



# Hands of Health Newsletter

May/June 2010

Hello, again:

Noah didn't wait for the rains to come before he built the ark. He took preventive measures and had everything ready before the rains came. That's what I always emphasize with massage therapy; it's preventive care; take care of your body before any problems begin. If you do have a problem let's work on it so you can achieve progress where you see me for preventive care before the "storm" hits. You maintain a level of health with no problems; you just want to feel good. Of course keep up with your exercise routine and a healthy diet; don't put poisons in your body. These are also preventive measures and will work in conjunction with your massage routine. It all adds up to better health and a better quality of life. It affects you mentally, emotionally, physically, spiritually. So start building your ark NOW because the storm could be on the horizon. Call me right away. I received a very informative email from my mother about food as medicine. Of course this isn't a substitute for medical care and always consult your doctor but see what you think about different foods and their affects on different health conditions. I thought this would be a good topic to address in this issue of the newsletter.

## FOOD AS A MEDICINE

**HEADACHE - EAT FISH!** Eat plenty of fish - fish oil helps prevent headaches. So does ginger which reduces inflammation and pain.

**HAY FEVER? EAT YOGURT!** Eat lots of yogurt before pollen season. Also - eat honey from your area (local region) daily.

**TO PREVENT A STROKE - DRINK TEA!** Prevent build-up of fatty deposits on artery walls with regular doses of tea. (Actually, tea suppresses appetite and keeps the pounds from invading...Green tea is great for our immune system.

**INSOMNIA (CAN'T SLEEP) HONEY!** Use honey as a tranquilizer and sedative.

**ASTHMA? EAT ONIONS!!!!** Eating onions helps ease constriction of bronchial tubes. (Onion packs placed on chest helped the respiratory ailments and actually made breathing better.)

**ARTHRITIS? EAT FISH, TOO!!!!** Salmon, tuna, mackerel and sardines actually prevent arthritis. (Fish has omega oils, good for our immune system.)

**UPSET STOMACH? BANANAS & GINGER!!!** Bananas will settle an upset stomach. Ginger will cure morning sickness and nausea.

**BLADDER INFECTION? DRINK CRANBERRY JUICE!!!** High-acid cranberry juice controls harmful bacteria.

**BONE PROBLEMS? EAT PINEAPPLE!!!** Bone fractures and osteoporosis can be prevented by the manganese in pineapple.

**MEMORY PROBLEMS? EAT OYSTERS!** Oysters help improve your mental functioning by supplying much-needed zinc.

**COLDS? EAT GARLIC!** Clear up that stuffy head with garlic. (Remember, garlic lowers cholesterol, too.)

**COUGHING? USE RED PEPPERS!!!** A substance similar to that found in the cough syrup is found in hot red peppers. Use red (cayenne) pepper with caution - it can irritate your tummy.

**BREAST CANCER? EAT WHEAT, BRAN AND CABBAGE!** Helps to maintain estrogen at healthy levels.

**LUNG CANCER? EAT DARK GREEN AND ORANGE VEGGIES!!!** A good antidote is beta carotene, a form of Vitamin A found in dark green and orange vegetables.

**ULCERS? EAT CABBAGE ALSO!!!** Cabbage contains chemicals that help heal both gastric and duodenal ulcers.

**DIARRHEA? EAT APPLES!** Grate an apple with its skin, let it turn brown and eat it to cure this condition. (Bananas are good for this ailment.)

**CLOGGED ARTERIES? EAT AVOCADOS!** Monounsaturated fat in avocados lowers cholesterol.

**HIGH BLOOD PRESSURE? EAT CELERY AND OLIVE OIL!!!** Olive oil has been shown to lower blood pressure. Celery contains a chemical that lowers blood pressure too.

**BLOOD SUGAR IMBALANCE? EAT BROCCOLI AND PEANUTS!!!** The chromium in broccoli and peanuts helps regulate insulin and blood sugar.

**KIWI:** Tiny but mighty. This is a good source of potassium, magnesium, Vitamin E & fibre. It's Vitamin C content is twice that of an orange.

**APPLE:** An apple a day keeps the doctor away? Although an apple has a low Vitamin C content, it has antioxidants & flavonoids which enhance the activity of Vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

**STRAWBERRY:** Protective fruit, strawberries have the highest total antioxidant power among major fruits & protects the body from cancer causing, blood vessels clogging free radicals. (Actually, any berry is good for you...they're high in antioxidants and they actually keep us young...blueberries are the best and very versatile in the health field...they get rid of all the free-radicals that invade our bodies.)

**ORANGE:** Sweetest medicine, taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessen the risk of colon cancer.

**WATERMELON:** Coolest thirst quencher, composed of 92% water, it is also packed with a giant dose of glutathione which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other ingredients found in watermelon are Vitamin C & potassium. (Watermelon also has natural substances [natural SPF sources] that keep our skin healthy, protecting our skin from those darn UV rays.)

**GUAVA & PAPAYA:** Top awards for Vitamin C. They are the clear winners for their high Vitamin C content. Guava is also rich in fibre which helps prevent constipation.

**PAPAYA:** Is rich in carotene, this is good for your eyes. (Also good for gas and indigestion.)

**TOMATOES:** Very good as a preventative measure for men, keeps those prostate problems from invading their bodies...GOOD AS MEDICINE.



*Hands  
of Health*

PAUL ZARCHIN, L.M.T.

P.O. Box 1511

Tempe, AZ 85280-1511

(480) 423-0578 (Office)

(602) 505-0578 (Cell)

[www.hands-of-health.com](http://www.hands-of-health.com)

**RETURN SERVICE REQUESTED**