



Hands of Health Newsletter

April 2017

Hello, again:

APRIL; yeah! 1/4 of the year gone! Spring is in full bloom. I have a birthday this month. Don't rub it in! At least I've got my health! Do you? You don't??? Oh, really? Why not? You can't let it slip away. You can't neglect your health. Neglect your car; you can buy another one. You can't buy another body and you don't want to have to go through organ transplants. They may not work. Would you like some help? You can talk to me. I'll comp you a discovery and strategy session (\$197 value). But you have to call right away because I'm only offering a few of these.

So read my newsletter to feed and stimulate your mind.

FIVE STRATEGIES FOR BEING LEAN YEAR ROUND

By Charles R. Poliquin

Strategy 1 – Sleep is king - Sleep is the most important because it is the most effective regeneration system we have but it is also the most underrated. Not prioritizing my sleep is probably the biggest mistake I have ever made in my life. For nearly 3 decades I worked 16 to 20 hours a day, and still trained. I was obsessed with being the most successful strength coach in the world. I have made it a practice recently to set an alarm to go to bed... What happened? I am happier, healthier and more effective in all aspects of my life.

Strategy 2 – Apply the 5 x 5 rule - I particularly like that Jim Rohn quote "You are the average of the five people you spend the most time with". However, it does not stop there. You are the average of your five most common habits, the five most eaten foods, the five most common thoughts, etc.

Look honestly at your five by five; and determine how you can raise the average. For example, improve the quality of the meats you eat. Simple.

Strategy 3 – Be grateful - I have talked about this multiple times, and yet it is still worth repeating. Not only do anxiety and depression lead to bad food choices, but they keep you in a negative mindset that affect every aspect of your life. If you are feeling anxious, are you going to choose chocolate chip cookies or broccoli sprouts? A calm mind makes better choices and yes, I believe we can choose how we want to feel.

Taking pen to paper and writing what you are grateful for is most effective as more and more research points to the fact that typing does not do the job. This does not surprise me as the same is true for note taking in class. People who use handwriting vs. typing retain 2.5 times more information. Get a grateful log and journal every day.

Strategy 4 – Never eat alone (or "eat with people, not screens"). Some of you right now are chomping mindlessly. Look out the window or at a painting you admire. Come back later to read these lines. Whenever possible, eat with friends because it improves digestion, and builds relationships. Recently, I had to go home to bury my mother and I took the opportunity of being home to share each meal with old friends and relatives.

Strategy 5 – Make appointments for yourself and keep them. Being consistent pays off. I travel all over the world, yet I don't miss workouts. I love teaching in Melbourne, but due to a series of flight delays, I ended landing at 6 PM instead of a 7 AM. My brain felt like it was in a vice grip. I was dead tired. Of course, there was a voice inside my head saying, "Fuck that" so instead of going to bed, I had a high protein meal and walked to the gym that was 20 minutes away. (three minutes for regular people...). Coincidentally, my good decision to get out and train led to other rewards. At the gym that evening, I met Tony Doherty, who later co-hosted the Arnold Classic in Australia and I was able to host an internship at his Brunswick gym, one of my favorite gyms

Getting lean and staying lean is so much more than protein/carb/fat ratios and nutrient timing. For example, being grateful reduces cortisol. Reducing cortisol helps with insulin sensitivity. An insulin sensitive body is more forgiving on the occasional carb splurge. If you take care of your support systems, proper dietary choices are easy to make and you can stay lean at any age.

I posted this as the author wrote so that's why it's written in the first person.

CDC CONFIRMS LEMON EUCALYPTUS OIL AS EFFECTIVE AS TOXIC DEET FOR REPELLING BUGS

Alternative World News Network Jun 26, 2016, 4:38:43 PM

DEET, while amazingly effective at warding off mosquitoes, comes with its own dangers.

It's a neurotoxin. Found in most conventional, over-the-counter insect repellents, it can enter your bloodstream if it comes into contact with your skin. Children with DEET toxicity have reported lethargy, headaches, tremors, involuntary movements, seizures, and convulsions.

It is, then, a refreshing admittance that lemon eucalyptus oil is as effective as this toxin in repelling mosquitoes.

"Oil of lemon eucalyptus [active ingredient: p-menthane 3,8-diol (PMD)], a plant-based repellent, is also registered with EPA. In two recent scientific publications, when oil of lemon eucalyptus was tested against mosquitoes found in the US it provided protection similar to repellents with low concentrations of DEET," according to the article on Mattermore.

Finding natural solutions and substitutions for heavy chemicals and toxins is extremely important and being able to research them on the internet has allowed us to swiftly rectify any time this is the case. Businesses and organizations have begun selling lemon eucalyptus oil repellents and the non-toxic movement has taken off.

FDA ANNOUNCE THAT DTAP VACCINE CAUSES AUTISM

By Get Cancer Cure

The FDA has published conclusive proof on their website that the DTap vaccine causes autism.

According to the FDA's online Biologics Blood Vaccines document (between pages 6 to 11), a vaccine manufacturer admits on its package insert that their vaccination can cause autism as one of many adverse reactions.

