



Hands of Health Newsletter

February 2017

Hello, again:

2017 is in full swing! Are you? I'm getting there. I've intensified my workouts and am feeling the difference. My heart thanks me, my muscles thank me, my bones thank me, and my immune system thanks me. This brought back a memory of an episode of "M*A*S*H" where Hawkeye got a flu shot and the next day said to BJ Hunnicut "You know that flu shot I got, I think it's working; I got the flu." I have NEVER gotten a flu shot nor will I ever because I've built up my immune system. And I never get the flu. Do you suppose there's a connection? Are you curious? Wanna talk about your health issues and maybe if you've gotten the flu? I'll make my special offer again; the first 6 calls I get can schedule a discovery and strategy session compliments of me, a \$197 value. Call right away: (480)423-0578. Read on for your healthy education.

CILANTRO AND CHLORELLA CAN REMOVE 80% OF HEAVY METALS FROM THE BODY WITHIN 42 DAYS

By Christina Sarich

There are many heavy metals that people are exposed to regularly without realizing it. Mercury, cadmium, and aluminum, among others, are able to imbed themselves into our central nervous systems and bones, bio-accumulating for years until we start to suffer acute health problems from heavy metal poisoning. Fortunately, there is a simple one-two-combination that helps to chelate heavy metals so that they are no longer circulating in the body cilantro and chlorella.

Chelating agents are those that bind to heavy metal toxin ions, and then are removed from the body through our regular excretory channels. Pharmaceuticals like 2,3-Dimercaprol have long been the mainstay of chelation therapy for lead or arsenic poisoning, but they have serious side effects. The simple, and proper dose of cilantro (Chinese parsley) and chlorella; however is a powerful chelator for numerous heavy metals.

Dr. George Georgiou says:

"Many health practitioners use synthetic chelating agents such as DMPS, DMSA, EDTA and others to mobilize and eliminate heavy metals from the body. There are advantages and disadvantages to using these. One advantage is the power of their mobilizing activity—they are quick to mobilize and eliminate certain metals in the body, but this may place a huge burden on the body's detoxification systems."

Cilantro is best used in conjunction with chlorella because it, "mobilizes more toxins than it can carry out of the body, it may flood the connective tissue (where the nerves reside) with metals, that were previously stored in safer hiding places." This can cause retoxification if another binding agent isn't used to help rid the body of the heavy metals that are 'found' in their hiding places throughout the body.

People who have eaten large salads daily full of cilantro have experienced this effect – moodiness, terrible acne, joint pain and more. While they were mobilizing heavy metals, they weren't all excreted from the body fast enough, which meant they were detoxing and detoxifying themselves the same time!

Simply by adding chlorella – an intestinal absorbing agent, the retoxification of the system is prohibited. Clinical studies completed recently proved that heavy metal chelation [using cilantro and chlorella] can naturally remove an average of 87% of lead, 91% of mercury, and 74% of aluminum from the body within 42 days.

The properties of chlorella lend themselves nicely to aiding cilantro for detoxifying the body:

- Chlorella is antiviral.
- It binds to dioxins and other environmental toxins.
- It repairs the body's detoxification functions.
- Improves glutathione – the body's 'master' antioxidant.
- Binds to heavy metals exceptionally well.
- Alpha and gamma linolenic acids in chlorella help increase the intake of fish oil and other important fatty acids.
- Chlorella contains the most easily absorbed form of B12 and B6.
- Methyl-cobalamin repairs the nervous system and damaged neurons which often suffer from heavy metal poisoning.
- Chlorella is high in amino acids, and thus ideal for vegetarians.
- Chlorella is able to open cell walls, which is necessary for detox processes.
- Chlorella restores healthy gut flora.
- Chlorella is still being studied for its detoxifying effects, since science cannot fully understand how it has developed over millions of years to be so effective in ridding the body of unwanted substances.

