

SUN Exposure

A quick introduction to Homeopathy

Created by a German chemist in the late 1700's, Samuel Hahnemann based this medicine on the cure of the totality of symptoms in a disease by means of treatments that are capable of the disease itself. Don't worry there is a translation for that. Simply put, homeopathy is the use of herbs, minerals or other natural substances, diluted with water until there literally are no molecules of that substance in the water. The water is then dropped on little sugar pills.

Now you're wondering how this can possibly help you. Well, here's an example. Snake venom for instance causes nausea, dizziness, sweating, muscle spasms, heart palpitations, and numbness. Now the diluted form of snake venom treats those symptoms. This doesn't mean that this is the venom antidote, but if someone were to have some of these problems, this remedy would work for them. The dilution process is not simple, which makes the remedies unique. There are all

sorts of remedies for everything from a simple runny nose to severe psych issues. What is nice about homeopathy is that low dose remedies, ones sold in health stores are great for some quick fixes (until you can see your naturopathic practitioner, of course) without repercussions of side effects. Higher doses are sold by professionals, and are used in cases which are thoroughly analyzed. Hahnemann created homeopathy to boost the immune system and rid medicine of the poisons that were being dispensed by doctors. All of the pharmaceuticals given are palliative, back then and still now, which only stop the current problem and create new ones. Homeopathy is a great alternative to use, as long as diet, exercise, and mental stress are being taken care of, first.

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Fat or low-fat, that is the question

Most people do not realize that 70% of the brain is made of fat, not margarine type fat, more like animal fat, because **guess what**, you are an animal. Each neuron in your brain, let alone every cell in your entire body requires a certain amount of saturated fats in order to maintain a

strong cell membrane. Myelin is the sheath that protects nerves and the nerve impulses (that's the signals sent to and from your brain and body. Myelin is roughly 80% fat, including cholesterol. Especially during development, children need a consistent, clean source of fats, and the most certainly are not found in "low fat" foods. Adult mental and physical health will depend on the availability of

fat in the diet in childhood. Let's not forget about hormones. Hormones cannot be created without an adequate amount of fats in the diet. Hormones are needed during development for proper gender development and in adults fertility and libido. If you alter your diet to consume more unsaturated in comparison to saturated fat, you may start changing the composition of the cell membranes. This may lead to a

change in cell permeability, which determines how easily each cell transports nutrients and wastes in and out.

If you dig, medical history has revealed no evidence that fat makes you fat. Cholesterol levels and low-fat diets have always been shown as a fight between science and corporate interests. In the early 1950's the link that dietary fat caused heart disease was initially seen in the scientific world as mythology.

Continued from "Fat or low-fat, that is the question"

Studies done to prove the point were taken out of context and never disputed do to the reputation and "connections" of some of the proponents of the idea. Consider this: human-like sclerotic lesions (plaquing of the arteries, also known as atherosclerosis) can be induced in pigeons fed corn and corn oil. Atherosclerosis can be found in all animals who eat a vegetarian diet. 2 Columbia University biochemists demonstrated that cholesterol we eat has very, very little to do with the amount of cholesterol in our blood. Here's another thing to think about: When you eat a carbohydrate, you immediately convert it to sugar, causing a storage effect, thus increasing the size of your fat. When you eat fat, all of it goes to use in cell maintenance, brain health, removal of waste, protection of the heart, and the rest if it not used is shuttled right out into the toilet bowl. Explain to me and you body now, how fat makes you fat. The answer is fat, always natural fat, unadulterated, unprocessed fat.

Naturopathic Sun

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Hydrotherapy for Home

Salt Glow

Not only does it exfoliate your skin, but a salt rub is a vigorous circulatory stimulant. Best used after a sweating treatment, the salt removes any of the let over toxins brought out by the pores.

How hard you scrub is determined by your comfort level. This salt glow is best given in the shower or tub, sitting on a stool with the feet submerged in hot water at 105F degrees. After you finish scrubbing, you spray down with a shower either warm or cold, cold being even better for the body. This is great for the immune system, increase circulation throughout the entire body, and is great for those with low blood pressure. It is definitely one should do if they get frequent colds.

What you will need:

- A tray containing 2 lbs o salt
- Foot tub of 105F degree water
- 2 large towels
- Washcloth
- Shower cap
- I sheet

What to do:

Moisten salt with cold water.

Seat yourself or your loved one on a stool with their feet submerged in the foot tub.

Take some of the hot water with your hands from the foot bath and wet the right arm.

Apply salt with both hands, spreading it over the skin and rubbing briskly back and forth.

Scrub the body in this order:

Right arm, left arm, right leg, left leg, front and back of trunk (simultaneously), side of trunk and hips, hips (you have to stand for this one).

Follow with a shower, spray, or dip in a bathtub.

Dry with the towels with brisk rubbing.

** Salt should just be wet enough to cling to the skin, the room should be warm and work fast to prevent a chill**



COMING SOON
ON THE WEB

Know Your Medications, better than your doctors

Ever wonder what's in those pretty pills you get when you fill your prescription at the pharmacy? You shouldn't be. The doctor that prescribed them to you should have told you. But guess what, most docs don't even know how to prescribe them correctly, let alone what's in them. Scary, huh? Quick lesson, drugs approved to be "medicines" work by poisoning the body and suppressing the symptom, making it look like the person is getting better. Example, blood-pressure medication doesn't lower the blood pressure by returning everything to normal, but rather shutting down the mechanisms that have caused the pressure to rise. Its like having the "check engine" light turn on in your car but instead of checking the engine, you disconnect the wire that displays the sign. Now you run the risk of having your car

break down. Hmm, sounds like mechanics would make lots of money. Same as pharmaceutical companies.

