

SUN Exposure

Keep eating/drinking and exercise separate

Having your protein shake/bar within a half-hour before your workout or during, is detrimental to your health. When you are working out you're activating your sympathetic nervous system (SNS). This system controls the muscles, heart, lungs and the periphery (skin). When you eat, the parasympathetic nervous system (PNS) activates, bringing the blood flow to the organs that help you rest and digest. So upon eating, you start the PNS but the moment you work out and up to 1/2 hour after, any food, any liquid literally stops digesting and sits in the

stomach waiting for you to relax. A study was done with football players who were given food before a game. 1/2 of them played and 1/2 of them just watched. An x-ray was done of their stomachs after the game and the 1/2 that played in the game actually had most of their food in their stomach. The other 1/2, the half that was able to relax during the game, had most of their food already passing through their digestive tract.

The consequence of eating so close to any type of physical activity, leads to an almost complete lack of

absorption of the nutrients as well as the degradation of the mucosa or lining of the stomach and intestinal tract. Food is not meant to sit in the body. After awhile, the food literally "rots" and bacteria and yeast try to break it down. This is where symptoms of flatulence, bloatedness, stomach pains/cramping, acid reflux, constipation, diarrhea, etc. come in. Reconsider eating on-the-go as well, because if you're not calmly sitting and eating, then you might as well not eat at all, it would be healthier.



HEALTHY
SNEAKERS

“The ambition for broad acres leads to poor farming, even with men of energy. I scarcely ever knew a mammoth farm to sustain itself; much less to return a profit upon the outlay. I have more than once known a man to spend a respectable fortune upon one; fail and leave it; and then some man of more modest aims, get a small fraction of the ground, and make a good living upon it. Mammoth farms are like tools or weapons, which are too heavy to be handled. Ere long they are thrown aside, at a great loss.”

Abraham Lincoln, Sept 30, 1859, Wisconsin State Fair

To be or not to be a vegetarian?

Whatever the reason may be, vegetarianism has been widely accepted as a “normal” and “healthy” diet/lifestyle. But many do not understand the dangers and risks of becoming one.

Complete vegetarianism was not really practiced by any culture until fairly recently. And being a vegetarian is not just simply removing meat, although many practice as if that is so. Being a vegetarian actually takes dedication and work especially if you want to do it right. If you don’t, there are a multitude of consequences.

There are certain vitamins that you will only get from animal products. You cannot make these nutrients from vegetables unless of course you become a ruminant animal (they have 3 stomachs for just that reason). Because we lack the ability to

get a majority of our nutrients from veggies, we need to either consume animals who can do it for us or eat vegetables that are pre-digested or “fermented”. Fermented vegetables actually contain many of the nutrients lacking (like most of the B-complexes) in just plain ol’ veggies. What also comes along with these nutrients are lots of enzymes that help with digestion and re-establish the balance of flora in your system.

Another thing missing is fats, which we need to help repair our nerves, cell membranes, and hormone production. When there is adequate fat in your meal, you eat less and fat actually helps absorb the nutrients from the vegetables.

Protein is another necessary macronutrient for a healthy body that comes in very limited quantities in plant matter. Our

bodies are made up of all sorts of protein and without it we break-down (think: arthritis).

Though a person may not feel bad immediately after starting a poorly created vegetarian diet, deficiencies and issues come up over time. Problems that may arise during the limited consumption of animal products are, “...eating easily digestible carbohydrates and sugars increases our need for vitamins that we would otherwise derive from animal products in sufficient quantities.” (Good calories, bad calories by Gary Taubes). So reconsider being a vegetarian, because you might be spending more time and money than planned.

*** vegetarians do not live longer, healthier, nor save the environment more so than any other health conscious person .**

Editor's note

- Tilapia is now a BIG no-no. Farmed tilapia is now found to contain pharmaceutical drugs that alter the gender of the fish.
- Kellogg’s company uses genetically modified (GM) beet sugar in their products! BOYCOTT!!
- 96% of all canned soft drinks contain Bisphenol-A (hormone disruptor).

Chocolate Truffles

Want to enjoy a delicacy without the guilt? Try these handmade chocolate truffles, made with ingredients that contain many health benefits.

This variety box contains 6 truffles: 2 regulars, 1 with a sweet chili powder, 1 with walnuts, 1 with sea salt, and 1 with coconut.



