



Hands of Health Newsletter

May/June 2015

Hello, again:

How much is your health worth? The way you eat is the way you live. What you put in your body is what your body uses to build on. If you feed it high octane foods it will build and perform at peak level. If you feed it low octane foods it will build at the lowest performance. Something else to keep in mind: your relationships, your physical activity, your career/profession, and your spirituality whatever that is for you. These last four “foods”, which are called “primary foods” may even be more important to your overall health and wellness than what you ingest. More food for thought. I invite you to meet with me for a discovery and strategy session to discuss these topics and how are they affecting your life .

These two articles for this issue of my newsletter also have to do with what you put in your body from a cleansing perspective. We are bombarded with toxins and pollutants so there needs to be a way to remove and eliminate them. For example, the first article has to do with cleansing the air you breathe inside your home. If there's one place we want clean air it's our home. And air has a direct affect on your health and wellness. The second article has to do with cleansing your blood. Have a good read.

10 Plants to Grow Indoors for Air Purification

1. Aloe Plant

Not only is the aloe plant readily available to soothe sunburns, stings, or cuts, it can also detoxify the body and is great for purifying the air. Aloe can help clear the air of pollutants found in chemical cleaning products. An intriguing aspect, when the amount of harmful chemicals in the air become excessive, the plant's leaves will display brown spots.

2. English Ivy

According to NASA, English Ivy is the number one houseplant to grow indoors due to its incredible air filtering abilities. It is the most effective plant when it comes to absorbing formaldehyde, and is even easy to grow. An adaptable plant, it can be hung and perched on the floor and prefers moderate temperatures and medium sunlight.

3. Rubber Tree

If your green thumb is less developed, the rubber tree may be for you. It easily grows in dim lighting and cooler climates. Plus, the low-maintenance plant is a powerful toxin eliminator and air purifier.

4. Snake Plant

A wonderful corner plant, the snake plant can thrive without much light or water. It's also efficient at absorbing carbon dioxide and releases oxygen during the night (while most plants do during the day), therefore one in the bedroom may help you in experience better sleep.

5. Peace Lily

This beautiful flower is a wonderful low-maintenance plant to keep in the home. Peace lilies do well in shade and cooler temperatures, and they can reduce the levels of a number of toxins in the air.

6. Philodendron

The heart-shaped philodendron is a popular plant choice for indoor areas, as they're easy to care for and can grow decorative vines. Similar to the English Ivy, they are particularly good at absorbing formaldehyde.

If properly cared for, they can last for many years and grow with your family. The philodendron prefers moderate water and some sunlight.

7. Bamboo Palm

An attractive and soothing plant, the bamboo palm also made NASA's list of top-ten clean air plants with a purifying score of 8.4. The palm is also quite effective at clearing out benzene and trichloroethylene. Well watered and placed in shade or indirect sunlight, they'll flourish and intensify the peace in your home.

8. Spider Plant

Spider plants are easy to grow and are a popular house plant for many. Not only are they decorative, but they're also on NASA's list of the best air-purifying plants. Effective at fighting off pollutants (including benzene, formaldehyde, carbon monoxide, and xylene), they're a beautiful addition to any home seeking cleaner air.

9. Golden Pothos

The pothos is a simple -yet beautiful - plant which also made NASA's list. It grows best in cool temperatures and in low levels of sunlight. Able to clear formaldehyde from the air, it's a beneficial plant to have in your living room or as a hanging plant, as the leaves will grow down in cascading vines.

10. Red-Edged Dracaena

This vibrant plant can grow to be ceiling height (15 foot dracaenas are common), making it a great plant for decorating and filling up space. It's beneficial for removing toxins, such as xylene, trichloroethylene, and formaldehyde from the air. It flourishes in sunlight and will be a welcome addition in your home.

