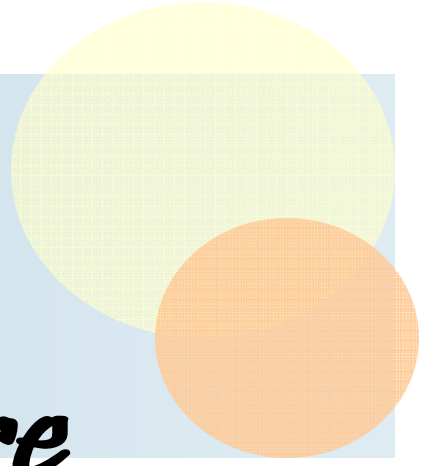


SUN Exposure



Life is not a quick pill you can pop

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Thank you

Remember the saying "good things come to those who wait"? Is waiting for change such an problem that we deny ourselves slow, gradual, progress to a healthy lifestyle, with healthy habits that stick? Quick fixes, fads, impulse dieting, miracle drugs and/or vitamins, are all enabling the bad behavior that something outside of you can "fix" you. Much of what creates a healthy body is how you think of yourself and the world around you. In Japanese, the definition of the word Kaizen is "improvement" and particularly,

"continuous improvement" - "slow, incremental but constant". In Japan, this is instituted in many manufacturing companies. The philosophy of this effect is the belief that for behaviors to work/stick and have people make them apart of their life they have to be implemented very slow, in a paced way. This is the only way to live your life in a "whole" way. So you want to be healthy? Start slow. Start by removing the fast-foods out of your diet. Add to it by changing your bad habits. When change is slow, it then becomes second-nature. This slow

change will contribute to overall well-being and eventually you will see how much better you feel. You can't take a pill for long term process of change towards a better life. A quick fix, remember is succumbing to the idea of convenience. For change to stick, it has to ruffle your feathers, make you take a little step back and say "Hey, what I'm doing now is not good, I've got to change". You going to have to let go, you cannot compromise with your bad behavior. Once you internally become aware of this desire to change it will be strong, stronger than any pill.

Happy Halloween Happy Halloween



Instead of candy for Halloween, try this:

Fries Bananas (maduros)

8 very ripe large plantain bananas

Pinch of salt

4 tablespoons of butter

2 tablespoons olive oil

1 teaspoon of cinnamon

1/3 cup honey

Fresh whipped cream

Peel plantains, slice lengthwise, then

chop in 1/3s. Sauté in butter and olive, sprinkle the salt as it is cooking. Transfer with a slotted spoon to a plate with a paper towel. Drizzle the honey all over and then sprinkle the cinnamon. Serve with a dallop of fresh whipped cream.

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No Sugar, No problem

Spoiling your appetite was not just a saying your mom gave you so you'd eat more of her cooking, but the actual truth. Sugar has unfortunately many more horrible affects to the body than just ruining your appetite. Sugar can do as little as produce insulin to as much as breaking down of organ tissue. Sugar consumption has also increased exponentially in the last

50 years, linking it to many diseases. Sugar comes in many forms and upsets the body's homeostasis. Eventually your body gets addicted to it like a drug in order to feel "normal". A great book that helps you understand that is Lick the sugar habit by Nancy Appleton, PhD. She explains how many diseases are fed by the addiction to sugar and thoroughly explains how

you can rid yourself of you sugar affliction. So much research has been done to prove how harmful sugar can be, yet we still see the same foods on the shelf and allow our children to eat the same overly sugary foods for breakfast, lunch and dinner. Take a look at this wonderful book. Its easier than you think to remove sugar from you life. Give it a try.

Hydrotherapy for Home

Morning Dew Walk

Dr. Benedict Lust, founding father of Naturopathic Medicine, back in the early 1900's, was a huge advocate of education about Nature and its healing ability. One of the greatest facets of Nature, is the use of water for health.

During his younger years, Dr. Lust was ill and attended a medical spa where he learned of water therapy. The most important treatment he received during his stay was the mandatory morning walk in the grass. Whether it was winter, or summer, he had to walk barefooted for 20 minutes. He had to be dressed warmly as to not to chill his core.

The idea of this walk is to instigate the sympathetic nervous system and increase circulation to the extremities. As you walk through the grass your body will initially be in shock and want to constrict the blood vessels, thinking it needs to preserve the blood to warm the core. Once it realizes that the core is warm, it will send adrenalin throughout the body,

thus sending warm blood to heat your feet. Eventually your feet will warm up and you will feel invigorated, like you drank 2 cups of coffee. ** If you have any kind of lesions on your feet or neuropathies, you cannot do this.

