

SUN Exposure

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Splenda is not so splendid

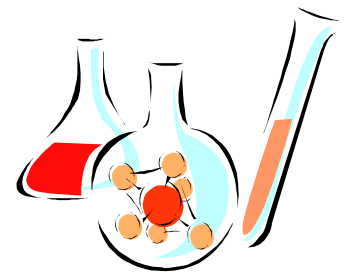
Everyone knows Splenda. It's the sweetener with the yellow package. You go to any coffee shop or café, and you have the pink, blue, and yellow packets. The wonderful rainbow assortment of synthetic sweeteners, yum. It's the new one on the block, claiming its closeness to actual sugar, but not all the calories. Granted it is biochemically similar to sucrose, but there is one difference, chlorine is added. That's right folks, the same chemical used to keep pools clean and

bleach your clothing is now added to something edible. FDA says it is ok, yet multiple studies have shown its effect as a neurotoxin. Six studies have been done but only 2 have been completed. Only 36 human subjects were used, but only 23 were given Splenda. Better than that, the longest study only lasted for 4 days. Now do you think that is a good representation of the human population? It's called sucralose and just because it has zero calories

does not mean you will have zero repercussions. Artificial sweeteners still lead to carbohydrate cravings and stimulate weight gain.

So reconsider the next time you're out and decide to put a sweetener in your coffee or tea.

If you're curious about the details, read Sweet Deception by Dr. Joseph Mercola, DO. Its always good to know what you're ingesting.



The Sanctity of Blood, a review

The Sanctity of blood: Vaccination is not immunization by Tim O'shea, DC, by far has to be one the most informative and interesting books I have read. If you are thinking about starting a family, already pregnant, or have given birth, please, please, please read this book. Many do not know the dangers that lay ahead when a parent/doctor submits a child still

developing to the toxins of a vaccine let alone the vaccine itself.

The book is a small, thin book with only 186 pages, that with a good cup of tea you can finish within 2 1/2 hours. It goes through the history of vaccines and the money behind it, which go hand-in-hand. Then with studies and graphs, Dr. O'shea shows how useless

and detrimental these vaccines can be.

A quote from the book "if you can't look something up, never believe anyone's "statistics". Especially if the sentence starts out with words recent studies have shown."

With these words I invite you to take a look at mainstream medicine and decide for your self with the

facts of BOTH sides. Consider this: If immunizations were responsible for the disappearances of certain diseases in the US, one must ask why they disappeared simultaneously in Europe, where mass immunizations did not take place.

[Mendelsohn R, MD]

Happy New Year!! Happy New Year!!



Naturopathic Sun

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Hydrotherapy for Home

Hot Foot Bath

A hot foot bath is a great tool for all of the circulation of the body. It relieves congestion in the head, lungs and abdominal organs. During cold weather, the body gets chilled, this helps with heating the body. Also when the body is fatigued, the body has a hard time warming the extremities.

Articles needed

1. foot tub
2. Bath towel
3. Basin of cold water
4. 2 blankets (used to wrap the person up well sitting in a chair)

How to do it

Make sure the room is warm. Fill foot tub with 104 F degrees water above the ankles. Put feet in and cover with the blanket. Add hot water and gradually increase the temperature to 112 F to 115 F degrees. Continue bath form 10 to 30 minutes, until desired effect. Keep person's head cool, possibly with a cool wash cloth. When the feet are removed, pour cold water over them quickly and place them on the towel. Dry the feet thoroughly, especially between the toes.

Remember when adding the hot water into the tub, to slowly add it in and stir with a

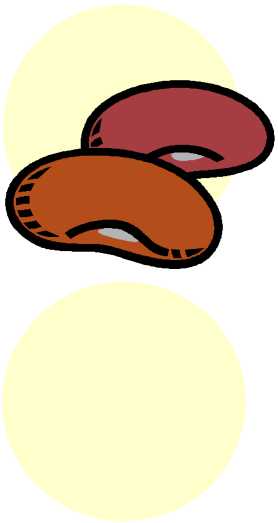
wooden spoon. If the person perspires, dry thoroughly. DO NOT use this technique if you have problems feeling things with your feet or your have atherosclerosis. Please consult with you primary care physician if you are uncertain.

What this is great for:

1. Shorten a cold
2. Relieve a headache
3. Relieve pelvic cramps
4. For relaxation
5. To prepare for other hydrotherapy treatments

COMING SOON
ON THE WEB





Soaking your grains/legumes

Most do not realize that eating any type of roasted nut is bad but eating raw may be just as harmful. Though you may get some nutrients from the raw instead of the nutrient devoid roasted anything, the real truth is raw has its problems unless of course you soak them. All grains and legumes are seeds, ready to grow a plant full of rich vitamins and minerals. Problem for us is that nature was smart and placed inhibitors around the nutrients to prevent the seed from growing into the wonderful plant until the right conditions occur. Water exposure is the right condition, and better water saturation. These inhibitors, phytates are in

actually harmful to us because they bind to the minerals in our own system, especially iron, thus leeching them out of us when we excrete them. So if you decide to eat bread, make sure its sprouted. If you eat walnuts or anything else like I do, soak them for at least 24 hrs and then stick them in the oven and put it on low until they're crunchy. Do this with your beans and rice as well. Then you'll get all the nourishment it has to offer, uninhibited. Still curious, there are books that tell you this, I suggest you read them if you want enjoy nuts and beans without the stomach ache.

