientific basis for the label.

Once the label is applied, an ADD kid and/or the parent (s) may decide the

diagnosis is a convenient excuse for accepting limits and resist treatment. The upside of a correct diagnosis is that once the problem has been defined, then an action plan can be formed to help the kids, parents and teachers.

There are alternative ways to stimulate an ADD kid's brain. Brains are not fixed organic units without choice. They do react to stimulation. The only valid reason for medication is to enhance the child's abilities to learn and grow – to enhance cognitive function – NOT to make them sit still in a chair.

There is more to be said about the subject, but I don't want to drag the topic out any further in this newsletter. If any of you are dealing with an ADD child or know a family member who is struggling with it, think about calling me for a consultation to learn about some other options.

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HELP KEEP RX DRUGS OUT OF OUR WATER:

Another Epidemic our environment is suffering → people are dumping their unused drugs into our water systems. Pharmaceuticals are beginning to poison our rivers. An exhaustive study in 2002 detected trace levels of chemicals commonly found in prescription drugs in 80% of the streams tested across the country. Hormones and antidepressants may be responsible for harming fish.

Instead of throwing unused drugs away or flushing them down the toilet, see if your local pharmacy will take them back or see if your community has a hazardous waste collection program. At the very least put the pill container in a yogurt container to conceal them and then put them in your trash. You can add a small amount of water if you think there is any danger of anyone else trying to use your left over prescriptions.

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YOUR DIABETES II COULD BE A RESULT OF EXHAUSTED ADRENALS:

So many of the clients I see are either starting to deal with elevated glucose levels or are already taking medications for Type II diabetes. People who are taking Diabetes drugs and/or who are working naturally to bring their blood sugars under control might also want to take a look at their adrenal system. Symptoms of overactive adrenal glands include high blood sugar, high blood pressure, poor wound healing, bone loss, reduced immune response, thinning hair and muscle wasting – with the development of abdominal fat.

Nature's Sunshine makes a product called Nature's Cortisol which is wonderful formula for overactive adrenals and for low to normal adrenals they have a product called Adrenal Support. This second product can also help people with low cortisol to lose weight.

I know everyone is seeing ads on TV about cortisol. Well, chronic stress, combined with inadequate nutrition and lack of sleep, can lead to excess blood cortisol levels. Cortisol is a hormone secreted by the adrenal glands that mediates the body's response to stress. Although cortisol is an essential stress protection hormone, research has confirmed the close relationship between high cortisol levels and stress induced obesity. Prolonged high levels of cortisol increases the risk of insulin resistance and diabetes.

NSPs Cortisol Formula contains several ingredients that have been shown to reduce symptoms of stress, lower elevated cortisol levels and improve insulin function, balance blood sugar levels and enhance weight loss without the use of stimulants. I won't discuss all of the ingredients, but will mention a few and why they have a positive effect:

1. **Chrominum GTF:** increases the body's sensitivity to insulin – in order to facilitate weight loss, the body's cells need to become more receptive e to the hormone insulin, which is critical for maintaining balanced blood sugar levels and stimulating thermogenesis (fat burning). Studies show that chromium not only significantly improves insulin function, but also reduces fasting glucose (blood

sugar) levels , improves glucose tolerance and decreases total cholesterol and triglycerides while increasing HDL cholesterol.

2. **Relora:** formulated to relieve mild anxiety and reduce stress related appetite without causing drowsiness. It contains an ingredient which has been shown to reduce blood sugar levels as well as lower blood pressure and cholesterol.
3. **Banaba Leaf:** used in India and Asia as a folk remedy for diabetes and hyperglycemia → contains corosolic acid, a antidiabetic agent that has been shown to exert insulin like properties in animal studies. It appears to stimulate the uptake of glucose by the cells, thus resulting in a reduction in blood glucose levels, plasma glucose levels, urinary glucose excretion and plasma cholesterol levels.
4. **l-Tehanine:** a naturally occurring amino acid found in tea leaves → lowers blood pressure, induces relaxation and reduces the body's physiologic reaction to stress. It can cross the brain's blood barrier increasing brains concentrations of the serotonin and dopamine improving mood, sleep and appetite. It also stimulates the brain's production of alpha waves, which indicate an awake and alert, yet relaxed state of mind. It will also help reduce weight and abdominal fat (belly fat).

There are other ingredients in this product including DHEA (the anti aging hormone produced by the adrenal glands).

If you want to order some Nature's Cortisol formula the number is: 3209-4

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JUICE PLUS IS SHOWING MORE ASTOUNDING RESULTS:

For those of you in my group who are taking Juice Plus and who are interested in knowing more about the research for this product, here are a couple of tidbits about the latest research.

