



Hands of Health Newsletter

October 2014

Hello, again:

Of course it sounds cliché but wow; October already. I've had some very intense challenges that are really weighing on my emotional health but staying focused and getting support and help to see me through. Many people may resort to junking out and binging on the foods that have the worst effect on us to comfort us. I haven't done that; I've stayed with the most nourishing foods even more so because food and mood go hand in hand. So when you have some emotional and mental challenges it's best to think healthy and I know; easier said than done but you'll be thankful you stayed on track with nourishing foods during those trying times.

And on that note one of the articles I've included in this issue is about healing herbs for your thyroid which can have a direct effect on your mood from an article by Drew Canole who's an expert on juicing and health. Because the article was so long I couldn't fit all the descriptions of the herbs but there is a link you can go to and read up. So I encourage you to follow up for your own edification. Enjoy!

15 OF THE BEST HERBS AND PLANTS TO STABILIZE AND BOOST THYROID FUNCTION

by Drew Canole

Many natural health practitioners are often quick to tell you that "thyroid problems mean you need iodine" or iodine supplements, however this is not always the case and supplementing with natural iodine will only help those who are deficient. Understanding which herbs can stabilize and boost thyroid function is integral in any natural treatment plan for hyper- or hypothyroidism.

It is estimated that over 200 million people globally (about 35 million people in North America) suffer from at least one of the many forms of thyroid disease. In fact, thyroid problems are increasing so much in frequency that scientists are calling it an epidemic. The incidence of thyroid illness occurs about seven times more frequently in women than men, and it is thought that at least 50% of the cases are undiagnosed or misdiagnosed. Some homeopathic remedies are very useful in relieving symptoms associated with imbalance in thyroid gland function. However, herbs can directly act on the gland and the immune system itself. Here are 15 herbs that can make in stabilizing and boosting thyroid function.

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seltzer instead and add slices of cucumber, berries or orange to taste.

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| 1. SCHISANDRA | 6. BACOPA | 11. COLEUS FORSKOHLII |
| 2. RHODIOLA | 7. BLADDERWRACK | 12. HAWTHORN LEAF AND BERRY |
| 3. ASHWAGANDHA | 8. BLACK WALNUT | 13. LEMON BALM |
| 4. REHMANNIA | 9. ECHINACEA | 14. BUGLEWEED |
| 5. LICORICE | 10. ELEUTHERO | 15. COMMIPHORA MUKUL |

See more at: <http://fitlife.tv/15-of-the-best-herbs-and-plants-to-stabilize-and-boost-thyroid-function/#sthash.kswUK8ub.dpuf>

This was a very long and detailed article so I left out the descriptions so go to the link and read up.

CAYENNE PEPPER: Medicinal Use and Health Benefits.

Curing with Cayenne

"If you master only one herb in your life, master cayenne pepper. It is more powerful than any other."

Dr. Schulze

If can be used to rebuild the tissue in the stomach and the peristaltic action in the intestines, stop heart attacks within 30 seconds, boos circulation and increase heart action, lessen fatigue and restoring stamina, enhance cardiovascular performance, and also help with stiff arthritic joints, low back pain, fibromyalgia, arthritis, nerve pain caused by shingles and aciatica, strengthen digestion, and help with psoriasis.

Anti-Inflammation Smoothie Recipe... We know the amazing health benefits of turmeric but it's not as easy to add to your day as other superfoods. Fear not... we have a simple recipe we love!

- 1 cup coconut milk
- 1 tsp turmeric
- dash of cinnamon
- 1/2 tsp vanilla
- Raw honey to sweeten (optional)

Blend & add ice, pour into your fav cup and sprinkle with your yummiest spices!

Well alright! As always I hope you learned something and find these herbs and recipes useful. How else may I help you? Who do you know: women in their 50's who want to lose 20 lbs, double their energy, have more self confidence, learn how to eat better and exercise more, and reduce their aches, pains and stress? Does this sound like YOU? Call me and let's talk and see if we're a right fit for each other. (480)423-0578. And remember to get in for your regular massage. Happy Halloween!

Until next time,

Stay healthy, stay well,



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

I Love Referrals!!!

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