



Hands of Health Newsletter

February 2015

Hello, again:

It's all my fault. My computer was down and I didn't/couldn't get it repaired, my computer tech wasn't answering my messages so I found another one, but that's all behind me; it's done and working up to par. I'm settled in my house, new desert landscaping completed, and solar is on the way. Thought it would be a couple years but I got an offer I couldn't refuse. SO, here we are into February the shortest month of the year and Valentine's Day is on the way. Why is the day of love in the shortest month? Is there a message there? Is this symbolic? Hmmm. Anyway, think of about a lovely gift certificate for a couples massage or a couples massage class as a healthy gift for your special person. And here are some special healthy topics for you to learn about.

Sunflower Power Salad

Turn your salad into a superfood with sunflower sprouts, which are 30 times more nutritious than most organic vegetables. They're not only packed with protein, but also rich in important nutrients, minerals, fiber, and phytosterols. Try out this no-grain sunflower sprout recipe from Dr. Mercola.

Ingredients:

1 large head red cabbage, shredded
1 pound spinach
2 cups packed sunflower sprouts
1 bunch fresh cilantro, chopped
1 cup toasted sunflower seeds

Basil-Cider Vinaigrette:

¼ cup apple cider vinegar
¼ cup olive oil
2 tablespoons water
1 tablespoon Dijon mustard
1 garlic clove, pressed
2 tablespoons fresh basil, chopped
Salt and pepper to taste

Procedure:

Preheat oven to 350°F.
Place sunflower seeds in a rectangular glass dish and place in oven to brown.
About 10 minutes.
Meanwhile, combine and mix all of the dressing ingredients in a separate bowl.
Place the cabbage, spinach, sunflower sprouts, and cilantro in a large bowl. Mix with dressing and toasted sunflower seeds. Serve immediately.
This recipe makes 4 servings.

By Dr. Mercola

One out of every three US adults has high blood pressure (hypertension),¹ while another 59 million Americans have pre-hypertension² (which means you may soon develop full-blown hypertension).

If you are diagnosed with high blood pressure, dietary strategies will be crucial to controlling your levels. And if you have pre-hypertension, you can typically stop its progression and regain healthy levels just by changing the way you eat.

New research published in the Journal of the Academy of Nutrition & Dietetics showed just how powerful a strategy this can be, using a food that many people love to eat – blueberries.³

Daily Blueberries May Help Lower Your Blood Pressure

The study involved postmenopausal women, who have an especially high rate of hypertension and often develop arterial stiffness, increasing their risk of heart disease considerably.

The women, who had either pre-hypertension or hypertension, received freeze-dried blueberry powder – an amount equivalent to about one cup of fresh blueberries – or a placebo powder daily for eight weeks.

At the end of the study, systolic blood pressure (the top number) dropped by 5 percent and diastolic blood pressure (the bottom number) dropped by more than 6 percent in the blueberry group, while no significant changes occurred in the placebo group.

Measurements of nitric oxide (NO) were also significantly increased in the blueberry group, with no such change in the control group. Nitric oxide helps your blood vessels maintain their elasticity and also dilates your blood vessels, thereby reducing your blood pressure. According to the study authors:

“Daily blueberry consumption may reduce blood pressure and arterial stiffness, which may be due, in part, to increased nitric oxide production.”

Blueberries Are Excellent for Your Heart Health – in the Right 'Dose'

Berries like blueberries are among the healthiest fruits you can eat, assuming you don't overdo it. They're relatively low in sugar while being high in fiber and heart-healthy antioxidants. Past research has shown that women who ate more than three servings per week of blueberries (and strawberries) had a 32 percent lower risk of having a heart attack.⁴

The benefit was due to flavonoids in the berries known as anthocyanins, which are antioxidants that give these fruits their characteristic red and purple hues. Anthocyanins are known to benefit the endothelial lining of your circulatory system, possibly preventing plaque buildup in arteries as well as promoting healthy blood pressure.

Other research has shown these antioxidants to protect against heart disease by reducing oxidative stress and inflammation, while enhancing capillary strength and inhibiting platelet formation.⁵ Researchers have further noted:⁶

“Epidemiological studies suggest that increased consumption of anthocyanins lowers the risk of cardiovascular disease (CVD), the most common cause of mortality among men and women.

Anthocyanins frequently interact with other phytochemicals, exhibiting synergistic biological effects but making contributions from individual components difficult to decipher.

Over the past 2 decades, many peer-reviewed publications have demonstrated that in addition to their noted in vitro antioxidant activity, anthocyanins may regulate different signaling pathways involved in the development of CVD.”

Eating whole fruit can be beneficial to your health, but it's important to remember to eat fruit in moderation, especially if you have high blood pressure, because of its sugar content.

While a cup of fresh blueberries a day would be acceptable (at just over 7 grams of fructose, see below for the details), if you're consuming other sources of sugar you could easily reach excessive levels and end up making your high blood pressure worse.

The main offenders in this category are not whole, natural organic fruits, but added sugars/fructose that Americans are consuming in an alarming amount on a daily basis, however. Soda, fruit juice, and high-fructose corn syrup in processed foods is likely to contribute far more to your daily fructose load than a handful of berries..

(NaturalNews) In its natural, healthy state, the body is detoxifying at all times. Breathing, digesting healthy, clean vegetables, using our muscles, or just being alive creates toxins in the body that need to be expelled.

With today's typical modern lifestyle, toxins are accumulating in the body at a greater rate than the body can expel them. Not only do we have much higher levels of toxicity, many of the toxins are not normally found in nature. Once the body is in that vicious cycle of toxic accumulation, disease will set in, organ failure will eventually occur, and doctors will blame it on genetics or age.

Disease has one cause: cellular malfunction. There are two causes for cellular malfunctions: lack of nutrition and too much toxicity.

It is no wonder "detox" is the buzz word amongst the natural health enthusiasts and healers. The problem is, even amongst the natural health crowd, there is a tendency to eat poorly and detox once or twice a year with a juice fast or a smoothie binge, which is typically done in a way that feeds the body way too much sugar, which for most people completely negates the detox.

Now for the good news: your body can handle a remarkably heavy toxic load if you're getting proper nutrition, enough sleep, your gut flora is balanced, and your gut is healthy. The human body is better off with lots of toxins and lots of nutrition, than it is without nutrition. This does not mean you can eat like crap and take a supplement and then expect to be healthy. Junk food robs the body of nutrition and it unbalances the intestinal flora, leaving the gut in dismal health. If you live under power lines, talk on your cell phone all day, type on your laptop for hours on end, and eat too much Fukushima, parasite laden sushi, you can still be healthier than most anyone you know if you do the following:

Remember along with eating a clean and healthy diet we must exercise and here in Arizona we are having the most perfect weather this time of year to get outside and make the best of it. And as I noted how about a healthy gift of a therapeutic couples bodywork session or a class to learn some techniques you can use at home after a hard day at work or just to connect after a long week or just for those intimate moments. **AND** a couple means **ANY two** people who want to learn together. Call me right away; time is running out and with me being late with this issue it reduced the time to make your selection.

(480) 423-0578 Happy Valentine's Day!

Until next time,

Stay healthy, stay well,



Expecting the world to treat you fairly because you are good is like expecting the bull not to charge because you are a vegetarian.

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