

# SUN Exposure

## “Organic” is not just for eating

With everyone scrambling around to find every vegetable, meat and spice organically, what's not realized is one of the greatest pesticide-laden crops is actually cotton.

A pretty versatile plant, cotton provides materials for all sorts of house wares as well as oil from the seed. What's not so nice is the fact that 25% of the usage of pesticides on crops is



used on cotton. One would say, “well at

least you can stay away from the oil”, that's only the very least.

The skin fortunately for us, is the greatest and largest detoxifier of our bodies. On the other hand, the skin is like a sponge, absorbing anything that touches it into the body. That means creams, oils, make-up, perfume/cologne, chemicals in the air, chemicals on clothing (ie. detergents and pesticides), as well as paint, any house hold cleaners, etc., the list can go on. On average women absorb 5 lbs of make-up year!!

So let's think about this: even though you can be eat-

ing so well, organically, clean water, etc., you will still be bombarding your body with toxins if you are not wary of the chemicals that come in contact with your skin everyday. Remember anything you put on your skin should essentially be edible. Make sure you invest your time shopping for biodegradable soaps and cleaners, earth-friendly and possibly organic clothing, and don't forget any home repairs such as paints or stains will off-gas formaldehyde, if not low-VOC. Good motto to keep: what's good for me, is good for the environment, what's good for the environment, is good for me.

## Don't be afraid of your doctor

Have you heard this one or maybe you've said it, “I don't think my doctor would like that” or “ My doctor won't let me get off my medications” or “My doctor refuses to let me....” Let me ask you a question, if you hired someone, let's say, to paint your favorite room blue, and they said that

they didn't like that color or they wanted to wait to paint it or better yet, didn't want to paint your room at all, you wouldn't even hire them! Then why go to someone who refuses to care for you? You pay them for their advice and guidance, but they NEED your information from you in order to give you the best care. Who knows your body

better than you? NO ONE. So if you feel like trying something different if something's not working or better yet, you found out there might be a better way to great health worth investigating, than that's your right and you have the right to go to someone who is knowledgeable and skilled who will consider your idea. The doctor,

just like anyone else you pay for any type of service, is your employee, and you're the boss. They need to listen to you in order for 1. to get paid and 2. to stay employed by you. You have the power, to achieve good health and receive excellent service. So why feel intimidated?

(Con't on page 2)

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**Thank you**

# Why we need the sun



Through history, the sun was seen as the a giver of so many things, light, warmth, helped plants grow, help the snow to melt, etc. Yet we forgot all of this as well as one most important fact, its where lots of fur-less mammals get their vitamin D. Unless you eat tablespoons of a really good cod liver oil or a tablespoons of lard/butter, your not getting very much vitamin D, The Sun needs to hit you skin and be processed to form it in your body. But lot's of people stop this process even when they're in the sun, they **block** it with sun block.

Vitamin D is used as in many different functions of the body as a co-factor. Without it, many normal reactions cannot occur. Good examples are maintaining normal platelet level, normal respiratory function, regulate mineral balance in the blood, and so much more.

You cannot get the same D from synthetic vitamins as you do from the sun of from the foods mentioned before.

If there is a even slight deficiency enlargement of the liver, kidney, or heart can occur, muscular weakness, menstrual disorders, increase tendency towards dental caries, parathyroid dysfunction, rickets or osteomalacia, and so much more. Long term absence of Vitamin D can eventually lead Osteoporosis. So remember, you should be exposed the sun at least 20 minutes everyday, without creams and blocks.

## Naturopathic Sun

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## Don't be afraid of your doctor (con't)

Why be subjected to a doctor who hasn't kept up with all this new information and healthcare?

Yes they may have a couple of degrees, but medicine changes and so do people. So when its time for an update, or a revision in the medical service that's provided to you, if the doctors you see are not willing to educate and enlighten themselves to better help you, fire them, and find a new one.

# Hydrotherapy for Home

## Different ways of keeping cool

1. **Warm drinks**— some people are looking at this one a going, "huh"? Well when you warm your insides with tea, it cause the body to dilate the blood vessels on the periphery of the body so as to cool the body. If you drink cold, it draws blood to the central part of the body, warming the body. You want to be cooled or warmed on a hot day?
2. **Cold foot bath**- Once the body is in the mode of cooling the body, the body brings more blood to the
3. **Cool—cold bath**— this is the same as the cold foot bath., except you dipping your whole body. If you don't have a pool, this is second best. Its relaxing and decreases the stress of the heat on the body.

