

SUN Exposure

What the doctors don't prescribe

As a Naturopathic practitioner and personal trainer, I am constantly seeing people who have had some sort of surgery and were never instructed by their doctors proper exercise rehabilitation to ensure decreased scar tissue. If after any surgery physical therapy is not issued, patients are not properly guided as to what

exercise is needed and when to start.

After any surgery, scar tissue is formed by the body, naturally, to help repair the injured sight as well as the sight in which all incisions and cuts were made. This scar tissue lacks the elasticity that normal tissue has therefore limiting mobility and reducing function to the joints and surrounding muscles. This means that it is of utmost importance that, after cleared by the doctor, one should start utilizing the muscles and joints and "stretching" out that scar tissue. If after awhile, and it can be only 6 months, a person does not do even the simplest of movements

to promote increased blood flow to the area, lymph drainage (removal of toxins), and stimulate healthy nerve function, you eventually have atrophy (wasting away of the tissues) and pain.

After surgeries that are considered cosmetic or corrective, it is essential for the muscles and joints to move and work especially since the overlying skin can decrease range-of-motion.

One client of mine had a breast augmentation, or a "lift". After 3 months of the surgery, when her doctor said it was ok to go back to doing normal activity, but limited heavy lifting, she came to me to be instructed on how to exercise because she



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Good nutrition improves cognition from a teachers view

At age 12, the average seventh grader begins their school day with little to no nutritional support for the cerebral activities to follow. They should be leaving home for school with a low-carbohydrate, high protein, AND fat breakfast. The brain is composed more than of 70% fat and takes more than 30% of energy usage of the body. Without the mye-

lin sheath properly formed and maintained around each nerve cell, communications between cells during cognitive activities will be surely affected.

What ever happened to the eggs and bacon/sausage breakfasts which our ancestors were so accustomed? Is this only saved for holidays or weekends? As parents, we must take the time before heading out to our perspective jobs to consider the

better nutrition of children—the same way we deserve for them to achieve good grades and get accepted to the top competitive high schools.

A good foundation in proper nutrition will allow the lessons of the day to be. Not only concepts, dates, and skills learned—but a healthy understanding of how to nurture their brains as well as their body. It is our responsibility as

parents and teachers to guide our children to be the best they can be, mind, body and spirit.



Dr. Janet Arce, PhD has been teaching students from ages 11 to 70 the basic foundations in science for over 20 years. Her doctorate is in biology and has extensive knowledge in nutrition and child behavior.

Naturopathic Sun

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What doctors don't prescribe (continued)

was unable to raise her arms above her head. We started slow, no-weight activities, to increase her range of motion, the pain and burning she described was almost more than the pain she endured a few weeks after the surgery.

I feel it was the doctors responsibility to inform the patient that during the healing process low function activity is necessary to allow for proper healing and increase mobility later on. For people to just start to exercise after months of no movement and when all the scar tissue has adhered to other tissue, simply said, it is a crime and causes more pain and frustration. It is neglectful of doctors to not require proper rehabilitation and in essence is not actually helping but harming the person in the long run. That's against the Hippocratic oath. How many people do you know had to go back into surgery to remove scar tissue, which could have easily been avoided but simple movements? Remember the body is meant to move, so holding it back from doing so for too long of a time can only result in long term disabilities.

Hydrotherapy for Home

Oatmeal bath for rashes

Depending on the temperature, a bath can have different effects on the body. Warm baths are for arthritis and/or arthritic problems, neutral baths (baths of body temperature) are for relaxation and reduction of anxiety, and cool baths, especially in the morning, are considered tonics. Oatmeal baths in this case can be used as slightly warm, neutral or cool depending upon the condition. Its is especially good for soothing most skin ailments, such as rashes that burn and/or itch as well as softening and repairing dry, damaged skin.

What's needed:

1. 3 bath towels
2. Washcloth
3. Basin of cool water and compress, if needed
4. Shower cap to keep hair dry
5. 1 to 2 pounds of quick-cooking oatmeal

What to do:

Put oatmeal in a thin muslin bag or cheesecloth. Allow very hot water to run over the bag of oatmeal into the tub. Then fill the tub with 2/3's water that is 96 degrees F. Try to have it deep enough for the person to go into the water up to their neck. Squeeze the bag of oatmeal, the water

should be milky and soft. The washcloth may be used to wash over any parts not immersed. Bath can go for 15 to 30 minutes or as needed by the immersed person. Dry by patting, **do not rub**. Empty the bag of oatmeal in the garbage, it cannot be used again.

Make sure there is the correct temperature in the bath. Make sure you or the person in the bath is as comfortable as possible. The oatmeal makes things a little more slippery, **be careful** entering and exiting the bathtub. Some skin conditions can be more irritated by water. Make sure you can do this before "diving" in.



COMING SOON
ON THE WEB

Recipes for Health

Liver and Onions

First you have to prepare the liver. For every lb of sliced liver you need to soak it in 2 lemons worth of lemon juice for at least 4-5 hours. Make sure the liver is organic, grass-fed.

This recipe calls for 1 1/2 lbs of liver.

1 cup of buckwheat flour

1/2 teaspoon sea salt

6 tablespoons butter/lard

4 cups of onions, or 2 medium onions

After soaking in the lemon juice, pat dry and dredge the liver slices in the mixture of flour and salt. In a heavy skillet on very high heat, put in the 4 tablespoons of butter and liver in. Transfer to a warm plate or put in oven to keep warm. In a separate pan, sauté onions in the rest of the butter/lard and a dash of salt on medium-low heat for about 20-25 minutes. Throw over liver and serve.



