



Hands of Health Newsletter

November/December 2015

Hello, again:

Fall is in full swing and it's getting colder! Spring can't get here fast enough. I just don't do well with cold weather. I used to love it; I was an avid skier for years especially in college having been enrolled at The University of Colorado, Boulder. And ahead are the holidays! Oh, the foods to indulge in, oh the pounds we'll put on. Well, not me but some of us. It's OK to indulge; just don't overdo it. And you can do it healthy. Lots of resources out there. Of course I'm going to write about foods amongst other things. So read on!

Foods made with wheat and grains RAISE blood sugar to very high levels. Gluten-free foods made with cornstarch, rice flour, tapioca starch, and potato flour raise blood sugar even higher!

Amazing Ginger Detox Bath: Get Rid of radiation, heavy metals and other health harming poisons

Ginger is a miraculous spice has been used medicinally for thousands of years, and offers anti-inflammatory, anti-ulcer and antioxidant activities. It is also considered one of the best detoxifying herbs, frequently recommended in cleansing programs and detox diets.

The detoxifying properties of ginger may be contributed to its high concentration of gingerol and shoga, which have anti-inflammatory and anti-spasmodic effects on the gastrointestinal system.

Using a powerful mineral base such as Epsom salts in a bathwater medium creates a process called reverse osmosis. This process pulls salt and harmful toxins out of the body and allows the magnesium and sulfates to enter into the body.

AMAZING GINGER DETOX BATH

Ingredients:

- 1 c. Epsom salts (where to find)
- 1/2 cup ground ginger
- 1 Tbsp. freshly ground ginger use a muslin tea bag or tea ball (optional)
- A few drops of Ginger essential oil (where to find)

Method:

1. Fill the tub with hot water.
2. Add Epsom Salts, ginger, and essential oils. You can use either fresh grated ginger or ginger powder.
3. Soak for 15-20 minutes

Don't be surprised if you continue sweating for a couple of hours afterwards. Make sure you drink plenty of water after the bath.

WARNING:

Flu shot ingredients include:

- Mercury
- Antifreeze
- Phenol
- Animal blood
- and Formaldehyde

This is just a partial list. (From a Facebook post)

Why was fluoride in nazi prison camp water? Why is fluoride a main ingredient in Prozac and Sarin Nerve Gas? Why is it ADDED to water supplies in the USA? Why doesn't anyone care? BECAUSE THEY'RE ON FLUORIDE!

WHY TO DRINK MORE WATER

Composes:

- 75% of your brain
- 22% of your bones
- 75% of your muscles

Converts food to energy

Removes waste

Manages body temperature

Cushions joints

Absorbs nutrients

Helps get nutrients and oxygen to cells

Protects your organs

Did I rattle your cages? Shake your tree? Wake you up? Put you to sleep? C'mon; this IS important stuff. Do further research. I'm here to educate you and to stimulate your interest in better health and wellness. I'm no doctor so consult with yours because I'm not qualified to give you medical advice. But I AM a Certified Holistic Health and Nutrition Coach so if you'd like we can set up a discovery and strategy session to dig deeper into your concerns about what to do for a better and healthier quality of life. Call me: (480)423-0578 And remember to get in for your therapeutic bodywork sessions and with the holidays quickly approaching think GIFT CERTIFICATES! Have a great and festive Thanksgiving and whatever else it is you celebrate!

Until next time,

Stay healthy, stay well,



"Never let the negative few override the positive many."

I Love Referrals!!!

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