Enjoy!!



COMING SOON  
ON THE WEB

# Recipes for Health

## Fresh Salsa

A bunch of fresh cilantro

1 medium red onion

1 teaspoon of chopped jalepano (to taste)

1 tablespoon raw apple cider vinegar

28 oz whole tomatoes

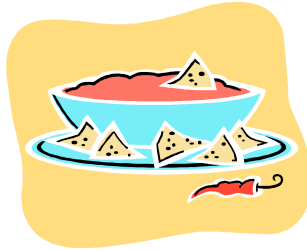
3 leaves of basil

1 teaspoon salt

1 teaspoon Extra virgin olive oil

.Put it all in a food processor. Blend until chopped (if you like it smoother blend more). Taste it, some people like more salt some like more jalepeno, add anything extra. Pour out into a bowl, garnish with a cilantro leaf, and enjoy!!

The easiest, freshest summer treat!!



**Always Organic!!**

## Kinesiology Corner

with Dr. Michael Minond

### Flip Flops

**Perfect for hot weather, they have been the fashion hit of the summer.**

When you are walking your foot absorbs a tremendous amount of shock from your body weight during heel strike. Without proper support, your foot arches may collapse with each step you take. This can lead to ankle instability and increased risk of ankle sprains, shin splints, and plantar fasciitis.

Wearing flat shoes such as flip flops can stretch the sole of your foot, and the calf muscles. They also offer little to no support for your ankles which will add unneeded strain up your leg which can lead to knee, pelvis and eventually low back pain.

One of the main problems is over-use. When people wear flip flops all the time they are con-

stantly scrunching their toes up into a claw. This drastically changes the way you walk. Proper walking can be very therapeutic and relaxing, improper walking can lead to a mirad of health problems.

If you choose to wear flip flops, don't wear them all day every day. Change them frequently so as to maximize the shock absorption that you may get out of your foot. And give yourself a foot massage on a regular basis to try to minimize the stress on the feet. Not all flip flops are created equal, if your flip flop is too small or too big this will add more stress on your foot.



## \* Reminder \*

Every 2nd Thursday of the month, Dr. Marizelle Arce has 2, half-hour lectures, one at 3:30pm and one at 6:30pm. The lectures take place at her Manhattan office, 27 Downing St, in the West Village.

Come learn!!

## Just a bunch o' facts

- They worst oils you can eat are, cottonseed and soy, both filled with lots of pesticide
- Second best source of Vitamin D is cod liver oil
- You need the fatty acids in butter to help the bones and tissues absorb calcium
- Babies have late eruption of teeth if they are Vitamin D deficient
- Too much Synthetic Vitamin D may cause renal damage
- When grains are processed, such as wheat, the Vitamin E is destroyed

What is this?

Sugar, Enriched flour, Vegetable shortening (partially hydrogenated soybean oil), cocoa, high fructose corn syrup, corn flour, baking soda, chocolate, whey, soy lecithin, vanillin (*that's not real vanilla*), and artificial flavor.

Cookies

Nabisco Oreo

# Yoga

## For body, mind, and spirit

### Kneeling Lunge Anjaneyasana

Since we are constantly sitting the muscles in are legs and hips get tight and eventually get short. Do this pose stretches the muscles and may relieve lower back pain.

Get into table position, which is on your hands and knees.

On inhalation move your right foot between both hands then slide it slightly ahead of your hands.

Exhale and bend right knee until hips move forward until knee is fully bent without creating pain.

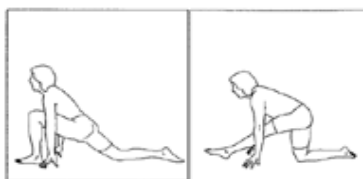
Slide your foot forward so your shinbone is straight. Very, very important , make sure you knee is directly

over your ankle. Keep you palms flat and if you can't, make a fist and rest on your knuckles. Hang your head forward.

Breath slowly and hold the position for 20 seconds to 1 minute.

Push you hands down into the floor to get out of the position.

Repeat again the left side.



Taken from Essential Yoga, by Olivia Miller

The art of medicine consists in amusing the patient while nature cures the disease.

~Voltaire