



Hands of Health Newsletter

January/February 2016

Hello, again:

Wow; 2016! Hope you all had great holiday celebrations and it's all behind you so now onward into the new year. What would you like to accomplish and achieve this year? What do you want to release and be done with? And of course, what are you going to do for your better health? How may I help you? You know you can put it off for just so long before it catches up with you. So resign yourself to the fact that you and I need to talk. I've said it in every newsletter last year and I'm not going to stop. So stop putting it off and DO IT! I'll start the new year with the same offer I've made from time to time last year: I'm offering 6 complimentary (\$197 value) strategy and discovery sessions. We'll talk about your concerns, challenges, and goals. CALL ME: (480)423-0578. Now the fun begins with the new newsletter.

'US DRUG INDUSTRY, DOCTORS CONTRIBUTE TO OVERDOSE DEATHS'

The US pharmaceutical and health industry as well as economic distress are largely responsible for the surge in drug overdose deaths across the country, an American writer and retired professor says.

"Many doctors overprescribe painkillers because they have relationships with pharmaceutical companies and they get pay offs," said James Petras, a professor emeritus of sociology at Binghamton University in Binghamton, New York, and adjunct professor at Saint Mary's University in Halifax, Nova Scotia in Canada.

FROM JAY KORDICH, THE JUICE MAN *Energy Juice! ... Just what the Doctor ordered*

It's during these Holiday times where we overdo, overwork and overspend....so this juice today is going to be 'just right' for us who need to feel balanced and relaxed. Yet this is called an energy drink?

Yes...it gives us energy but not the kind of energy that will throw you off balance. This is the beauty of JUICING! When done correctly, fresh juicing really does balance us on so many levels.

Here's one of our time faves:

In Your Juicer:

- 2 cups Parsley
- 2 Kale Leaves
- 1 large English Cucumber (Hot House)
- 1 inch fresh Ginger Root
- 1/2 inch fresh Turmeric Root
- 1 or 2 Limes (peeled)
- 1 Green Zucchini

If you want to have something heavier, just put all these ingredients into the blender and add an Avocado. Just remember to peel the Cucumber, Ginger and Turmeric. This is also an excellent tonic for cleansing/detoxifying our bloodstreams.

THIS DOCTOR PRESCRIBES FRUITS AND VEGETABLES INSTEAD OF DRUGS

Hippocrates famously said, "Let food be thy medicine, and medicine thy food." Most doctors don't seem to take that kind of thinking to heart, seeking to surgically remove and medicate away every problem. That isn't the case for one doctor.

Dr. Garth Davis, a progressive doctor out of Houston, Texas, began prescribing vegetables and fruits instead of drugs in the hopes that the essential nourishment plants bring our bodies might begin to cure some of his patients.

Dr. Davis is the medical director of bariatric surgery at the *Memorial Hermann Memorial City Medical Center*. So far, his patients have been responding well to the changes. "As physicians, we perform surgery or prescribe medications to our patients to make them well," says Davis. "Why not also educate them on healthy eating, and make fresh fruits and vegetables readily available?"

Dr. Davis, partnered with Kristina Gabrielle Carrillo Bucaram, is the founder of Rawfully Organic, a nonprofit co-op.

"Dr. Davis and I agree that eating raw foods that are fiber-filled, organic, ripe and colorful should be a part of everyone's daily routine" says Carillo-Bucaram. Together, they've opened up the Pharmacy Stand in the hospital, which gives out fresh produce in \$10 boxes. The Memorial Hermann Foundation provided the money needed to build the stand.

4 STEPS TO CLEAN YOUR KIDNEYS

Just like you clean your skin outwardly with soap and water, there are certain steps you can take to cleanse your liver & kidneys — the vital organs that help process and filter out food, medications, alcohol and other substances that enter your body. What you take into your body can pollute your liver and kidneys, make it hard for them to function properly. This can lead to innumerable kinds of complications, including renal failure, kidney stones, liver cirrhosis and hepatitis.

Here's 4 steps to keep your liver and kidneys clean:

Step 1 - Drink half a cup of water with 4 to 6 tbsp. of apple cider vinegar daily before eating your meals. The acidity of apple cider vinegar helps detoxify the liver while helping it break down fats. Apple cider vinegar also helps prevent kidney stones from forming.

MUST READ: *These Symptoms Could Be A Sign Of Kidney Failure*

Step 2 - Drink one to two cups of pure cranberry juice not from concentrate every day. Tannin is the active ingredient in cranberries and works by helping your liver remove cholesterol out of your blood while flushing out bacteria and toxins from your kidneys.

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Step 3 - Add one serving of artichokes to your daily diet. Artichokes contain cynarin and chlorogenic acid that help protect and strengthen the liver while helping the kidneys filter out toxins from the blood and excrete them in urine.

Step 4 - Exercise at least 30 minutes daily to strengthen your cardiovascular system. This will help improve blood flow and oxygen to your liver and kidneys while helping them process out toxins fast. Make sure to consult your doctor before beginning any new exercise program.

In the meantime, keep these foods in constant rotation of your diet so that you are constantly cleansing your kidneys:

Watermelon – watermelon contains a lot of water and also has a function of diuretic which can make people produce more urine so as to remove more wastes from the body.

Lemon juice – you can add to your water half a cup lemon juice a day, as lemon juice helps to reduce kidney stone formation. You can also use apple cider vinegar instead of a lemon: simply mix 6 teaspoons or so in about a gallon of purified water and drink throughout the day.

Berries – berries are very rich in antioxidants and contain many disease fighting qualities. They help to flush out uric acid from the kidneys thus keeping them healthier. Cranberries and blueberries are the best choice among all the berries, as they contain a substance that washes away the urea and uric acid from the kidneys. Also red grapes are very good for the kidneys.

Apples – apples are high in antioxidants and fiber and have anti-inflammatory compounds which can improve kidney function.

OK, alright; good information to start your new year. Good practices for better health. Actually the best time to cleanse your body is right before Spring starts so about 3 ½ weeks before start your cleanse so your system is ready come the start of Spring. And of course EXERCISE! And keep hydrated and that means WATER NOT coffee and soda, two of the worst things you can pollute your body with. Next month is a day lots of people dread then yet some look forward to: Valentine's Day! Well, how about a couples massage and/OR a couples massage CLASS! I'll teach a few basic massage moves you can use in the comfort of your home. These classes are fun and provide you with another way to connect with that someone special. And couples means any two people; your significant other, your best friend, your business partner; whoever. So call me and let's schedule a class. I keep it to two couples so I can give you more undivided attention and that's all the space I have! That's it for now. Happy Healthy New Year!

Until next time,

Stay healthy, stay well,



"What your kids are exposed to in childhood will affect them the rest of their lives."

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