



Hands of Health Newsletter

March/April 2015

Hello, again:

Well this year is flying right along. I just spent a week with my elderly parents in Florida, my father turned 97 on Valentine's Day, and he's doing pretty well all things considered. He's still pretty sharp although his short term memory is a little short but he can give you a detailed account of what happened to him when he was 11 years old. He swims 20 laps/day and still plays tennis. His diet is very healthy and very clean which is what I attribute his good health to and his surviving cancer numerous times. And considering how poor his diet was when I was growing up which lead to his bouts with cancer I think that's a blatant statement to the importance of clean and healthy eating.

So I present to you an article to help you make an informed decision on healthy eating and one on detoxing with food. Questions or concerns? Call me!

How To Detoxify With Diet

Produce detoxifies the body. This is especially true when it's organic and raw. The trick is to eat a lot of it, to eat a wide variety, and to eat more vegetables than fruit. Make yourself a huge salad with 15 different vegetables and lots of herbs and spices like garlic, turmeric, cilantro, etc. Your base can be kale, collard greens, spinach, or anything leafy that's not iceberg lettuce. Shred carrots, beets, and radishes. Don't worry, we'll have a link to a recipe at the end.

The thing is, all of those previously mentioned ingredients are known to increase organ functionality, build up optimum cellular function, prevent disease, and expel toxins from the body. Many of the vegetables and herbs can even dispel BPA's and other man-made toxins from the body.

We are supposed to eat a lot of produce. For many years, longer than we've eaten any other way, humans foraged for vegetables growing out of the ground. We would walk, all day, see an edible food, eat it, walk some more. It's estimated that before we used grain agriculture we ate up to 8 pounds of produce a day! Meat takes a lot of effort to find, prepare, and digest. Fruits and nuts were seasonal, but herbs, leafs, and such are always just popping right up out of the ground. Other omnivores can be seen doing this, even wolves. They prefer protein, but they eat vegetables all day, too, in the wild.

Raw, organic vegetables expel toxins from the body in a multitude of ways. Eat as many as you can. Make a big salad every day.

Drink To Detoxify

Make yourself a gallon of cranberry stevia lemonade a day and drink it. If you can't drink a gallon, don't kill yourself trying, but most people can do that just fine. The lemon balances the PH and helps boost the liver's ability to detoxify. The cranberry keeps the kidneys going strong. The water flushes out the body. There are many more benefits, but those are the biggies. Don't use a sugar to sweeten it. Use stevia or no sweetener. Also, always use distilled water, or unadulterated, naturally mineralized water from a trusted spring source.

Conclusion

It is also important to note that the intestinal flora needs to be balanced so the body can digest and assimilate the nutrition. For more on gut flora, and detoxifying every day, click here. And see the salad recipe here. The first source link below has the lemonade recipe.

Sources: <http://www.organiclifestylemagazine.com> <http://www.organiclifestylemagazine.com> <http://truthwiki.org/Garlic> <http://truthwiki.org/Turmeric>

About the author: Michael Edwards is the founder, owner, editor-in-chief, and janitor for Organic Lifestyle Magazine and Green Lifestyle Market. At age 17, Michael weighed more than 360 pounds. He suffered from ADHD, allergies, frequent bouts of illness, and chronic, debilitating insomnia.

While mainstream media sources often seem to downplay the importance of eating organic, more and more people continue to choose it as an alternative to "conventional" food laced with synthetic pesticides.

Many people are familiar with the Dirty Dozen and the Clean Fifteen from the Environmental Working Group, a list that highlights the most important fruits and vegetables to buy organic in order to maximize your dollars (of course it's always wise to buy all organic if you can afford it).

But despite the growing awareness of such lists, it's also important to realize just how contaminated many of the most popular fruits and vegetables in the United States really are.

The amount of pesticides on these 5 most polluted types of produce is quite staggering, especially when taking into consideration that so many "healthy eating programs" still recommend them or pass them out at health events and omit any mention of the high levels of toxic pesticide residues they contain.

All five of these fruits and vegetables actually have been found with more than **45 different pesticide residues** over large samples taken by the USDA; please keep this in mind next time you reach for another "healthy" snack to give your kids in the produce aisle.

The Top Five Pesticide Soaked Fruits and Vegetables

With such a striking level of pesticides on each of these "conventional" produce items, it would be wise to avoid them entirely (even though most people buy them non-organic without second thought):

1. Apples - Perhaps the most notable inclusion on this list is the apple, considering its reputation as a health food, and the lack of organic apple orchards for that matter. The vast majority of apple orchards remain "conventional," and yet American apples were recently banned in Europe by regulators.

Over 47 pesticide residues were found in conventional apples by the USDA's pesticide data program in 2010. Doesn't exactly make for a healthy cup of apple juice now, does it?

Apples are one of the highest pesticide residue fruits out there. Will you think twice about that next apple orchard trip?

2. Celery - It may be a negative calorie food but with a total of 64 different pesticide residues found by the PDP in 2008 including 12 different neurotoxins and 10 known carcinogens according to this article from the Center for Food Safety, conventional celery should lose its distinction as a health food. Such chemical cocktails will sabotage your metabolism in the long run, so go organic.

3. Strawberries - Pesticides with negative effects on the brain and nervous system have been found in spades on strawberries, with 45 total pesticide residues found by the PDP in 2009.

Organic strawberries are especially pricier but well worth the investment; buy them in season and freeze to save big money.

4. Peaches - The soft skin of peaches combined with the amount of chemicals they're treated with could spell serious trouble for your health.

A 2008 study by the PDP found 62 different pesticide residues on conventional peaches; several are considered as neurotoxins and/or known carcinogens. While you can wash some of the residue off much of it remains in the soft flesh and skin of the peach.

5. Grapes - The fourth and final fruit on the list, grapes have been found with 56 different pesticide residues as of 2010, including four developmental or reproductive toxins linked to fertility problems and even miscarriages.

That means that wine drinkers should be especially careful not overdo it, especially in its non-organic form.

Final Thoughts: You can easily most of these top five most pesticide-laden fruits and vegetables in just about everyone's kitchen in one form or another, and that's what makes them so dangerous to our health.

Don't forget to share this information with your friends who still falsely consider these pesticide-soaked fruits and vegetables to be health foods.

- See more at: <http://althealthworks.com/4060/the-top-five-pesticide-soaked-fruits-and-vegetables-to-avoid-at-all-costs/?c=ngr#sthash.XGHUG2Xw.dpuf>

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Well Spring is in the air or will be shortly although in Arizona it already started a few weeks ago. So now I really encourage you to get outside and walk, jog, run, hike; do SOMETHING outside and keep active, fit and healthy. So who do you know that wants a complimentary discovery and strategy session to help with their health concerns and challenges? Is that you? Do you need to lose some weight, gain more self-confidence, learn how to eat better and exercise more, and reduce your aches, pains, and stress? I'm offer just 6 complimentary sessions (\$197 value) this month. So hurry up and sign up because when they're gone that's it. Call me: (480)423-0578.

Until next time,

Stay healthy, stay well,



Time spent with a cat is NEVER wasted.

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