



Hands of Health Newsletter

January/February 2012

Hello, again:

A new year begins! Make it a healthy one. A healthy life is a happy life. The holidays are behind us, the parties, the indulging, the delicious yet decadent foods! Time to clean up our diets, our bodies. This would be a great time to do a fast and/or a cleanse. Somewhere toward late February, around February 24th would be a great time to start a liver flush. You can find the protocol to follow in my May/June 2005 newsletter in the newsletter section of my website www.hands-of-health.com. The concept is to be ready and cleansed before the beginning of Spring. You will see this in the content of the protocol in the newsletter. Right now you can do something as simple as a one to three day water fast. Yes; all you do is drink WATER! You can also get a colonic prior to the start of your fast as well as before and after your liver flush and if you'd like a referral call me and I'll provide you with one. And of course one of the best methods to detox; get a MASSAGE! Call me with any questions about any of my recommendations. Here is some information about a great food: AVOCADOS!

AVOCADO NUTRITION FACTS Six Things About this Amazingly Healthy Superfood by Tara Green

(NaturalNews) Beware of popular health myths. For instance, throughout the 1990s and into the first few years of this century, popular health "experts" often warned against eating coconut oil or coconut milk, causing many people to eschew a food now known to offer many health benefits. Another lingering popular health myth warns against avocados, which wrongly labels them as a dietary culprit because of their caloric and fat content. Yet, the truth is avocados can boost health in at least 5 ways:

1. Protein - Avocados provide all 18 essential amino acids necessary for the body to form a complete protein. Unlike the protein in steak, which is difficult for most people to digest, avocado protein is readily absorbed by the body because avocados also contain fiber. If you are trying to cut down on animal sources of protein in your diet, or if you are a vegetarian, vegan or raw foodist seeking more protein, avocados are a great nutritional ally to include not merely as an occasional treat, but as a regular part of your diet.

2. Beneficial Fats - Avocados provide the healthy kind of fat that your body needs. Like olive oil, avocados boost levels of HDL (the "good" cholesterol). HDL cholesterol can help protect against the damage caused by free radicals. This type of cholesterol also helps regulate triglyceride levels, preventing diabetes. A study published early this year in the Canadian Medical Association Journal found that a vegetarian diet, which includes HDL fats, can reduce levels of LDL (the "bad" cholesterol) as effectively as statin drugs.

3. Carotenoids - Avocados are an excellent source of carotenoids. Although many people associate carotenoids only with red and orange produce, avocados are also an excellent source of this phytonutrient. Avocados, also known as alligator pears, offer a diverse range of carotenoids including not only the better known ones such as beta-carotene, alpha-carotene and lutein, but also lesser known varieties of this type of phytonutrient such as neoxanthin, zeaxanthin, chrysothamnaxanthin, neochrome, beta-cryptoxanthin and violaxanthin. Every time you consume foods rich in carotenoids, you deliver high quality vitamin A to your body, thereby protecting eye health. Carotenoids also enhance the functioning of the immune system and promote healthy functioning of the reproductive system. Since carotenoids are fat soluble, eating avocados optimizes the absorption of these nutrients.

4. Anti-Inflammatory - The combined effect of the deluxe package of nutrients contained in avocados offers powerful anti-inflammatory benefits. Avocados' unique combination of Vitamins C and E, carotenoids, selenium, zinc, phytosterols and omega-3 fatty acids helps guard against inflammation. This means avocados can help prevent or mitigate against both osteo- and rheumatoid arthritis.

5. Heart Health - The fat content, which causes some uninformed health "experts" to deem avocados as unhealthy, actually provides protection against heart diseases. Studies have shown that oleic acid improves cardiovascular health. Oleic acid is the primary fatty acid in avocados. Many people now take supplements in order to consume more omega-3 fatty acids to lower their risk of heart disease. Avocados are rich in omega-3, delivering 160 milligrams per cup of alpha-linolenic acid.

6. Choosing and Eating - To get the most nutritional value from avocados, avoid those which have become over-ripe. You can identify these at the store because they will have dents and feel overly soft when you hold them. A ripe avocado should have no dents in its skin and will feel slightly soft when squeezed. You can also buy unripe avocados, which feel very hard when gripped, and permit them to ripen at home. The portion of the avocado closest to the skin is the most dense in nutrients, so be sure to scrape the skin clean before discarding it.

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AVOCADO SOUP RECIPE

1 avocado	1/2 red bell pepper
1 cup nut milk	2 tbsp pumpkin seeds (pepitas)
2/3 cup water	1 tsp olive oil
1 onion	salt & pepper to taste
1 clove garlic	

Avocado soups are among my favorite raw soups, and the options are pretty much endless.

For this soup, which makes two large servings, place a peeled avocado, half an onion, and the clove of garlic in a blender. Puree until very smooth.

Add the chopped onion and pepper, and sprinkle with pepitas.



*Hands
of Health*

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