- ALL ORGANIC
- FAIR TRADE
- HANDMADE

Special: \$10 a box

Recipes for Health



Thai coconut stir-fry

Pound cubed chicken

2 tbsp coconut oil

1 cup green onions (scallions), sliced on an angle

1 red bell pepper and 1 green pepper

, seeded and julienned

1 tsp of minced garlic

1 cup broccoli florets

1 tsp of grated ginger

1 tbsp of Rapadura sugar

1 can of coconut milk

1 tsp of powdered curry

1 tsp of salt (and add more if needed)

Put the coconut oil in a pan and sauté the chicken. Once the chicken starts to brown, add the rest of the ingredients and simmer. Keep stirring and check when vegetables are cooked but not over done. Enjoy.

Kinesiology Corner with Dr. Michael Minond

Doorway Stretch

Every day we are bombarded with quick fix miracle products that will improve our health with little to no effort on our part. Let me start by saying that such products do not exist, and any immediate benefits that we may experience are almost always short lived and rarely repeatable. I often say that Health = “what you do FOR your body” – “what you do TO your body”. Real health can only be achieved with effort and commitment. However not everything that is good for you has to be hard, painful or taste like grass. If I now told you that with just 15 sec a day you can improve your Cardiovascular system, improve your oxygen exchange, improve your posture, increase flexibility, and help

detoxify your Lymphatic system - you would probably think that I am contradicting myself. However, the DOORWAY STRETCH is one of the simplest things you can do every day that will be a huge PLUS (+) in the “FOR” column of the health equation. You are probably wondering why this stretch is so powerful and effective, and you should also be wondering HOW to do this simple stretch. The “How” is in the next paragraph, and the Diagram also illustrates how.

Some of you realize that I have given you the “how” the stretch works but not the “why”. Some of you realize this and don’t want to be bored with a bunch of details on the “why”. For those of you that need more than a good suggestion, and would like to be bored by the “why” feel free to contact me at www.MINOND.com and ask.



Your Ego and being at peace

For most of us, we have a hard time differentiating ourselves from our ego. We are energy beings who are connected to everything inside and outside of ourselves, and even that is too simple an explanation. Our ego, which we create from birth, puts labels and definitions on everything in order to try to grasp and take ownership of the world around us (and in us). We do not allow things to just “be”, to exist without definition or explanation. By doing this we delude ourselves into thinking we know everything including ourselves. We use the things around us to define who we are and even use them as tools of self-enhancement. We search further and further outwardly to answer questions that are found within us. A good quote of this is from the movie Fight Club, “You are not your job. You are not how much you have in the bank. You are not the contents of your wallet. You are not your khakis....[Tyler] says the things you own, end up owning you. It's only after you've lost everything that you're free to do anything.” Once you lose your ego, you lose the need to see yourself through the objects and people around you. That is ultimate happiness and freedom.

Did You Know?

Where does the word “flu” come from? It is a slang for the word “influenza”. This word is actually a Italian word (latin derived) and means “influence” or “under the influence”. Many, many years ago Italians believed that the Moon and other planets had influence on the body, especially during certain times of the year. During this time, people would get sick, nauseau, vomiting, fevers, aches/pains, etc. This was the “influenza” time and people knew that this was natural occurrence. Physiologically, the 2 times (coincidentally) that the thyroid changes its production of hormone, is during the spring and the fall, “flu season” . During this time the thyroid, being part of the endocrine system, signals to the body to dump garbage out and clean the body or “detox”. This is a natural occurrence, preparing and adapting the body to the changing season. Question is, does the flu occur in places where the weather does not have extreme changes? Answer: No.

“For a community to be whole and healthy, it must be based on people’s love and concern for each other.” - Rudolph Steiner

What is this?

Dehydrated potatoes, corn oil, **modified food starch**, sugar, salt, and less than 1% of the following: onion powder, soy lecithin, dextrose, leavening, **natural flavors**, molasses, fructose, **spices**, partially hydrogenated soybean oil, **torula yeast**, wheat starch, garlic powder, malt extract, **maltodextrin**, extracts of paprika, **citric acid**, chicken fat, soy flour, tomato paste, corn syrup solids, **yeast extract**, barley mat flour, lactic acid, egg yolk, and whey

Company claims there is no intentional **MSG** in this product!!

LAY'S Baked barbecue potato chips

Naturopathic Sun LLC

Marizelle Arce, ND

10 Downing St, NY

Phone: 917-282-5622

Wwww.Naturopathicsun.com
drarce@naturopathicsun.com