Healthawarenessforall.com reports: Adverse events reported during post-approval use of Tripedia vaccine include idiopathic thrombocytopenic purpura, SIDS, anaphylactic reaction, cellulitis, autism, convulsion/grand mal convulsion, encephalopathy, hypotonia, neuropathy, somnolence and apnea. Events were included in this list because of the seriousness or frequency of reporting. Because these events are reported voluntarily from a population of uncertain size, it is not always possible to reliably estimate their frequencies or to establish a causal relationship to components of Tripedia vaccine.

It should be noted that: Acellular Pertussis Vaccine Concentrates (For Further Manufacturing Use) are produced by The Research Foundation for Microbial Diseases of Osaka University (BIKEN), Osaka, Japan, under United States (US) license, and are combined with diphtheria and tetanus toxoids manufactured by Sanofi Pasteur Inc. Tripedia vaccine is filled, labeled, packaged, and released by Sanofi Pasteur Inc.

What's in Tripedia that probably can interfere with brain chemistry and neurology? According to the Tripedia's package insert, some ingredients include: Bovine extract, formaldehyde used to inactivate microorganisms a couple of times, ammonium sulfate, aluminum potassium sulfate, 2 growth mediums: modified Mueller and Miller is one; the other is Stainer-Scholte medium.

Mueller and Miller medium, according to the information I found, contains: glucose, sodium chloride, sodium phosphate dibasic, monopotassium phosphate, magnesium sulfate hydrate, ferrous sulfate heptahydrate, cystine hydrochloride, tyrosine hydrochloride, urasil hydrochloride, Ca-pantothenate in ethanol, thiamine in ethanol, pyridoxin-hydrochloride in ethanol, riboflavin in ethanol, biotin in ethanol, sodium hydroxide, beef heart infusion (de-fatted beef heart and distilled water), casein [milk protein] solution.

Basically a mixture of sugar, salt, amino acids, vitamins, and minerals

While Stainer-Scholte medium has the following ingredients: Tris hydrochloride, tris base, glutamate (monosodium salt) [MSG], proline, salt, monopotassium phosphate, potassium chloride, magnesium chloride, calcium chloride, ferrous sulfate, asorbic acid, niacin, glutathione.

The vaccine is formulated without preservatives, but contains a trace amount of thimerosal [(mercury derivative), ($\leq 0.3 \mu\text{g}$ mercury/dose)] from the manufacturing process. Each 0.5 mL dose also contains, by assay, not more than 0.170 mg of aluminum and not more than 100 μg (0.02%) of residual formaldehyde. The vaccine contains gelatin and polysorbate 80 (Tween-80), which are used in the production of the pertussis concentrate.

“Probable cause” ingredients for adverse reactions—especially neurological, in my opinion, include: casein, to which some children are allergic; MSG—an excitotoxin; thimerosal-ethylmercury; aluminum; formaldehyde; gelatin; and polysorbate 80.

Now that we have at least one vaccine manufacturer leveling with the medical profession, why aren’t pediatricians, nurses, and all medical personnel, plus the media, not telling parents and guardians that the DTaP vaccine has caused autism and also telling parents ALL the adverse effects that appear in vaccine package inserts?

To take the vaccine debacle further, most of the mandated vaccines for infants and children, contain many of the above ingredients, which must be stopped from being injected into infants, toddlers, teens and even adults!

It’s time for Congress to rescind the “Get out of Jail Free” card for vaccine makers and stop the aggressive onslaught of the Autism Spectrum Disorder [1 in 45 kids (2015)] that is depriving children of a fulfilling life and ruining families emotionally, financially, and physically to the point of parents divorcing because of the stresses of ASD in a family.

To really understand the vaccine “conundrum,” plus crimes of fraudulent science, data, and skullduggery, readers should know that the new motion picture documentary VAXXED is being released April 1st, 2016. For information on how you can get your local movie theater to show it, here’s the link for the movie on how to get it distributed to theaters.

It’s about time vaccines are publicly acknowledged by the feds and the media for all the health damages they have caused. Just check out the CDC’s VAERS reports and the vaccine damage payouts by the HHS/HRSA; see pages 5 and 9. A grand total of \$3,325,248,027.02 – that’s Billions! – have been paid for vaccine adverse reactions and deaths from 1989 to 2016 so far.

Here’s an excerpt from approved vaccines by the FDA and their adverse events.

“– Adverse events reported during post-approval use of Tripedia vaccine include idiopathic thrombocytopenic purpura, SIDS, anaphylactic reaction, cellulitis, autism, convulsion/grand mal convulsion, encephalopathy, hypotonia, neuropathy, somnolence and apnea.”

OK, OK; I didn’t mean to get this serious but this is important information that you may or may NOT know about. OR you needed to be reminded. So do with it what you will. As I mentioned last time I just share the information for educational purposes. I’m NOT a doctor and I don’t diagnose, prescribe or anything like that. If you have medical questions that I elicited through these articles consult with your medical professional. You can still work with me for health coaching and therapeutic bodywork sessions. And remember gift certificates. Mother’s Day is next month and I’ll bet mom and moms to be would LOVE a session with me and I can even do it in the home! How convenient!!! So call me and I’ll get you set up. (480)423-0578. And remember to SHARE my newsletters with everyone on every one of your email lists. I’d really appreciate it and I’m sure so would everyone else and I thank you.

Until next time,

Stay healthy, stay well,



“GMOs are NOT recognized as food by our bodies.”

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