Kinesiology Corner with Dr. Michael Minond

What is AK?

You know your body is different from everyone else's.

Wouldn't it be great if there were a doctor who has the ability to find out what is unique about you and your problems?

Wouldn't it be great if that same doctor could give treatments and lifestyle recommendations which are specific to your particular needs?

There is such a doctor available, and that doctor is an applied kinesiologist.

What is applied kinesiology?

Applied kinesiology (AK) is a form of diagnosis using muscle testing as a primary feedback mechanism to examine how a person's body is functioning. When properly applied, the outcome of an AK diagnosis will determine the best form of therapy for the patient. Since AK draws together the core elements of many complementary therapies, it provides an interdisciplinary approach to health care.

In general, the applied kinesiologist finds a muscle that tests weak and then attempts to determine why that muscle is not functioning properly. The practitioner will then evaluate and apply the therapy that will best eliminate the muscle weakness and help the patient.

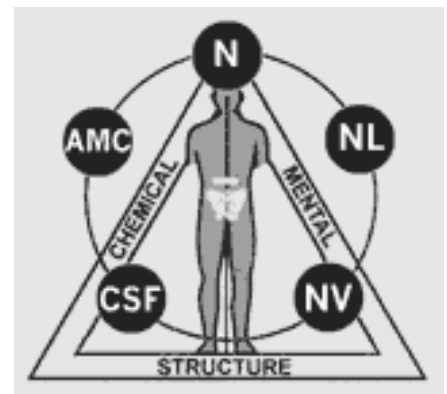
Therapies utilized can include specific joint manipulation or mobilization, various myofascial therapies, cranial techniques, meridian therapy, clinical nutrition, dietary management and various reflex procedures.

Does applied kinesiology replace standard examinations?

Applied kinesiology is used in addition to standard diagnostics to help determine the cause of a health problem. For example, with certain conditions like hypoglycemia, there will be muscle patterns of weakness or strength found with AK. However, these same patterns could be present because of another nervous system problem such as disease or some type of adaptation.

Only an adequate history of the person, together with standard examination procedures and laboratory findings, will indicate the proper treatment course. Therefore, people performing a simple muscle test and diagnosing what vitamins are needed or other information about health without standard examination is inappropriate. This is making health decisions well beyond what a simple muscle test can determine and actually may be harmful.

The determination of your need for dietary supplements requires knowledge of your symptoms along with an examination for known physical signs of imbalances and a dietary history. Blood, urine, saliva analyses may be added to the foregoing. An applied kinesiology examination provides additional information and can help to



determine what is missing and needs supplementation. Using applied kinesiology, a doctor can often determine which of the many available laboratory tests are the most appropriate to be performed. This can result in a more effective diagnosis while at the same time reducing health care costs.

Just a bunch o' facts

-Eyes and brain equal 2% body weight, but take 25% of nutritional intake

-eyes use 1/3 as much oxygen as the heart.

-eyes need 15 to 20 times more vitamin C than joints

-eyes also need more zinc than any other organ or organ system

Salt is needed for the breakdown of plant carbohydrates, glucosides. Without salt, the plant material would not be assimilated into the body, drawing minerals and sugar out of the body. Without the intake of the natural sugars and minerals from vegetables, the body develops a deficiency and thus starts the addiction for sugar.

RAW, SOAKED, and DEHYDRATED NUTS

Nuts are great snacks and highly nutritious, if properly prepared. Nuts raw or roasted are worthless and possibly even poisonous in our body. Around each nut, provided by nature, are several enzyme inhibitors. These enzyme inhibitors render the nuts useless in our body. Nature did this in order to ensure that the nuts did not sprout and grow in just any environment. Conditions have to be optimal, which is in water at about room temperature. Once the nut is placed in this optimal environment it is signaled to release the inhibitors and start to grow, called germination, manufacturing the nutrients it needs to do so.

Anything that is in a state of pre-germination or germination contains superior nutritive qualities. Without the release of these inhibitors, they wreak havoc on the digestive system when consumed, causing excess mucus production, inhibition of nutrient absorption as well as binding and shuttling nutrients away, especially iron. Sometimes even excessive consumption can lead to ulcerations of the lining of the digestive tract and even food sensitivities. Many people feel after consumption of roasted or raw nuts a

sense of heaviness or fullness in their abdomen. This is not from the oils or fats from the nuts (although when roasting a nut you turn the oils and nutrients rancid), but rather from the body's inability to digest the nuts. Walnuts contain the largest amounts of triple unsaturated linolenic acid or Omega-3 fatty acids, then any other nut, making them more susceptible to rancidity. They should always be stored in the refrigerator.

All nuts from large trees which have deep roots, contain good sources of trace minerals and B complexes.

The nuts I sell are prepared to maximize digestibility, unlock blocked nutrients, and remove anything that may harm the digestive tract. So try these nuts, which have been soaked in filtered or spring water with some celtic sea salt, then dehydrated in a machine that gets no warmer than 100F, so as not to kill any enzymes.

If you are interested, contact me. I sell cashews, peanuts, walnuts, peanut butter, and chocolate covered walnuts.

What is this?

Water, cooked shrimp (treated with sodium phosphate), tomato puree, vegetable oil, wheat flour, modified food starch, cream, salt, sauterne wine (contains sulfites), monosodium glutamate, soy protein concentrate, yeast extract, spice extract (**what's that?**)

Cream of shrimp
Campbell's



Medicine is not only a science; it is also an art. It does not consist of compounding pills and plasters; it deals with the very processes of life, which must be understood before they may be guided.

Philipus A. Paracelsus