



Hands of Health Newsletter

November/December 2014

Hello, again:

As usual the year flew by and we're all scratching our heads wondering where the time went. The holidays are right in front of us with Halloween behind us. So ahead are the days of indulging in all the goodies of the holiday season and who can resist. However, here's the Scrooge in me, you can party hearty during the holidays with healthier treats that are just like the usual delicacies. With a little creativity you can replace those not so healthy ingredients with healthier ones. But that's not what this issue of the last double issue of my newsletter is all about. Read it and find out!

Your liver is an important organ, and damage to your liver can definitely shorten your life. The liver plays an important role as the blood renewal organ, as well as the organ that stimulates food digestion. It also cleanses the blood and eliminates nasty junk from your bloodstream.

We abuse our livers though. When we eat bad food, don't exercise, drink too much or smoke cigarettes, we're doing damage to our livers. And the liver works hard on your behalf! No breaks for that organ. So try out this liver detox. It's really easy.

Every morning before breakfast, take a tablespoon of olive oil mixed with a tablespoon of lemon juice. It's simple, inexpensive, doesn't take much time, and it'll help prolong your life. In addition to that, be sure to cut back on smoking and drinking, as well as eating better food and overall being better to yourself.

Olive oil opens up the channels to the gallbladder and liver, which stimulates the release of bile, an important participant in food digestion, into the intestines. The lemon has a similar effect on digestion as bile.

Enjoy! Or at least try to.

Read more at <http://higherperspective.com/2014/10/revitalize-liver-remedy.html#3jrc5ErE8SddqX3M.99>

Cinnamon is a highly prized spice that has been used since ancient times for its medicinal and healing properties. It has the highest antioxidant strength of all the food sources and is several hundreds more potent than any fruit or vegetable. Cinnamon is a great source of vitamins A and B-complex and minerals such as chromium, iron, zinc, and calcium. It is particularly good for helping diarrhea, nausea, vomiting, indigestion, flatulence, and arthritis. Cinnamon is known to help prevent and shorten the duration of the flu as well to eliminate congestion and mucus from the body. It is also very beneficial for lowering cholesterol and to help regulate blood sugar. It is known to help increase circulation and contains anti-clotting compounds which makes it highly beneficial for helping to prevent strokes and coronary artery disease. It is also very good for reducing inflammation in the body making it helpful for people with autoimmune disorders such as fibromyalgia and chronic fatigue syndrome. Cinnamon also has the amazing ability to stop yeast infections, candida, and menstrual cramps. Cinnamon has anti-cancer properties and has been known to reduce the growth of leukemia and lymphoma cancer cells within the body. It is commonly used in gum and dental treatments due to its pain relieving and antiseptic properties. Cinnamon helps to boost memory and cognitive function, just smelling cinnamon spice or its essential oil can help make you more alert and focused. Cinnamon oil is also one of the most antimicrobial essential oils and is a potent disinfectant around the home and office. Cinnamon contains anti-bacterial, anti-fungal, and anti-viral properties that kill microorganisms such as staph, botulism, aflatoxin mold, E. coli, and cold and flu germs. Consider adding a couple of pinches of cinnamon every morning to morning tea, cereal, smoothie, or juice. Try making a raw apple sauce recipe with 2 apples, 3 medjool dates, and a pinch of cinnamon. Place in a food processor and blend until smooth for a fresh and nutritious apple sauce. Cinnamon powder, cinnamon sticks, and cinnamon extract supplements can be found online or at your local grocery store.

Beta-Carotene Just Discovered to Kill Breast Cancer Cells: This surprising new study changes our understanding of how the antioxidant beta-carotene protects us from cancer. Rather than just quenching free radicals and halting cell mutations which might cause cancer, beta-carotene was just shown to "proactively" poison cancer cells—and in this new study wiped out over 75% of triple-negative breast cancer cells, which are the most aggressive type. Most excitingly, the level at which beta-carotene killed over 50% of these cancer cells was 1 micromolar—a level that is achievable in our blood by eating a vegetable rich diet. This agrees with a new study out of China showing that women with the highest levels of beta-carotene had 46% less risk of breast cancer. Putting this in more practical terms, another study showed that women eating just two servings weekly of spinach (one of the richest sources of beta carotene) reduced their breast cancer risk by 35% if the spinach was raw, and by 21% if the spinach was cooked. Eating the spinach with carrots, another great source of beta-carotene, led to a 44% reduction in breast cancer risk! So do eat a diet rich in fruit, vegetables, herbs and spices, but also make sure you get plenty of beta-carotene super foods like spinach, kale, carrots, pumpkin (even as pumpkin pie!), sweet potato and collards, to name a few.

#Spinach #Carotene #BreastCancer

<http://www.ncbi.nlm.nih.gov/pubmed/24596385>

That should hold you over for now. We can eat good food to keep us healthy that will cleanse our bodies without having to do fasts and other lengthy rituals all the time. Every now and then yes, a cleanse or a fast is in order, after all we give our vehicles a rest so we don't wear it out, so we can do the same with our bodies. Questions? Concerns? I have another 8 spots open for a Start Your New Life session FREE valued at \$197. Call right away because this won't be available very long. And while you're getting ready for the holidays, thinking about what you're going to shop for, how about gift certificates for therapeutic bodywork sessions??? Saves you time from traveling, money, searching for parking spaces, traffic, and the crowds. I have a variety of gift certificates for in my office, in the home, corporate chair massage for businesses; lots to choose from. And volume discounts. Call me right away and start saving time and money right now. Happy Thanksgiving!

Until next time,

Stay healthy, stay well,



*"Take a closer look at your food choices and ask yourself:
"Did people eat this 100 years ago?" If not, don't eat it."*

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