



Hands of Health Newsletter

July/August 2016

Hello, again:

OK, we're full swing into the long hot Summer; but only until November! The most important point above all else is KEEP HYDRATED! Keep lots of water with you everywhere you go. When I drive the long TWO miles to the post office from my house I keep my one gallon jug of water with me. And just because we have these scorching temperatures and need to keep our exposure to the heat to a minimum and stay inside we MUST still exercise. I get plenty done in my house. We can always go outside early morning which is when I workout anyway but keep that in mind as an alternative if you're the outdoorsy kind of person. Of course hike, bike, run, and walk early.

For this edition of my newsletter I'm repeating an article I wrote for my newsletter in November of 2005 because it's still important; of course. That's why I write these newsletters. Inasmuch as the family of vegetables that are called nightshades are tasty and delicious there is research to suggest that they are toxic. Eggplant, tomatoes, potatoes, and the pepper family (that means ANYTHING pepper) all are in the nightshade family. Macrobiotic diets exclude all the nightshades. I had personal experience with tomatoes back in 1990 and went off tomatoes for 2 years as per recommendation of a chiropractor and for the most part to this day (2016) I avoid them. See what you think after you read my article. I personally put credibility on the research. You decide for yourself.

The Deadly Nightshades

Among the most popular vegetables in Western diets today are certain members of the Solanaceae family, known as 'nightshades', which include twenty-two general and over 2,000 species of plants. Among the nightshades are tobacco and many potent medicinal plants, some of them highly poisonous. Nightshade vegetables include: white and red skinned potatoes, tomatoes, eggplant and all varieties of peppers. Yams, sweet potatoes and black pepper however, are not nightshades.

The distinguishing feature of all nightshades is their rich alkaloid content. Alkaloids are potent plant chemicals, similar in molecular structure to proteins, with powerful physiological effects when consumed and metabolized. There is growing evidence that the alkaloids present in nightshade foods may have deleterious effects on human health, at least for some people. The alkaloids found in nightshades are not only the basis for consideration of nightshades as drugs, but also for understanding adverse reactions to nightshades when they are eaten as food. Adverse reactions to nightshade alkaloids are discussed further in the health effects section of this nightshade profile. Alkaloids, can impact nerve-muscle function and digestive function in animals and humans, and may also be able to compromise joint function. Because the amount of alkaloids is very low in nightshade foods when compared with other nightshade plants, health problems from nightshade foods may only occur in individuals who are especially sensitive to these alkaloid substances. Since cooking only lowers alkaloid content of nightshade foods by about 40-50%, highly sensitive individuals may want to avoid this category of food altogether, while non-sensitive individuals may be able to eat these foods, especially in cooked form, without problem.

Nightshades contain toxins that destroy red blood cells and have been connected with a long laundry list of other problems; kidney stones, ulcers, rheumatoid arthritis, breathing problems, digestive problems, skin problems, nerve problems/paralysis, and energy problems are some of the negatives. Recent research has implicated nightshades in the calcification of soft body tissues, a condition known as 'caliphylactic syndrome', which has become one of the most prevalent pathological conditions of all modern industrial societies.

This syndrome, which occurs when nightshades remove calcium from teeth and bones and deposit it in tissues, where it does not belong, is associated with arthritis, arteriosclerosis, cerebral sclerosis, kidney stones, gout, migraine, high blood pressure, bronchitis, osteoporosis, lupus, hypertension, and other common maladies. Many people have reported rapid recovery from these ailments when they completely eliminated nightshades from their diets. That includes smoking, because tobacco is also a nightshade, so smoking tobacco only compounds the severity of tissue calcification

If you suffer from any of the above conditions, try abstaining entirely from all nightshades, including tobacco, for a period of six months. This cure works only if you eliminate all traces of nightshade alkaloids from your system, including those hidden in processed foods and condiments in the form of potato flour, tomato sauce, paprika, cayenne, Tabasco, and so forth.

Pretty interesting stuff. What more can I say! Hope you learned something. Not a lot of holidays coming up in the next two months but you can still give the gift of health to your loved ones and business associates in the form of gift certificates for therapeutic bodywork sessions! Whose birthday is coming up? And what about YOURSELF??? Has it been over two or three weeks since your last massage? You're overdue. They aren't just for holidays, vacations and that once in a while pampering. Just like what you're eating massage is something you do REGULARLY! Questions about night shades and whatever else you're eating? Let's get together for a discovery and strategy session. Call, call, call me: (480)423-0578

Until next time,

Stay healthy, stay well,

*"People who brag about their ancestors are like carrots-
the best part of them is underground."*



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