



Hands of Health Newsletter

March/April 2014

Hello, again:

Face it; Spring has been here in Arizona for quite some time. Being that it's March I don't see it getting very much cooler. SO more than ever it's time to get out and enjoy the great outdoors. No more excuses about the cold weather we barely had; maybe for a month or a month and a half. Get active! I've been into juicing for a long time. Probably for the better part of the past 30 years. Juicing is one of the healthiest ways to get a concentrated amount of nutrients quickly and without having to eat pounds and pounds of veggies and fruits. Just try and eat 5 pounds of produce in one sitting. But you can if you juice them! So in this issue it's mostly about juicing; recipes and information. Of course you're going need to need a juicer. There's debate about which is the best. I've had my Champion since 1981 and even then it was 6 years old when I bought it. Unfortunately they don't manufacture them that sturdy anymore but they may still be great. I've heard the Omega 8006 is a good one. Do your research and INVEST in one. This is your health we're talking about. And keep in mind this is JUICING, NOT smoothies. You can have those, too, but I'm an advocate of juicing so here's to juicing and your better health.

Migraine Reliever:

½ pineapple
3-4 kale leaves
1 stick of celery
½ cucumber
¼ lemon
½ inch of ginger

Allergy Reducer:

1 medium carrot
2 large oranges
½ cucumber
handful of mint leaves
½ inch of ginger root

Immune System Booster

1 apple
3 stalks of celery
4 stalks of kale
½ lemon
½ inch ginger root

Thyroid Tonic

6 carrots
1 cucumber
½ lemon
10 radishes

Reduce Blood Pressure

½ grapefruit
2 celery stalks
½ cucumber
½ fennel bulb

My all time favorite

2-3 large carrots
¼ medium sized beet or one small one
a handful of parsley
½ cucumber
½ zucchini
1 large kale leaf or collard green or 2 small ones
1 inch ginger root

My philosophy with juicing is there's a high sugar concentration when juicing so cut your juice with a cup of water. Others I've discussed this with never add water. I also add ground chia seeds, nutritional yeast, spirulina, hemp powder, a raw protein powder, and turmeric powder and blend it all up. Drink slowly and savor the flavor.

Do you reboot? How often? It's not what you think. Has nothing to do with your computer. But it does with juicing. See what you think.

During a Reboot, you'll commit to consuming only fruit and vegetable juices for a period of time. 3 days, 5 days, 15 days, 30 days? It's your choice! The goal is to help you break a cycle of an unhealthy lifestyle and simply enhance the quality of your diet by increasing your intake of fruits and vegetables.

The results? Excess weight starts to pour off, your belly starts to flatten, your skin glows, you start to think more clearly, you start controlling a disease naturally rather than depending on medication, and overall you are a happier, healthier person. When you consume only juice, your system is flooded with an abundance of vitamins, minerals and phytonutrients that help your body stay strong and vibrant.

A Reboot program, followed by a healthy lifestyle helps you:

- Boost the number of fruits and vegetables you consume daily
- Break the cycle of unhealthy eating and crave healthy foods
- Jumpstart a weight loss plan
- Manage a healthy weight
- Lower the risk of life-threatening diseases
- Promote longevity
- Decrease aches and pains in joints and muscles
- Boost your immune system
- Release stored toxins
- Increase energy levels
- Promote beautiful and healthy skin, nails and hair
- Ease digestion by accessing digestive enzymes locked away in whole produce

Cancer is finally cured in Canada but Big Pharma has 'No Interest'

<http://worldtruth.tv/cancer-is-finally-cured-in-canada-but-big-pharma-has-no-interest/>

Hope this sparked your interest to juice. As I mentioned it's one of the healthiest ways to eat and get a lot of nutrients all at once in a small amount of food. Well small amount once the veggies are juiced. Always be sure to wash your produce and scrub where needed. Very important: even though I've named some of the juices such as Allergy Reducer and Thyroid Tonic what I've shared here is NOT a replacement for medical treatment. When in doubt ask your doctor. You can call me with any questions if you want to start juicing and need some guidance. It took me a while to get into the groove and routine of daily juicing. It will take some time to get comfortable with it. And speaking of better eating, health, and wellness where are you with that? Are you achieving your goals, have no goals, don't know where to start but would like some help getting started? Then it's time to schedule a health history consultation with me. Normally I charge \$100 for your first consultation but if you schedule with me by March 21, 2014 it will be FREE. But wait there's more! In addition to the consultation you'll get a FREE 15 minute chair massage (\$20 value) which you can extend for a regular therapeutic bodywork session for an additional charge. A great way to get on the road to a happier, healthier, more productive life. Call me: (480)423-0578!

Until next time,

Stay healthy, stay well,



*"Life Is Not Measured By the Number of Breaths We Take,
But By the Moments That Take Our Breath Away"*

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