Kinesiology Corner with Dr. Michael Minond

Whiplash – more than just a Neck Injury

You are stopped at an intersection when a car behind you rear-ends your vehicle. The impact of the accident pushes your car forward. It takes about 100 milliseconds for your body to catch up to the forward movement of your head. Your shoulders travel forward until they are under your head, and your neck extends forward as your head tilts slightly down toward your steering wheel. The seat belt engages and holds your left shoulder back and restricts the neck muscles on the left side of your neck. You open your mouth in surprise and your jaw is twisted as your head is twisted. You lock your arms on the steering wheel and force your arm bone back into your shoulder joint. You step on the brakes, bringing the car to an abrupt halt and force your pelvis back on the side that you brake with. The sudden stop throws your head and neck backward, and they bounce against the headrest.

Most individuals involved in rear-end collisions later experience symptoms in the low back, shoulder area, neck region and in the head. Although most of these people recover quickly, a small number develop chronic conditions that result in severe pain and sometimes disability.

People who experience whiplash may develop one or more of the following symptoms, usually within the first two days after the

accident:

- Neck pain and stiffness
- Headaches
- Pain in the shoulder or between the shoulder blades
- Low back pain
- Pain or numbness in the arm and/or hand
- Dizziness
- Ringing in the ears or blurred vision
- Difficulty concentrating or remembering
- Irritability, sleep disturbances, fatigue

Diagnosis and Treatment

How whiplash injuries occur is clearly understood, but the extent and type of injuries varies greatly. The diagnosis of whiplash is often one of exclusion. Most injuries are to soft tissues such as the disks, muscles and ligaments, and cannot be seen on standard X-rays. Accurate and specific muscle testing is one of the best ways to determine which structures have been injured.

The exact treatment that is needed depends on the extent of damage, which structures, ligaments, muscles, tendons, discs, were injured and how long after the injury care was started. The longer after the accident occurs, the longer care may be needed. Proper treatment to the soft tissue, as well as proper rehab and

nutrition are vital for a successful recovery.

As was described in the example above, treatment may need to be directed to:

- The pelvis due to the forces exerted on it when you brake
- The ankle and foot due to twisting while braking
- The shoulder from forces jamming the joint as you hold the steering wheel
- The wrist from holding the steering wheel
- The neck from a whiplash type injury
- The TMJ – jaw joint – from your jaw being twisted as your head snaps

Unfortunately, injuries to the ankle, pelvis, shoulder and TMJ can all cause increased muscle tension in the neck and confuse the person trying to help you with your injury. Only examining all of the different areas that can be injured, and determining if they have been, and then directing appropriate treatment to the injured structures, can return you as quickly as possible to a pre-injury state.

Remember, the longer care is delayed, the more you increase your chances of not recovering fully.

Just a bunch o' facts

Did you know:

There are 25+ different names for the toxin, Monosodium Glutamate? Just for your info, MSG triples the amount of insulin produced by the pancreas in rats (and humans) .

Here is a list you best stay away from if you wanted to keep your nerves and brain

healthy and happy:

- Seasonings**
- Soy protein concentrate**
- Maltodextrin**
- anything Protein fortified**
- anything Fermented**
- anything Ultra-pasteurized**
- Flavor(s) & Flavoring(s)**
- Hydrolyzed Vegetable Protein**
- Barley malt**

What is this?

Salt, Hydrolyzed vegetable protein, sugar, monosodium glutamate, dehydrated onion, maltodextrin, dextrin (with beef extract and partially hydrogenated soybean oil), caramel color, autolyzed yeast, corn oil, dry malt syrup, disodium inosinate, disodium guanylate, natural flavoring, not more than 2% silicon dioxide added as an anti-caking agent

Answer: Beef broth mix
How do you lose weight watchers
Weight watchers
you lose weight on this?

Recipes for Health

- 3 pounds of beef or turkey
- 4 tablespoons of butter
- 1/4 red wine
- Cup of beef stock
- 2 med onions, finely chopped
- 3 small green chiles, mild or hot, seeded and chopped
- 3 medium ripe tomatoes finely chopped
- 2 cloves of garlic, finely chopped
- 1 1/2 tablespoon ground cumin
- 2 tablespoons dried oregano
- 2 tablespoons dried basil
- 1/2 teaspoons red chile flakes
- 4 cups black or red beans
- Avocado slices for garnish
- Chopped cilantro for garnish

Soak the beans for at least 24 hours, with at least 6 hour intervals of changing the water. Rinse well before adding them into the chili.

Lightly brown the meat in a little bit of butter or lard.

Add all the remaining ingredients except for garnishes into a crock pot or pot on the stovetop and put on low. Simmer for 1 hour. Serve with the garnishes.



Remember to choose only organic ingredients

Howard Hencke, on the medical industry and the use of the germ theory....” to indoctrinate the public in the Western world with the belief that the salvation from all, especially physical ailments, lay outside the individual’s system and responsibility, because it was caused by external factors.... and that chemical remedies will keep him free from disease, independent of his own vigilant responsibility.”