



Hands of Health Newsletter

June 2015

Hello, again:

Summer has essentially arrived in Arizona. Get some sun, not too much, and keep HYDRATED! We finally closed escrow on my old house. Lot of red tape and incompetence on the part of the mortgage company. I was more than timely with my responsibilities. Regardless, that's not what I'm here for. I'm here to share and educate you with information to help promote your better health. Any questions? Discovery and strategy sessions can help you get to the heart (and mind) of the matter.

So here you go!

Why You Should Be Eating Watermelon Everyday

(From WorldTruth.TV)

Many studies have suggested that increasing consumption of watermelon can help decrease the risk of obesity and overall mortality, diabetes, and heart disease. Watermelon also promotes healthier complexions and hair, as well as increasing energy levels.

One cup of diced watermelon (152 grams) contains 43 calories, 0 grams of fat, 2 grams of sodium, 11 grams of carbohydrate (including 9 grams of sugar and 1 gram of fiber) and 1 gram of fiber. One cup of watermelon will provide 17% of vitamin A, 21% of vitamin C, 2% of iron and 1% of calcium needs for the day.

Watermelon also contains thiamin, riboflavin, niacin, vitamin B-6, folate, pantothenic acid, magnesium, phosphorus, potassium, zinc, copper, manganese, selenium, choline, lycopene and betaine. According to the National Watermelon Promotion Board, watermelon contains more lycopene than any other fruit or vegetable.

Here are a few of the benefits adding a cup or two of watermelon daily to your diet will bring:

Asthma prevention: The risks for developing asthma are lower in people who consume a high amount of certain nutrients. One of these nutrients is vitamin C, found in abundance in watermelon.

Blood pressure: A study published by the American Journal of Hypertension found that watermelon "reduced ankle blood pressure, brachial blood pressure and carotid wave reflection in obese middle-aged adults with prehypertension or stage 1 hypertension".

The study also showed that watermelon consumption improved arterial function.

Cancer: An excellent source of the antioxidant vitamin C, as well as others, watermelon can help combat the formation of free radicals known to cause cancer. Lycopene intake, for example, has been linked to a decreased risk of prostate cancer prevention in several studies.

Digestion and regularity: Watermelon, because of its water and fiber content, helps to prevent constipation and promote regularity for a healthy digestive tract.

Hydration: Made up of 92% water and full of important electrolytes, watermelons are a great snack to have on hand during the hot summer months to prevent dehydration

Inflammation: Choline is a very important and versatile nutrient that aids in sleep, muscle movement, learning and memory. Choline also helps to maintain the structure of cellular membranes, assists in the transmission of nerve impulses, and helps in the absorption of fat. Choline can also alleviate chronic inflammation.

Muscle soreness: Watermelon and its juice have been shown to reduce muscle soreness and improve recovery time following exercise in athletes. Researchers believe this is likely due to the amino acid L-citrulline that watermelon contains.

Skin: Watermelon is fantastic for your skin because it contains vitamin A, a nutrient required for sebum production that keeps hair moisturized. Vitamin A is also necessary for the growth of all bodily tissues, including skin and hair.

Please remember to choose organic whenever possible!

Over 100 Scientific Studies Agree: Cannabis Annihilates Cancer

Check out this link: <http://wakeup-world.com/2015/05/17/over-100-scientific-studies-agree-cannabis-annihilates-cancer/>

Pneumonia Cured in 3 Hours Using Natural Medicine

The numbers are staggering. The eighth leading cause of death, in the United States, is pneumonia and influenza – killing over 50,000 people per year. Conventional medicine, in all its years of 'wisdom', advise people to get a flu shot for 'prevention'. There's only one problem – it doesn't work!

Flu shots only weaken the immune system – especially when you consider that flu vaccines are loaded with unwanted (toxic) ingredients like, mercury, aluminum and formaldehyde. Adding insult to injury, the most deadly cases of 'viral pneumonia' are treated with antibiotics – which are completely ineffective against viruses. Fortunately, once again, the natural health world has a solution – which has been systematically ignored by western medicine for decades. One vitamin kills pneumonia on contact

Since the 1940's, proven by Frederick Klenner, M.D. plus many other medical doctors, over 30 diseases (including pneumonia) have been easily cured by taking adequate amounts of vitamin C. In truth, the benefits of vitamin c have been well documented throughout history – in the scientific literature – and NaturalHealth365 has made it a point to highlight its healing powers – for some time now.

Ask any (honest) physician and they'll tell you that antibiotics will not help you – if you suffer from a viral infection. But, even if your health troubles stem from an 'unfriendly' bacterial overload – vitamin C can do wonders without damaging your intestinal flora, which (eventually) compromises your immune system. Still not convinced that vitamin C can cure pneumonia?

Keep in mind, not all vitamin C supplements are created equal. If your vitamin C supplement is derived from corn – be sure it's a non-GMO variety. Simply ask the manufacturer – you may be surprised to discover what they admit on the telephone.

If you should decide to take vitamin C orally in powder, capsule or liquid form – just remember that you may experience bowel intolerance (loose stool) – once you reach your threshold. Everyone is different – depending on health history and current state of health. Liposomal or IV vitamin C will help to avoid this issue plus increase your cellular absorption rate.

Naturally, if you suffer with any serious health condition, it would be best to find a physician that understands the power of vitamin C. How do you know? Just ask and don't be intimidated – after all, it's your good health that matters most.

Source: naturalhealth365.com

Some very eye-opening information. But do your research. When I lived in NY way back when and was listening to Gary Null's "Natural Living" show on the radio he would emphatically declare "Don't believe anything and everything I tell you just because you like me; do your research and your homework to see if what I tell you is accurate." Same with me. I AM a Certified Health Coach but I'm NOT a doctor so read up and ultimately consult with your doctor; if you trust them. AND remember: Father's Day is this month and a gift certificate of a therapeutic bodywork session makes a great out of the ordinary gift. I have gift certificates for visits to my office OR in the home. Call me right away before it's too late. Oh, and this means ALL fathers including fathers to be. Have a safe June.

Until next time,

Stay healthy, stay well,



*"If you don't recognize an ingredient,
your body won't either."*

I Love Referrals!!!

Ask me about earning FREE GIFTS for referrals.