Top 15 Foods and Herbs to Cleanse Your Blood

Garlic - Raw garlic is loaded with sulfur, an essential mineral that helps the body to get rid of toxins. It stimulates your liver to produce detoxification enzymes to filter toxins out of your blood stream. And on top of that, garlic keeps your intestine free of bad bacteria, parasites, and viruses.

Dandelion - Loaded with antioxidants and other phytonutrients to eliminate toxins out of your digestive tract and eliminate free radicals. Fresh dandelion leaves or dandelion root tea stimulates the liver and pancreas to pull toxins out of your bloodstream. Dandelion has been used for ages to cure liver issues.

Apple - Packed with vitamins, minerals, fibers, and detoxing phytonutrients. A compound found in apples stimulates bile production and helps the liver to get rid of toxins. Apples are high in soluble pectin fibers. Those fibers bind cholesterol and heavy metals to cleanse blood and intestines.

Beets - Packed with antioxidants and other beneficial nutrients, beets are an excellent way to protect your body from free radicals and stimulate the liver to eliminate more toxins out of your blood stream.

Parsley - Parsley works as a diuretic which helps your kidneys do their job and eliminate more toxins through your urine.

Carrots Carrots are rich in vitamins (A, B6, C, and K), potassium, and glutathione, a liver cleansing protein. For a better detox effect eat them raw, as cooking destroys most glutathione.

Leafy Greens - Leafy greens like spinach, cabbage, broccoli, and kale are powerful antioxidants that help cleanse the entire body. Adding more leafy greens to your diet is the best way to improve overall health. They are filled with fiber to cleanse our digestive tract and loaded with vitamins, minerals, and other powerful nutrients.

Lemons - Packed with loads of nutrients and antioxidants, lemons activate your liver to eliminate toxins. Drinking lukewarm lemon water in the morning alkalizes your body and releases enzymes to convert toxins into water soluble compounds that can easily be eliminated through your urine. Lemons are loaded with vitamin C, a vitamin your body needs to produce the liver-detoxing protein, glutathione.

Flaxseed - Contains healthy omega-3 fatty acids that help your body get rid of blood sugar. And on top of that, they are high in fibers which bind and eliminate a wide range of toxins.

Turmeric - "The Queen of spices" has been used in Ayurvedic medicine for ages to treat liver and digestion issues. Its active ingredient, curcumin, helps your body to speed up its detoxifying processes.

Basil - Basil supports the liver and kidneys to eliminate toxin build-ups. Great for digestion, infections, and works as a diuretic to eliminate even more toxins.

Blueberries - Blueberries are one of Earth's greatest and powerful healing foods. They are packed with antioxidants, have anti-inflammatory properties, and are great to purify your blood from toxins and free radicals.

Avocado - Avocados are excellent for overall health. They lower cholesterol, lower blood pressure, and contain high levels of glutathione known to detoxify the liver of toxins and carcinogens.

Cilantro or Coriander - Cilantro aids our body to get rid of mercury and other heavy metals that end up in your bloodstream via the food you eat or the polluted air you breathe in.

Water - Don't forget to drink enough water to flush those toxins out of your body. Make sure you get enough sleep.

Source: Expanded Consciousness

- See more at: <http://fitlife.tv/top-15-foods-and-herbs-to-cleanse-your-blood/#sthash.sR9tAOGP.dpuf>

There you go. I recently had another birthday and a visit to my primary care physician and my optometrist. I'm doing great. I feel great, feel very young and I live that way. Your attitude has a direct affect on your health as well as your primary and secondary foods, the foods you eat, too! And it affects both of those. HEY; Mother's Day is coming up this month and Father's Day in June. How about a healthy gift in the form of a gift certificate for a therapeutic body-work session??? I have gift certificates for in my office or in the home. These applies to BOTH mothers and fathers to be! So let me know. Hurry, hurry; call me right away. (480)423-0578

Until next time,

Stay healthy, stay well,



*"If it comes from a plant; eat it.
If it was made in a plant; don't eat it."*

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