



Hands of Health Newsletter

November/December 2013

Hello, again:

Here it is; the last newsletter of the year. How fast this year went. So how did it go for you? Did you achieve the goals you set? Did you exceed the those goals? And most important: were those goals regarding your health? I emphasize it every newsletter and I can't emphasize it enough: health should be your #1 priority. Once you're health is in balance everything else will follow suit. You can be the best at what you do, #1 in your profession but if you're encountering health issues and challenges it doesn't mean anything if your life is interrupted by health problems. Remember: you only get one body and unlike your vehicle which if you neglect and it breaks down, you go buy another one but if your body breaks down, where are you going to live??? Between therapeutic bodywork sessions and holistic health and nutrition coaching I can help you achieve your health goals and improve the state of your health. It is easier to stay healthy than it is to get healthy but you have to start somewhere. So call me: (480)423-0578. This newsletter will have some great information for you to use for your better health; as always.

HOMEMADE DECONGESTANT

This homemade decongestant is good for breaking up chest congestion so you can clear it out. Anyone old enough to eat honey can take it. (Always use organic ingredients when available.)

Ingredients

1 c. honey
1 c. lemon juice
5-7 radishes
1 small red onion
6 garlic cloves (If my cloves are super-small, I use a couple more.)

Instructions

Wash, peel, and trim the vegetables as appropriate, and cut the onion into 2-4 chunks.
Dump everything into the blender and blend until smooth.
Strain.
Refrigerate between uses, for up to a week or so.

TO USE:

Adults take 2 Tbsp. once a day, or more as needed/desired.
Children take 1 Tbsp. once a day, or more as needed/desired.
Should begin expelling within 24 hours. (We have typically noticed it kicking in within the first couple hours.)

Check out this link for "Science Confirms Turmeric As Effective as 14 Drugs":

<http://worldtruth.tv/science-confirms-turmeric-as-effective-as-14-drugs/>

Heal Your Body from Multiple Sclerosis and Lose Weight with a Raw Food Diet:

<http://blogs.naturalnews.com/heal-your-body-from-multiple-sclerosis-lose-weight-with-a-raw-food-diet/>

The Superstars of Breast Cancer Prevention

- 1) Broccoli
- 2) Cauliflower
- 3) Brussel Sprouts
- 4) Spinach
- 5) Collards
- 6) Tomatoes
- 7) Kale
- 8) Cabbage
- 9) Carrots

14 Ways to Cleanse the Body from Chemtrails, GMO's, Fluoridated Water, and other Environmental Toxins

<http://worldtruth.tv/14-ways-to-cleanse-the-body-from-chemtrails-gmos-flouridated-water-and-other-environmental-toxins/>

Amaranth is a Gluten-Free and Super Healthy Source of Protein.

http://www.naturalnews.com/042430_amaranth_gluten-free_food_protein_source.html

This should give you something to think about. The holiday season is upon us. Whatever it is you celebrate, however you celebrate it make it a healthy celebration. Of course indulge a little but it's always possible to live it up in a healthy way. And when you're wondering what gifts and presents to get all those loved ones think gift certificates! A gift certificate(s) for a therapeutic bodywork session is a gift of gold. I have certificates for in calls, house calls, Full sessions, Extended Sessions, chair massage, office calls, Apricot Body Scrub; plenty to choose from. You can also save money by buying in bulk; purchasing 4 certificates of any one session will be discounted by 10%! I can take your orders over the phone or drop by my office. And finally as noted in the last newsletter, my rates will be going up January 2014. It's been 7 years since my last rate increase and it isn't any cheaper to run a business than it was 7 years ago. Here are the rate changes:

Extended Session \$100

Full Session \$75

Half Session \$50

Reflexology \$50

House calls \$100

Apricot Body Scrub \$100

Student and Senior Citizen rates will remain the same as will insurance rates. Have a great holiday season and I'll be in touch next month.

Until next time,

Stay healthy, stay well,



*"If it's important to you, you'll find a way.
If it's not, you will find an excuse."*

I Love Referrals!!!

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