



Hands of Health Newsletter

January/February 2014

Hello, again:

Seems like just yesterday I was writing these exact same words but Happy New Year! Hope the holidays treated you well, you partied hearty, ate some delicious food and some treats but now it's time to start fresh and new. Healthy eating and good health habits should be year 'round because your health is something to attend to year 'round. It's diet and exercise and it's what and how you think. Thoughts and words manifest into actual real life. So be mindful of what you eat, think, and say. As usual I've chosen a tasty selection of articles and information for you to learn about. Not much more to say than that. See you on the other side.

Salmonella in Chicken and Turkey: Deadly but NOT Illegal. Check out this video and article

<http://tv.greenmedinfo.com/salmonella-chicken-turkey-deadly-illegal/>

Cell Phone Use in Children and Teens Translates Into 5 Time Greater Increase in Brain Cancer

<http://www.undergroundhealth.com/cell-phone-use-in-children-and-teens-translates-into-5-times-greater-increase-in-brain-cancer/>

10 REASONS YOU SHOULD BE DRINKING LEMON WATER EVERY MORNING

1. Boosts your immune system

Lemons are high in vitamin C, which is great for fighting colds. They're high in potassium, which stimulates brain and nerve function. Potassium also helps control blood pressure.

2. Hydrates the lymph system

This cup of goodness helps start the day on a hydrated note, which helps prevent dehydration (obviously) and adrenal fatigue. When your body is dehydrated, or deeply dehydrated (adrenal fatigue) it can't perform all of its proper functions, which leads to toxic buildup, stress, constipation, and the list goes on. Your adrenals happen to be two small glands that sit on top of your kidneys, and along with your thyroid, create energy. They also secrete important hormones, including aldosterone. Aldosterone is a hormone secreted by your adrenals that regulates water levels and the concentration of minerals, like sodium, in your body, helping you stay hydrated. Your adrenals are also responsible for regulating your stress response. So, the bottom line is that you really don't want to mess with a deep state of dehydration(2)!

3. Enhances Mood

Lemon energizes you and it enhances your mood. The energy a human receives from food comes from the atoms and molecules in your food. A reaction occurs when the positive charged ions from food enter the digestive tract and interact with the negative charged enzymes.

Lemon is one of the few foods that contain more negative charged ions, providing your body with more energy when it enters the digestive tract. The scent of lemon also has mood enhancing and energizing properties. The smell of lemon juice can brighten your mood and help clear your mind. Lemon can also help reduce anxiety and depression.

4. Detoxes the Liver

According to NaturalNews.com, the citric acid in lemons helps maximize enzyme function, which stimulates the liver and aids in detoxification.

5. Aids in Digestion

Not only will this killer combination relieve indigestion, it will also help flush you out. It encourages the liver to produce bile which is an acid that required for digestion. Efficient digestion reduces heartburn and constipation.

6. Balances pH

Drink lemon water every day and you'll reduce your body's overall acidity. Lemon is one of the most alkaline foods around. Yes, lemon has citric acid but it does not create acidity in the body once metabolized.

7. Helps with weight loss

Lemons are high in pectin fiber, which helps fight hunger cravings. It also has been shown that people who maintain a more alkaline diet (see #6) lose weight faster.

8. Acts as a gentle, Natural Diuretic

Lemon juice helps flush out unwanted materials because lemons increase the rate of urination in the body. Toxins are, therefore, released at a faster rate which helps keep your urinary tract healthy.

9. Clears skin

The vitamin C component helps decrease wrinkles and blemishes. Lemon water purges toxins from the blood which helps keep skin clear as well. It can actually be applied directly to scars to help reduce their appearance.

10. Freshens breath

Not only this, but it can help relieve tooth pain and gingivitis. The citric acid can erode tooth enamel, so you should monitor this. I admit, I'm slightly worried about it.

Alright I know I said 10 but lemons are so incredible I had to share 2 more reasons to start your day with warm lemon water!

11. Stress Relief

Vitamin C is one of the first things depleted when you subject your mind and body to stress. As mentioned previously, lemons are chock full of vitamin C.

12. Whole Body Health

Lemons and limes are high in potassium. Potassium is an important mineral that works with sodium for smooth electrical transmission in the brain and nervous system. Depression, anxiety, fogginess, and forgetfulness can often be traced to low potassium blood levels. That same nervous system needs potassium to assure steady signals to the heart. So your heart health is improved from the lemon water's potassium(3).

** Don't use bottled lemon juice as it can contain sulphites which a lot of people are allergic to and well, are just plain unhealthy.*

Black Seed-The Remedy for Everything but Death Read this very informative article.

<http://www.greenmedinfo.com/blog/black-seed-remedy-everything-death>

Lots of food for thought; no pun intended. And what are doing with your food? Holidays or not we're always going to eat but what we eat is crucial in making us who we are. Your body builds on your food so if you're eating junk your body will be junk. If you're eating whole foods you'll have a whole body. My vegan diet has made all the difference in the world. It may not necessarily be your physical weight but your metabolic weight; what's going on INSIDE with your vital organs, arteries, and blood. Are you unsure about what to do? Have you tried something and it didn't work? Why not? What has worked for you but not exactly to the degree you had hoped for? Then maybe you need to schedule a FREE health history consultation so we can sit down and go over what's going on with your health and wellness and the goals you'd like to achieve. Call me: (480)423-0578. And with Valentine's Day coming up how about gift certificates for therapeutic bodywork sessions, couples massage OR a couples massage class where I'll teach you some basic massage techniques you can use at home for those times in between massage sessions with me or for those time when you want to connect on a more intimate level with your significant other. Keep it in mind. Again, Happy New Year!

Until next time,

Stay healthy, stay well,



"The difference between Cats & Dogs: a dog comes when called; a cat takes a message and gets back to you!"

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