



Hands of Health Newsletter

June 2017

Hello, again:

Oncology Massage! Have you ever heard of it? Do you know what it is? Well, I think we all know that oncology is about cancer. There is a special kind of massage for cancer patients whether they are in recovery or are currently being treated. Unless someone is formally trained in oncology massage they aren't qualified to give oncology massage. I AM trained in Oncology Massage. I just retook my training to brush up on my skills and knowledge. Contrary to past belief giving a massage will NOT spread cancer throughout the body. Cancer is based in the DNA and massage cannot/does not affect the DNA. So if you know someone who has cancer or who had cancer and they are interested in massage please refer them out to me. I would greatly appreciate it. And they may, too. Any questions just call me.

50 ALKALINE FOODS TO BALANCE YOUR BODY NATURALLY TO FIGHT CANCER, HEART DISEASE AND MORE

(from healthy holistic living)

Keep your body in an alkaline state; then you will have fewer chances to suffer from chronic diseases. And it's well known that you're what you eat, that's true, if you want to maintain your body in the alkaline state, you have to know which foods can help you.

The foods you eat have a direct impact on the PH levels in your body, some foods are more alkaline than others, which help your body maintain in an alkaline state, thus promoting energy, aiding in digestion, preventing diseases and also giving you clearer skin.

Additionally, an alkaline state body also essential for:

- Preventing the common cold
- Lowering the risk of cancer
- Maintaining a healthy weight

Keep a balanced diet, you should eat a diet of 60-80% alkaline-forming foods and 20-40% acid-forming foods. Below is a list of alkaline foods that will help you maintain proper body functions and fight against many diseases.

Top 6 Alkaline Foods to Eat Everyday For Vibrant Health

Lemon - Acidic to the taste, but maybe it's the most alkalizing food of all. It helps to balance the body's pH and also provides many other healing benefits: Fights against colds and flu due to the high amount of vitamin C; A glass of lemon water is a good liver detoxifier; Drink lemon juice helps dissolve gallstones and kidney stones; Lemon destroys intestinal worms; Prevents many diseases thanks to its powerful antibacterial properties; Has great anti-cancer properties

Coconut Oil - Coconut is also a superfood that benefits to your body in many ways. Coconut oil is the only cooking oil that isn't acidic, it's alkaline. It contains fatty acid that has great medicinal properties and the healthy saturated fats helps improve blood cholesterol levels, thus reducing the risk of heart disease.

Pineapple - As an alkaline tasty tropical fruit, pineapple is loaded with several vitamins and minerals that are essential for good health. It's often been used as a natural remedy for treating cough, colds, toothache, arthritis and digestive disorders.

Carrot - Carrot is a good source of vitamin A and provides many impressive health benefits, such as anti-cancer, anti-aging and also prevents heart attacks. Carrot is also good for your vision as beta-carotene has almost 40% lower risk of macular degeneration.

Beets - Beets are alkaline-forming foods, which help both your physical and mental health in many ways, from cleansing the body, providing energy to treating depression.

Cinnamon - As a good source of calcium, iron, manganese and fiber, cinnamon has long been used in cooking and baking, it's also widely used as a natural remedy to cure health problems. It helps lower cholesterol, regulate blood sugar, treat yeast infection, prevent cancer, relieve arthritis and boost brain function.

More Good Recommendations: Alkalizing Fruits • Apple • Avocado • Apricot • Banana • Figs • Grapes • Lime • Tangerine • Watermelon

Alkalizing Vegetables • Buckwheat • Green Beans • Cauliflower • Chlorella • Alfalfa • Parsnips • Spirulina • Onions • Tomatoes • Been Greens • Wild Greens • Celery • Wheat Grass • Garlic • Dandelions • Cucumber • Broccoli • Peas • Mushrooms • Rutabaga • Cabbage • Eggplant • Sprouts • Spinach • Green peas • Mustard Greens • Barley Grass • Sea veggies • Collard Green • Edible Flowers

Alkaline Spices and Seasonings • Ginger • Mustard • Curry • Tamari • Chili Pepper

What's more, many diets are generally highly acidic, as some acid-forming foods are also popular: Meat • Egg • Alcohol • Coffee • Sodas • Sugar • Soft drinks • Vinegar • Fried food • Dried fruits • Corn • Almond milk • Some acidifying beans • Acidifying nuts such as pecans, peanuts, walnuts and cashews • Avocado oil • Olive oil

So if you eat these acid-forming foods more, you have to pay attention to shift your body to an alkaline state, with the help of the healthy and nutritious alkaline-forming foods we listed above.

Sources:

liverstrong.com, sheknows.com, greenopedia.com, care2.com, naturalnews.com

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3195546/>

I do have a chart with a complete list of alkaline and acidic foods so if you'd like I can make a copy and send it off to you; if my copier is working.

RAW MUSHROOM WALNUT TACO LETTUCE WRAPS

serves 4-6

Marinated Mushrooms

- 3 cups roughly chopped mushrooms
- 3 tablespoons low-sodium soy sauce or coconut aminos
- 2 tablespoons maple syrup
- 1 teaspoon apple cider vinegar
- 1 teaspoon cold pressed olive oil (optional)

Place mushrooms in sealable container.
Mix together marinade ingredients and pour over mushrooms. Seal container and shake to coat mushrooms.
Let marinate for 2-3 hours (in the refrigerator), shaking occasionally to coat mushrooms.

Walnut Filling

- 2 cups walnuts, soaked for 2-3 hours, rinsed and drained
- Marinated mushrooms (from above recipe)
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon smoked paprika
- 1 teaspoon chipotle powder
- fresh parsley, one handful
- 1 cup cooked quinoa (optional)
- Himalayan salt and pepper to taste

Place walnuts in food processor. Pulse until chunky. Do not over process.
Add mushrooms and parsley. Pulse until combined and mushrooms and parsley are incorporated.
Stir in spices, quinoa and salt and pepper.

Note: These are spicy. You can cut the spices in half if you like things less spicy.

Assembly

Walnut mixture
1 head butter lettuce
1 cup cherry tomatoes, quartered
1 avocado
Himalayan salt and pepper

Place walnut mixture in lettuce leaf.
Top with avocado and tomato.
Finish with a grind of salt and pepper.

So this should keep you busy for a while, huh? Hope you find all this helpful and informative. Again, any questions about Oncology Massage please call me at your earliest convenience. (480)423-0578 office or (602)505-0578 cell. Also, REMEMBER: Father's Day is June 18th and maybe dad would love a gift certificate for a therapeutic body-work session! I have them available for in my office or in the home. And if you buy a series of 4 I'll give you a 10% discount! Oh, and this goes for fathers to be, too. Happy Summer! The year is just about half over.

Until next time,

Stay healthy, stay well,



"Never let the negative few overrule the positive many."

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