This is how you do it:

Cloth you body, cover your neck and head and hands. Make sure you have pants you can push up or roll up so they will not get wet. Make sure you step on gress that is clear of rocks, twigs, or garbage that may harm you. You do not have to move around but I suggest eventually try. Initially work yourself up to 5 minutes. If at ANY point you start to feel a chill or cold, STOP, and go back inside. You do not want to get cold, that is not the point.



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Recipes for Health

* Take leftover turkey, about 1 pound *

2 bunch of green onions chopped

1 green or red bell pepper

Small can of water chestnuts, drained and sliced

2 cloves of garlic chopped

1/2 teaspoon grated fresh ginger

1/2 teaspoon of red pepper flakes

1 teaspoon rapadura

1/2 teaspoon of fish sauce (organic, of course)

2 tablespoons of potato starch

2 tablespoons of rice vinegar

1 cup turkey stock (always save some of that during the cooking process)

Sauté all the vegetables together with garlic, ginger, pepper. Lower the heat and add the turkey with the rest of the ingredients except the Rapadura and potato starch. Slowly while stirring the and tossing the mixture, add the potato starch. If not enough broth, add some filtered water. The liquid in the pan should be gravy-like consistency. Continue stirring if more salt is needed ad a dash more of fish

Yoga for Body and Mind

Child Pose

(Garbhasana)

One of the most rejuvenating poses that relaxes the back and neck. It stretches the spine and massages the internal organs.

1- Kneel with your legs slightly apart and then slowly put your butt down to rest on you heels.

2- Bend from the hips down. Fold your upper body onto

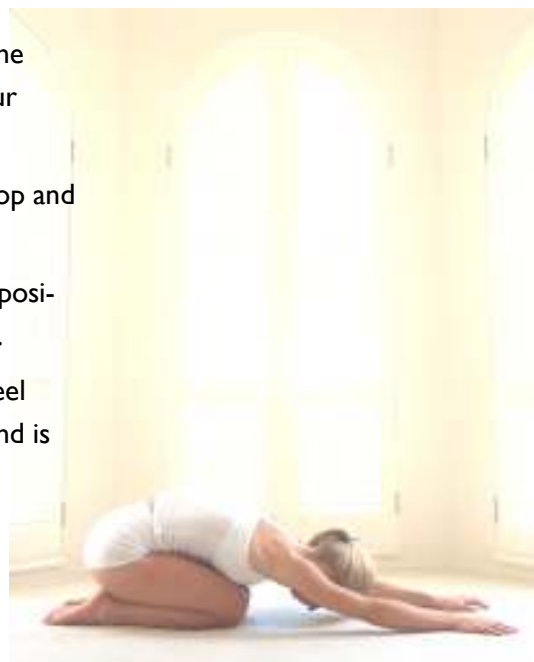
your legs. Your forehead should rest on the floor with a towel.

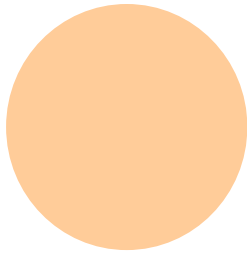
3- Place your arms on the floor reaching above your head.

4- let your shoulders drop and be round

5- breath and remain in position for up to 2 minutes.

Do this whenever you feel stressed or the body/mind is tired





Remember healthy food can and should taste good! Our taste buds were created for a reason, to send messages to the brain as to what nutrition is consumed. Unfortunately with modern man creating fake foods in boxes and cans, to which I call modern “trickery” our taste buds have lost their heralded position of messengers to plain, old, jesters to our disposal. Give them back their job and enjoy it by cooking great, healthy meals that please the eyes, palate, and fill our tummies with joy!

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Enriched wheat flour, Soybean oil, Malitol, polydextrose, partially hydrogenated cottonseed oil, eggs, salt, whey, leavening (baking soda, calcium phosphate), **sugar**, butterfat, sucralose, natural and artificial flavor, soy lethicin,

I thought sugar-free meant “no sugar”!

SUGAR-FREE Snackwell's
short bread cookies

Happy Thanksgiving!



“Respect for life is the highest principle and a personal spiritual relationship towards the universe”.

Albert Sweitzer