



Hands of Health Newsletter

August 2017

Hello, again:

My how the year is flying by as I've said before. And it's the same theme as I present every newsletter: what are you doing for your better health and if not, WHY NOT? Let's talk. I've really rammed up my workouts and am working out harder than I have in years. I don't let my age interfere with it either. I don't feel I have to. I don't feel it matters. That may not apply to everyone or anyone else. It's just the way I think. I'm planning on returning to working out with a personal trainer which I did in the early 2000's and he really pushed me and that is what I plan on instructing the next trainer to do and if it's too much we'll cut back. Hey if my father was running marathons from his mid 60's until his early 80's this should be easy. And I'm not typical for my age; I'm the exception and mainly because I've been doing this for the past almost 40 years. This something we can discuss if you schedule a discovery and strategy session with me. Oh, and I get regular massage; hint, hint. When was your last therapeutic bodywork session? Call me: (480)423-0578 (office) or (602)505-0578 (cell).

Here are a couple good articles on the healing benefits of FOOD! Enjoy!

Who Knew Brussels Sprouts Were So Good for You? 5 Reasons to Eat Your Greens

by Michelle Guerrere

Oh, Brussels sprouts. They definitely have a distinctive taste and texture and aren't everybody's cup of tea... but the veggies have so many health benefits that you may want to start incorporating them into your diet more (if you haven't already). In case you didn't know, the sprouts belong to the cruciferous vegetable family and are "relatives" of other nutrient-rich foods like kale, broccoli, cauliflower, and collard greens.

Kale and seaweed may be the superfoods of the moment, but Brussels sprouts are a powerhouse you shouldn't overlook. In fact, one serving of the vegetable provides you with a whopping 20 essential vitamins and minerals. Intrigued? So are we. **Which is why we've rounded up the top health benefits of Brussels sprouts (plus, we're including one of our favorite recipes featuring the vegetable for good measure). Scroll through and hop on the Brussels sprouts bandwagon.**

They contain cancer-fighting agents. The vegetable contains compounds called isothiocyanates, which are known to help remove harmful carcinogens from your body. Additionally, studies have shown that Brussels sprouts contain sulforaphane, an isothiocyanate known to stop the cancer-enabling enzyme histone deacetylase (HDAC).

They promote bone health. Consuming only 3/4 cup of Brussels sprouts provides you with your daily recommended amount of vitamin K. This vitamin helps prevent bone fractures and also keeps calcium in your bones.

They're high in fiber. The Institute of Medicine suggests that women eat at least 25 grams of fiber daily for good colon health. This veggie is a great source of digestive-regulating fiber—there are 2 grams of fiber in just 1/2 cup of sprouts.

They can lower cholesterol. Steaming this vegetable is the key to helping lower your cholesterol. This is because the elements of fiber in the sprouts bind with bile acids in your digestive system better when they're steamed. During this "binding," the bile acids leave the body, thereby reducing your cholesterol levels.

They give you healthy skin. This superfood contains copper, which is essential for the creation of both collagen and elastin. These proteins are critical in firming and smoothing your skin.

Antibiotic Tonic Recipe

| Derek Henry

Bacterial infections happen. How your immune system deals with them, along with what you eat, will ultimately determine how quickly you get over them. So if you do feel something coming on, or it becomes full blown overnight, take this natural antibiotic tonic recipe to help knock it to its knees.

Purpose
The purpose of this recipe is to provide you with a proven formula that will knock out a bacterial infection as quickly as possible. The powerful antibacterial qualities, along with vitamin C, enzymes, and probiotics of all the ingredients together makes this a very potent medicine! It definitely is a concoction you want in your natural pharmacy at all times.

Warning: This is not made for taste. It's made to work.

Equipment Required

A good quality masticating juicer

Ingredients

- 2 cloves of garlic
- 1/2 small onion
- 1 piece of turmeric (1 inch or 1/4 tsp ground)
- 1 piece of ginger (1/2 inch or 1/4 tsp ground)
- 1 lemon
- 1/2 small jalapeño or dash of cayenne pepper
- 1 oz of apple cider vinegar
- 1 dash of ground black pepper
- Optional: 1 piece of horseradish (1/2 inch)
- Optional: 1 tsp raw honey

If you do not have a masticating juicer, use what you have that could juice the ingredients properly. Failing that, finely chop or grate first 4 items, or get freshly ground versions (which will not be as potent, but will have benefit).

Directions

- Peel garlic and lemon
- Feed garlic, onion, turmeric, ginger, and lemon and jalapeño (if not using cayenne pepper) through juicer one by one
- Add cayenne (if not using jalapeño, or if you can handle more heat), apple cider vinegar, and olive oil.
- Line up large chaser of water, if required

Suggested Dosage

- Acute Infections: Take up to 1 oz immediately when feeling symptoms related to bacterial or viral infection, and up to 3 times a day, as desired.
- Chronic Infections or Immune System Issues: Pour liquid into a dark tincture or dropper bottle and take 2-4 droppers daily, especially during times of immune suppression (stress, winter, etc).

Further Reading:

How To Avoid Hospital Antibiotics

That's it; short a sweet. Remember, I'm not a doctor and I'm not prescribing anything here. This is just for informational purposes so ultimately consult with your health provider with any questions or concerns. Hope you enjoyed this newsletter. Be sure and share it with everyone on all your email lists. Enjoy the rest of the summer; it'll be here until November! lol.

Until next time,

Stay healthy, stay well,



"It's not the years in your life but the life in your years."

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