The Official Journal of the American College of Sports Medicine: did a study showing that aerobic exercise of sufficient intensity and duration can result in increased generation of reactive oxygen/nitrogen. Fifty five subjects (men and women) were tested. All subjects took antioxidant therapy including extra vitamin E and C and Juice Plus (mixed fruit and vegetable concentrate). Juice Plus received high marks at the end of the study which hypothesized that phytonutrients protect against protein oxidation—the nutrients including polyphenols and carotenoids such as lutein and lycopene in conjunction with Vitamins C and E work synergistically to protect proteins from oxidation (free radicals).

The **University of Florida** just published a study about how Juice Plus helps support the immune system and protect our DNA.

Their research showed a significant increase in a specific type of T-cell that plays an important role in protecting the body from microbes associated with infectious illness. They also saw a significant increase in the phytonutrients beta carotene, lutein, lycopene, and vitamin C and a significant increase in susceptibility to DNA damage. DNA is the basic building block of life that determines the development and behavior of every cell.

Vanderbilt University School of Medicine tested 51 hypertensive adults – most of them on medication. **Dr. Mark Houston, MD** – the lead investigator elaborates: "The test subjects showed improvements in several key measures of vascular health – with no adverse side effects. Arterial health→ the arteries became more elastic, more pliable. In addition, we observed a modest reduction in both systolic and diastolic blood pressure ….and lowered levels in glycated hemoglobin and homocysteine….putting it all together, the results showed that important markers of oxidative stress, oxidative defense and

arterial health and coronary heart disease all improved in subjects taking the Juice Plus.

M.D. Anderson Cancer Treatment Center, University of Texas Health Science Center, Baylor College of Medicine, NASA, King's College in London, University of Sydney in Australia, University of Maryland, Wake Forest University, Georgetown University (and others)—are all currently conducting or have completed studies on Juice Plus. That tells you what an impressive supplement this product is.

Every body and their uncle is beginning to use this product. The research base is huge. All of my clients are noticing an increase in energy and less susceptibility to colds and infection. Contact me if you want some.

By the way, children get it for free if a parent is taking it as long as you are willing to participate in a Juice Plus study. It is simple to do and well worth it.

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9 GUARANTEED WAYS TO BECOMING FAT: Here are the rules to follow:

1. Skip breakfast
2. Don't stop and eat when you are hungry, keep rushing around and become more stressed so your body can release more cortisol.
3. Or when you do decide to eat, grab fast food and eat it as quickly as possible spending as little time as you can in the act of chewing.
4. Be sure and eat this food while you are working or especially while driving your car.
5. Come home from work really hungry and stuff yourself with a big meal to make up for not eating all day and eat a sugary dessert.
6. Eat a late night snack (especially sugar) so you will have food in your digestive system all night long turning into sugar and then storing it as fat
7. Clean your plate – remember there are starving children in China and don't forget to eat seconds or use a larger plate. You must feel full after eating.
8. Do not feel happy when you eat because when you are experiencing happiness (or pleasure) in your life, your body sends chemical messages that lower your appetite and increase your metabolism
9. **DO NOT, I repeat Do Not exercise!**

Believe it or not, this is the program that a Hollywood nutritionist uses (with some of my "tongue in check additions") to help actors gain weight for movie role. This program will send your body into a feast or famine cycle. If you don't eat regularly, then your body gets "starved" so your appetite then becomes excessive.

Eat 5-6 little healthy "grazing" meals a day and watch the weight melt off of you, blood sugar levels decrease and your energy start to climb.

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CIGARETTE BUTTS! – Ok – so you are going to think I am becoming one of those environmental nuts – but does it bother anyone else besides me when a smoker finishes their cigarette and tosses it out their car window or throws it on the sidewalk. I just want you to know that I honk at drivers who do that and I am sure they have absolutely no clue why. It just makes me feel better. (Yes, I know I need to get a life).

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I will close for now and hope to hear from you with questions or comments. I am always available for speaking engagements or to teach a class. I will send you a note by email when I book my next event… Lots of good "stuff" coming up.

One announcement: I am very close to completing the requirements for becoming a Spiritual Health Coach. I will be including information in the next newsletter about the importance of Energetic Healing – the new wave in working with disease states in the body. Getting in touch with that "spiritual aspect" of who you are plays a huge role in protecting a healing your body from DIS EASE. Those of us in the wholistic healing arts know that as fact!

GIANT HUGS, CANDACE