



Hands of Health Newsletter

March/April 2017

Hello, again:

It's Springtime! Well almost. A few more weeks until it's official. So glad, too. My heater hasn't kicked on in weeks and weeks. I'm just not a fan of cold weather. I don't need 4 seasons. Hey, I live in Phoenix. I've continued to intensify my workouts and I've noticed a lot more firmness and toning to my musculature. Woo hoo! And I ask again: what are you doing for your health and wellness now that it's getting warmer? Hopefully you continued to exercise and take care of your health throughout the winter. Well always regardless of the time of year. There's no excuse for stopping. Adjust accordingly. Diversify your foods so you don't get in a rut eating the same meals day in and day out. Need some ideas? Wanna talk about it? Let's do that. (480)423-0578. I've got a few time slots available, first come first served.

This should be an interesting newsletter. Read on and you'll see why.

Here are a bunch of juicing recipes for different conditions:

Stress: Banana, Strawberry, Pear

Arthritis: Carrot, Celery, Pineapple, Lemon

Ulcer: Carrot, Cabbage, Celery

Indigestion: Pineapple, Carrot, Lemon, Mint

Depression: Carrot, Apple, Spinach, Beet

Fatigue: Carrots, Beet, Green Apple, Lemon, Spinach

Asthma: Carrot, Spinach, Apple, Garlic, Lemon

High B.P.: Beet, Apple, Celery, Cucumber, Ginger

Hangover: Apple, Carrot, Beet, Lemon

Nervousness: Carrot, Celery, Pomegranate

Headache: Apple, Cucumber, Kale, Ginger, Celery

Memory Loss: Pomegranate, Beets, Grapes(purple)

Diabetes: Carrot, Spinach, Celery

Kidney Stone: Orange, Apple, Watermelon, Lemon

Cold: Carrot, Pineapple, Ginger, Garlic

Eyes: Carrot, Celery

Kidney Detox: Carrot, Watermelon, Cucumber, Cilantro

Natures 10 Most Powerful Antibiotics

Apple Cider Vinegar

Garlic

Ginger

Horseradish Root

Habanero Peppers

Oregano Oil

Echinacea

Turmeric

Raw Honey

Onion

Bizarre Home Remedies Our Grandparents Use That Actually Work

Raisins for Arthritis - That's right, the little wrinkly, dried up berries usually found in scones or kids lunch boxes can apparently ease the symptoms of arthritis!

Grandparents say all you have to do is soak golden raisins overnight in a couple of spoonfuls of gin. The vitamins from the raisins mixed with the anti-inflammatory effects of the juniper berries used to make gin will help reduce swelling and ease your pain. No, you won't get drunk! But it is a good excuse to consume delicious gin all day long!

Celery for Bad Breath - According to one, or maybe many, grandmas and grandpas celery is the answer for bad breath. No need to keep buying packets and packets of gum, just stick a bunch of celery in your mouth, give it a good chew and your bad breath will dissipate.

Lemons for Earache - This is another bizarre combination. Apparently, if you squeeze some lemon juice onto an ear bud and pop it into your ear for a minute or so, you can alleviate the problems of an earache. The lemon juice is meant to stabilize pH levels in your ears making them feel as good as new.

Nettles Cure Hair Loss - I think this is just an excuse for grandparents to use nettles as a drink without it seeming weird. But there are facts behind this bizarre remedy as 'Nettle leaf also contains high levels of protein, calcium, phosphorus, iron, magnesium, and beta-carotene and high amounts of the vitamins A, C, D, and B complex' (3). Many of these vitamins and minerals are great for hair growth and hair maintenance. Our hair is mostly made up of proteins so it's no wonder nettle leaves can help keep it strong, luxurious, and on our heads!

Just brew a kettle of boiling water, put 4-6 nettle leaves in a mug, pour the hot water over, and enjoy!

Please note: Nettle leaves are high in silica which can be harmful at high doses, so don't go TOO crazy with the nettle tea!

Yams for Menopause - It may be easy to confuse yams with sweet potatoes but we aware! They are not, in fact, the same. Yams tend to have a thicker rougher skin and are darker in color. They are nutritionally high in vitamin C, contain some vitamin A which will help balance out your hormones and tons of dietary fiber which will help lower cholesterol.

Olives for Motion Sickness - Now this one definitely sounds like an old wives tale! But there are actually facts surrounding some of the bases as olives are high in tannins, which can help stop the production of too much saliva. We all know that feeling you get before you're going to be sick or when your feeling ill, with too much saliva in your mouth, it's disgusting! So go to the deli and find yourself some delicious, juicy olives to take on your next car journey! I'm sure grandparents around the world would be proud.

Baking Soda for a Urinary Tract Infection

Grandparents really do have the answer to everything! Here is another top tip that is meant to work a treat. Add a sprinkling of baking soda to a glass of water and feel the UTI symptoms disappear in no time. The baking soda actually annoys the infection and makes your bladder more alkaline which prevents the harmful bacteria from multiplying.

However, if the symptoms are consistent or extremely painful, then you are going to want to consult your doctor.

Dried Apricots for Indigestion - This is one my grandfather absolutely lives by. He has exactly five apricots after his dinner every single day and says it helps him digest his food better. Dried apricots are super high in dietary fiber which helps your stomach digest its food and prevents bloating (8). So if you're not feeling too good after your meals then shove a handful of apricots in your mouth and carry on with your day!

Potatoes for Spider Bites - Your grandparents may be on to something here...Raw potatoes are meant to have anti-itch and anti-inflammatory properties, exactly what you will need after being bitten by a spider. Just wrap a raw, sliced potato is a bandage or thin cloth then gently rub it on the affected area for a few minutes.

So next time you're doubting your grandparents logic, just give it a go! You never know if it will work, even if it sounds completely bonkers!

So I guess you can call the theme of this newsletter cleanse, detox, and nourish the body. Remember, I'm NOT a doctor and I'm NOT prescribing or diagnosing anything here. The articles in these newsletters are for educational purposes only and I assume no responsibility for what you do with the information I provide. ALWAYS consult a QUALIFIED doctor for any questions or concerns you have regarding your health. Let's see: no major holidays coming up in the next couple months BUT gift certificates for therapeutic bodywork sessions are always available for all occasions: birthdays, anniversaries, awards, appreciation, and a great way to say THANK YOU. And when you buy in bulk I offer special package deals. Most of all, remember to take care of YOU! Call me: (480)423-0578 Oh, and be sure and SHARE this newsletter with everyone on YOUR email list; business associates, family, friends, and neighbors. Thank you!

Until next time,

Stay healthy, stay well,



"Meat comes from suffering animals."

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