



# Hands of Health Newsletter

September/October 2015

Hello, again:

FALL??? Well it's September but Fall won't be in Arizona until November! NO complaints from me. It really hasn't been too bad a Summer. I embrace whatever is thrown at us. Just keeping healthy. Are you? How? Oh, you aren't? Why not? Do you have another body you're going to move into when the one you're currently residing in wears out? Hmmm; I thought so. Give me a call and let's talk about it. (480)423-0578 And read what's in this newsletter.

## Secrets of Watermelon Seeds for Your Health

Many people like to eat watermelon, but rarely of those who noticed the great benefits of watermelon seeds. **Watermelon seeds have great benefits for digestion.** To getting benefit from watermelon seeds, you have to grind or boil them to remove the fiber in watermelon seeds are useful as a cleaner in your digestive tract. Watermelon seeds contain various substances that are useful to the body, such as vitamins A, B, and C, iron, manganese substances, calcium, and unsaturated fats that do not harm your heart. As we already known, vitamins and some minerals above can support a healthy heart and keep blood pressure within normal limits.

### *Another benefit of watermelon seeds is related to kidney health.*

Watermelon seeds can help eliminate residues found in the kidney. We know that the kidneys play a role in the disposal of hazardous residues in the body and with the help of watermelon seeds, kidney's work will be lighter and ultimately the health of the kidneys and urinary tract could be increased. How do you get the maximum benefit from watermelon seeds? Consider some of the following explanations:

- Prepare 4 tablespoons of seeds and 1 to 2 liters of water.
- Boil watermelon seeds and strain until you get the extract.
- Place the seeds extract in a tightly closed glass container.
- Keep the container in the refrigerator
- Drink the decoction of seeds with a frequency of 1 to 2 cups a day. Use natural honey if you want to get a better taste.

## Researchers May Have Found a Cancer Cell's 'Off' Switch

*blogger-avtarby Andrew Tarantola | @terrortola | August 25th 2015 at 8:09pm*

Aside from their abnormal growth rates, cancerous cells aren't that much different from normal healthy tissue. That's why radiation and chemo treatments can't effectively target just tumors. However, a team of researchers from the Mayo Clinic believe they've discovered a mechanism that can rein in cancer's uninhibited growth by retraining these wayward cells to die like they're supposed to.

See, when cells get old and prepare to die, they're supposed to stop dividing. This process is controlled by "biological processors" called microRNAs which feed the cell just enough of the PLEKHA7 protein to inhibit division. But in the case of cancer, the microRNAs don't deliver enough of the protein and the cells begin to divide out of control, resulting in a tumor. In a recently published study in the journal Nature Cell Biology, the Mayo Clinic team found that by injecting microRNA directly into a tumor, PLEKHA7 levels returned to normal and the cancerous cells stop reproducing.

"This is an unexpected finding," Chris Bakal, a specialist at the Institute for Cancer Research in London, told The Telegraph. "Normal cells touch each other and form junctions, then they shut down proliferation. If there is a way to turn that [process] back on, it would be a way to stop tumors from growing."

What's more, the method has shown to be surprisingly effective against some especially aggressive forms of cancer, at least in initial lab tests. However, the researchers don't believe this will be some magic bullet that cures cancer outright. "This important study solves a long-standing biological mystery, but we mustn't get ahead of ourselves," Henry Scowcroft, Cancer Research UK's senior science information manager, told The Telegraph. "There's a long way to go before we know whether these findings, in cells grown in a laboratory, will help treat people with cancer. But it's a significant step forward in understanding how certain cells in our body know when to grow, and when to stop. Understanding these key concepts is crucial to help continue the encouraging progress against cancer we've seen in recent years." Still, any step forward in the fight against this disease will be a welcome one.

## The 7 Principles of Clean Eating by Diane Welland, MS, RD

The latest buzz word among health-conscious consumers, "eating clean," is a concept that stresses healthy, whole, unprocessed foods. And, although the phrase is relatively new, the principles of this plan are not.

The principles are based on current nutrition science and are similar to recommendations made by public health organizations. This sound approach to eating and living well maximizes your energy and optimizes your health, making it more than just a diet. It's a lifestyle, with built-in flexibility, meaning it can be adapted to fit most any kind of routine.

"Clean Eating" dates back to the natural health food movement of the 1960s, which shunned processed foods for the sake of moral and societal values (rather than health and nutrition issues). Eventually it landed in gyms, where it gained momentum among body builders and fitness models. Recently, however, it made the jump into mainstream America, rejuvenating and inspiring a new generation of healthy eaters.

With each move, the clean eating concept became more refined and developed. Here are the seven core principles of today:

### **1. Choose whole, natural foods and seek to eliminate or minimize processed foods.**

Processed foods are anything in a box, bag, can, or package, and although there are always a few exceptions to the rule (like a bag of fresh green beans), the majority of your foods should be fresh.

### **2. Choose unrefined over refined foods.**

While it may not be possible all the times, you can up your intake of whole grains like brown rice, millet, amaranth, and quinoa. Beans and legumes are also important. Clean sugars include honey, maple syrup, and dehydrated sugar cane juice.

### **3. Include some protein, carbohydrate and fat at every meal.**

Most of us typically do well with carbohydrates and fat, but we often lack protein, especially in the early part of the day, like at breakfast and lunch. Protein is an important muscle-builder, and it can also help curb your appetite. When eaten throughout the day, it keeps us feeling full longer. Be aware of the kinds of meals you put together and space out your protein.

### **4. Watch out for fat, salt, and sugar.**

This is easier than you think, particularly if you've cut out processed foods, which are responsible for most of our excess calories and high levels of fat, sugar, and salt. Clean foods are usually naturally low in all of these ingredients.

**5. Eat five to six small meals throughout the day.**

This usually pans out into three main meals and two or three hefty snacks. Eating this way prevents you from skipping meals and overeating. It also keeps your blood sugar levels steady so energy doesn't lag.

**6. Don't drink your calories.**

High calorie drinks like specialty coffees and soft drinks, on average, tack on an extra 400 to 500 calories a day. Choose water first, or my personal favorite, unsweetened tea (any flavor). Other clean drinks: low-fat or skim milk and 100 percent fruit juice diluted with sparkling water.

**7. Get moving.**

Regular physical activity is a must for many reasons. Not only does it decrease fat, strengthen and build muscle, and help you burn more energy at rest, it keeps your heart, lungs, and bones healthy and strong.

Good stuff! Remember your body builds on whatever you put in it; it's your fuel and the building blocks of your body. If you eat junk your body will build junk. And you will think junk. Yes; what you eat DOES affect the way you think. I don't have enough space here to show you the physiological process but I took a nutrition class and the doctor giving it showed us exactly how when food is broken down and digested the path it takes to your brain. Not sure what you should be eating? Well, then; give me a call and let's have a discovery and strategy session. It will take less than an hour. Call me: (480)423-0578. I only have a few complimentary spots (a \$197 value). Have a good Fall and a fun and SAFE Halloween.

Until next time,

Stay healthy, stay well,



*"Those who think they have no time for healthy eating will sooner or later have to find time for illness."*

# *I Love Referrals!!!*

*Ask me about earning FREE GIFTS for referrals.*