



Hands of Health Newsletter

July/August 2015

Hello, again:

NOW Summer is in full swing with our usual three digit above 110 temperatures here in Arizona. Best times to go outside are early morning of course. Keep hydrated!

Not much new on the home front except I'm meeting with my interior decorator in a couple weeks as of the time I'm writing this to put the finishing touches on my living space; finally! Now what does this have to do with health? Everything! You want a pleasant, attractive, inviting environment to live in and see when you're home. Why would you want space that doesn't look appealing and isn't warming and uplifting when you come home from work, when you wake up in the morning, and where you spend a lot of your time. It takes its toll on your emotional health, Primary Food, that I mentioned in the last newsletter. So; how is your home environment?

Remember, your health and wellness is not just diet and exercise; it involves so much more. Want to discuss it? Would you like to have a discovery and strategy session? Call me and let's get you scheduled in. And while you're at it be sure and schedule a therapeutic bodywork session. This issue of my health and wellness newsletter again has a variety of topics; well a couple. Enjoy.

The Color Code of Food

By Ronnie Landis

Colors in our food are more than just a way to make our meals prettier. Crack the color code to see what they can do.

The messages encoded within the patterns of nature are not well understood by most, yet make themselves available to all who seek them. After all methodologies of scientific investigation and analysis have been exhausted, nature insists we return to a state of innocent perception. The keys leading to the gateway of eternal youth reside in the very last place most tend to look: right in front of us. It appears the most healing components of living plant foods are represented in the expression of their colors. If you want to solve the nutrition riddle, begin exploring the canvas of nature. Colors contain clues.

The term antioxidant refers to a molecule that inhibits the oxidative process of related molecules. This is a molecule that has donated a sub-atomic particle (electron), typically hydrogen, to an oxidized molecule. Oxidation is the process of rusting or corrosion of the internal motherboard of the body. If we do not change out our "oil" (colonic, detoxification, hydration) an accelerated aging process will take effect.

The root cause of oxidation in the body is also termed inflammation. It appears the most structured, electrically charged, and evolved aspects of anti-inflammatory foods, or raw plant foods, are their deeply pigmented molecules. This means that an antioxidant is represented primarily by its expression of colors. For example, vitamin c rich foods are typically on a yellow-orange ratio. Chlorophyll rich foods exist on light-dark green ratio found heavily in leafy vegetables and algae. The antioxidant lycopene is found in red foods such as watermelon and tomatoes. Anthocyanins are concentrated in the blue-purple spectrum of foods such as seeded purple grapes, beets, plums, red cabbage, cacao, and blueberries.

Red foods are associated with the cardiovascular system: blood, heart. Green foods are associated with the respiratory system: lungs. Purple foods are associated with the nervous system and brain. Black foods are associated with the kidneys, adrenal glands, bone marrow, and cerebral spinal fluids.

Each color emits its own frequency. Each variation of color carries a unique vibration. Pigmented foods help electrically charge our cellular machinery to improve cell to cell communication throughout the body. When this communication wave becomes degraded, the repeated replication of mutated cells can occur. This is why the best way to prevent dis-ease is to saturate your diet with vibrant colors. The traditional color wheel is red, orange, yellow, green, blue, indigo, and violet. Each of these, in terms of food, contains its own set of variations based on enzyme content, mineral content, and climatic region where it is grown.

The colors in your food can also be used as dye!

- See more at: <http://www.sunwarrior.com/news/color-code-food/#sthash.NPFAW248.dpuf>

400 Million Fewer Animals Were Killed for Food Last Year vs. 2007 Because People Are Eating Less Meat

Hannah Sentenac, Editor-in-Chief

From comments by Governor Jerry Brown to reports from the U.S. Dietary Guidelines Advisory Committee, there's widespread agreement that everyone needs to eat more plants.

Where there's less consensus, however, is how to affect change. While many vegans believe Meatless Mondays and other cutting-back-consumption campaigns don't push enough of a paradigm-shift, others argue that these are crucial first steps towards a more compassionate world.

Given that around 93 percent of people still eat meat, it's difficult to imagine that everyone will cease doing so anytime soon. A world that eats far fewer meat, however, is already on the way. Meat consumption has been steadily declining in the U.S.—by 10% per capita since 2007, in fact.

In that year, for example, the U.S. raised and killed 9.5 billion land animals for food. As of 2014, that number plummeted by a whopping 400 million (to 9.1 billion — click here to view the statistics), says Paul Shapiro, Vice President, Farm Animal Protection for The Humane Society of the United States.

"What that means is that compared to 2007, last year almost half a billion fewer animals were subjected to the torment of factory farming and industrial slaughter plants—and that's despite the increase in the U.S. population," Shapiro explains.

"That's more animals than are experimented on, hunted, used in circuses, puppy mills, and end up in animal shelters each year in the U.S.—all combined."

Recent years have seen massive leaps in veg-friendly campaigns, realistic meat and dairy replacements hitting the market, and a rising awareness of the health benefits of cutting back on animal products.

The HSUS Farm Animal Protection division has an arm that focuses entirely on meat reduction campaigns in institutional environments. Started by Kristie Middleton, it's been going strong since 2011, and is rapidly expanding. In Los Angeles, for example, the team convinced the school district to switch to Meatless Mondays back in 2012. Today, that program alone is saving more than 700,000 meat-based meals from being served each week.

"The rates of vegetarianism in our country have remained around five to eight percent for years. But the rate of meat reduction—people who aren't vegetarians but are cutting back on their animal consumption—is what's really fueling this trend," Shapiro explains.

In other words, people who are eating less meat are actually saving lives.

"In fact, a 2013 Mintel study found that while more than a third of Americans buy meat alternatives like Gardein, less than 10 percent of Americans identify as vegetarians. In other words, the market for vegetarian meats is being largely driven by non-vegetarians," he explains.

This doesn't diminish the importance of vegans, or the impact the vegan movement is having on mainstream society, but it does demonstrate that omnivores can (and do) drive large-scale, life-saving changes to our food system.

It's clear that meat reduction is what is sparing astronomical numbers of animals from torment and misery," Shapiro adds.

Just because someone isn't 100% vegan, doesn't mean they're not making a difference. As recent research demonstrates, 36% of Americans are open to plant-based eating, but most of those people aren't vegans—or even vegetarians. They are amenable to change, however, and that change is taking the form of farm animals saved. 400 million of them last year, alone.

So maybe it IS worth getting your carnivorous uncle to switch to salads a couple nights a week. Based on these numbers, it obviously adds up.

Hope you liked that. I'm well aware that some people will never give up meat and other animals, some can't because they just feel healthier eating meat but I think more of us than may be aware CAN change to a plant based diet. I think it's more of making a conscious decision to make the transition. And if you decide to do so please make it a gradual change; don't do it overnight. I became vegetarian the weekend of July 4th 1980 and became vegan the weekend of July 4th 1984. Those dates weren't planned; just coincidental. But I did make the mistake of changing over that first time too quickly. Becoming vegan was easy. It's made a major difference in my life, in my health and wellness and I'm glad I did it. You will, too. Enjoy the summer and again, keep hydrated.

Until next time,

Stay healthy, stay well,



*"Two roads diverged in a wood and I took the one less traveled by and that has made all the difference."
- Robert Frost*

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