Another thing to note is the safety of a medication. Its based on relative toxicity, not on the efficacy of its ability to improve health. Ask questions, know what you're ingesting. The human body (and some people forget animals as well) are not made of drugs. Never take something synthetic and poisonous because someone told you. Would you jump off a bridge if someone told you to? Remember pharmaceutical companies pray on people's need, which is convenience. The moment you take that drug you for-go the understanding of how the condition arose, and how to change your life for the better in order not to get that problem ever again. Think: a headache is not a deficiency of aspirin.

Kinesiology Corner with Dr. Michael Minond

Posture

Many people ask about posture. No matter what you are doing or in what position you are in, there is an optimal position that your body can and should be in to decrease stress on both the muscles, and the joints of the body. From the time you were a child, you were taught to stand up straight and not to slouch. Today, we know that having poor posture can have negative effects on our body which can lead to chronic problems like carpal tunnel syndrome, recurrent headaches, neck, shoulder pain and low back problems. It is your doctor's job to diagnose and treat any deviations from normal postural position and function.

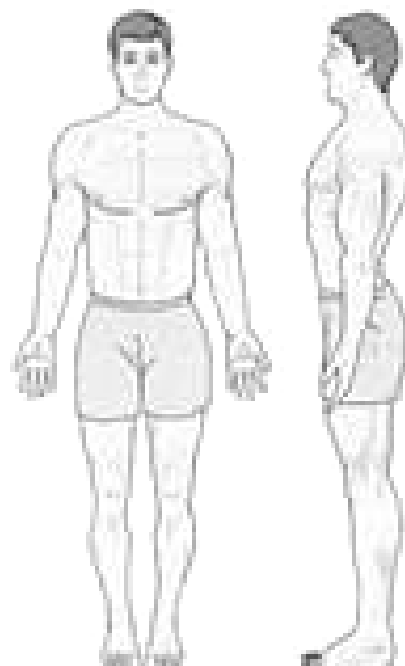
Where the back of your head meets the upper part of your neck exist an important region which controls your brain and body as a unit much like a switch board. This area is the primary control center for your body. Proper posture can become a conditioned reflex just like poor posture can become habit. Since no one has ever actually told you how to sit, stand or walk properly, you probably have some poor habits that need to be examined and corrected to try and maximize your potential. Ask your doctor for a full body examination including muscle testing, gait (walking) analysis, range of motion, and postural exam

Proper Neutral standing

- Weight of the body should be in the back of your foot, On your heels.
- Put your hips over your heels, Stand as far back on your heels as possible so you still feel balanced.
- Your feet should be facing 45 degrees apart from each other
- As you breath your chest should widen at the bottom of the ribcage, and your spine should elongate as you inhale
- Let your shoulders hang like a wet rain coat hanging on a hanger, shoulders down.
- Let your hand dangle by your sides, with the palms of your hands open to the front.
- Your head should be forward and up so that your ears line up with the head of your shoulders.

Your body should feel relaxed in this position with very little if any muscle tension, allow the lungs to fill with air and feel how these new habits become part of your body.

Try to mentally coordinate all of the above at the same time and you will see how these healthy habits lead to better health and energy.



Just a bunch o' facts

Did you know that Bayer, the company that makes aspirin, discovered how to synthesize heroin from opium poppy? At first it was marketed as a remedy for morphine addiction and cough suppressant for children.

Bayer also invented methadone. Sounds like profit from

both ends.

Just because there are ingredients on something doesn't determine the amount. Sodium lactate, for instance, found in many meat products cause panic attacks in many individuals. But only the chemists at Oscar Mayer know HOW MUCH is in a slice of bologna.

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Water, sucrose, glucose syrup solids, natural lemon flavor with other natural flavors, citric acid, salt, sodium citrate, monopotassium phosphate, caramel color, ester gum, brominated vegetable oil

rauncher

Gatorade thirst

You're better off just adding a dash of celtic sea salt and honey to your water bottle

Recipes for Health

Potato leek soup

- 2 lg Leeks (chopped fine)
- 2 lb bag sm. Red potato
- 2 lg onions (1/2 inch diced)
- 1-2 carrots
- 32 oz Organic, free range chicken broth
- 4 cloves fresh garlic (minced)
- 1 Tbsp salt (coarse sea salt)
- Cayenne pepper powder—to taste
- 1 stick of butter

Wash and cut potatoes, onions, leeks, carrots, garlic. Keep separate.

Combine all potatoes, 1 cup of onions, all carrots, 2 cloves of garlic, chicken broth, and salt. Heat until potatoes are cooked. While potatoes are cooking, sauté the rest of the onions and the leeks in butter with salt and cayenne pepper. Add 2 cloves of garlic at the end. Cook 1 more minute. Put into food processor and turn to mush.

Mash potato-carrot-onion mixture in pot. Mix leek onion mush with potatoes. Serve with sour cream and ENJOY!!

Created by Gary Rose



The aim of medicine is to prevent disease and prolong life; the ideal of medicine is to eliminate the need of a physician.

- William J. Mayo, MD