Cilantro has its own chelation benefits:

- Highly effective metal toxin binding agent and mobilizer.
- Powerful anti-inflammatory.
- Antibacterial.
- Increases HDL cholesterol and decreases LDL.
- Prevents gas and bloating.
- Wards off urinary tract infections.
- Eases hormonal swings during menopause and menstruation.
- Can reduce nausea.
- Adds fiber to the digestive tract – an effective bulking agent.
- Fights anemia with high levels of iron, and magnesium.
- Promotes liver health.
- Can be used as an expectorant.

As a final note, just be sure your magnesium levels are high before starting any serious chelation program, since this trace mineral helps to promote 'relaxed' arteries and can make elimination of toxins easier on the body.

THESE 11 FOODS ARE SCIENTIFICALLY PROVEN TO BOOST YOUR MOOD - TURN THAT FROWN UPSIDE DOWN

By Allison McCarthy

OK, we've all heard the adage "an apple a day keeps the doctor away." But a study by the American Journal of Public Health has found that eating fruits and veggies can actually help improve your mental health, too. Subjects reported increased happiness for each additional serving they ate in a day. So the next time you're feeling down, reach for one of these 11 foods.

SPINACH - Dark green veggies are rich in folate, a B vitamin that affects the mood-controlling neurotransmitters in your brain. Yay, science.

CITRUS - Mandarins, clementines, navel oranges, grapefruit, you name it. They're all packed with folate, a B vitamin that's an instant mood booster.

BANANAS - Three reasons to make this ingredient a smoothie staple: potassium (improves brain function), B6 (increases serotonin, which calms the body) and tryptophan (the happy amino acid that regulates mood).

SWISS CHARD - Magnesium gives you an instant shot of energy and also staves off depression. Plus, it's one of the nutrients lacking in the average diet, so sauté some up as a regular side dish.

BERRIES - Say hello to the best carbs ever. Berries provide a boost of glucose, which can decrease irritability.

BLUE POTATOES - Look for these pretty spuds the next time you're at the farmers' market. They're packed with antioxidants that reduce inflammation (a known mood killer) and are loaded with iodine, which helps regulate your thyroid (aka the mood master).

ASPARAGUS - Load up on the triple threat when it's in season this spring: It's a source of serotonin, folate and enzymes that break down alcohol. (Yep, that means it's a natural hangover remedy, too.)

CHERRY TOMATOES - It's all about the lycopene, a fat-soluble phytonutrient that can actually stop the buildup of pro-inflammatory compounds linked to depression.

SWEET POTATOES - Complex carbs (like these tasty baked fries) increase serotonin levels, which have a calming effect on the body.

AVOCADOS - The combo of B vitamins and potassium increases serotonin levels and lowers blood pressure, both of which keep you calm and collected. Pass the avo toast, please.

PEPPERS - Foods rich in vitamin C can help stop the production of the stress hormone cortisol. Yellow peppers have the most, followed by red and green. Slice these guys and pack them in a snack baggie for a mid-afternoon pick-me-up.

I'm not crazy about the blue potatoes, tomatoes, and peppers because they are nightshades so take precautions when eating these.

Good stuff. Love me some chlorella and cilantro. I take chlorella EVERYDAY and usually use cilantro in my daily veggie juice twice a day. I haven't been tested for heavy metal toxicity but I think it would've shown up by now. I get my bloodwork done periodically so I think something would've been out of balance in another part of my body if I was toxic. On a lighter note Valentine's Day is this month and coming up fast. I have a great idea: how about a COUPLES MASSAGE in the comfort of your home??? Or you can have it in the comfort of my big massage room at my office! Give the gift of health to your loved ones!

Also, how about a couples massage class? Learn a few massage techniques to use in the comfort of your home for after a rough day at work, an invigorating exercise session, hike, after working around the house, or for some intimate moments to connect with your significant other. Oh, and BTW, a couple can be you and your best friend, your cousin, a sibling or anyone else that makes TWO of you. I can take two couples per class. So call me and let me know your interest and we can schedule a date that works for both couples. (480)423-0578 Happy Valentine's Day.

Until next time,

Stay healthy, stay well,



*"You only live once, but if you do it right, once is enough."
-Mae West*

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