

At Ease Body Care

Presenting Preventive Health Care Strategies



YOUR PERSONAL WELLNESS COACHING GUIDE NEWSLETTER #2

To begin your Wellness Program identify where you need to make adjustments and improvements in your life. Take the steps you need to correct and improve following the easy steps of correctly Hydrating, engage in a simple Walking Program, make sure you have Cleansed and are covering the basics of Nourishing your Body, then identify any specific complaints and move to address these complaints in a manner that is comfortable for you. Remember to always observe the Five Steps to Wellness on a daily basis and include these basics as well as your specifics.

Let's Have a Look

1. **HYDRATE** and drink at least 8-10 glasses of filtered water daily and limit your intake of caffeine, sodas and alcohol.
2. **WALK** daily—it has been shown 3 ten minute brisk walks is as beneficial as one 30 minute walk if it is done daily and reduces your risk of heart attacks by more than 50%. Remember these walks need to be outside of your daily routine.
3. **CLEANSE** using fiber rich foods and supplement to bring your total fiber intake as close to 35 grams of fiber per day keeping your digestive track clean and free of toxic build up from the normal biological processes that occur in our bodies.
4. **NOURISH** your body by eating a diet that is rich in as many fresh organically grown fruits and vegetables daily, and limit or eliminate the content of everything processed and or white--sugar, flour, milk etc. and supplement your diet daily with high quality natural vitamins, minerals, antioxidants enzymes and fiber. Using an enzyme supplement will help take the load off our digestive system and assist in preparing our foods for maximizing nutrient absorption. Digestive enzymes aid in proper digestion of carbohydrates, proteins and fats. There is a school of thought that we are no longer producing enough enzymes to correctly break down the foods we eat and everybody benefits from having better enzyme content in there nutritional programs.
5. **TARGET** your conditions that are of importance to you either because of risk factors and you wish to be pro-active in prevention or because of an existing health concern or issue you wish to intervene with.

Targeting refers to a number of things that contribute to prolonged and vibrant lives. Included in targeting are your immune system, your skeletal system, and your lean body mass. Let's look at these in the order listed not to be confused with order of importance. Every aspect of this portion plays an equally important role in sustaining optimal health, wellness and youth. The rest of this information contained in the following pages is devoted to helping you target confidently.

1. **Immune System:** Your immune system is what protects you from simple things such as colds and flues as well as more devastating conditions such as cancers, and autoimmune diseases. It requires a number of things in order to

function optimally. The basics to having a high functioning immune system are diet, exercise, rest, stress control and nutrition targeted at limiting free radical damage. We think of viruses and infections as immune attacks, however everyday exposure to the chemicals and toxins in our environment as well within our bodies serve to overload and overtax our immune systems. We need to constantly be feeding ourselves the basic nutrients required for optimal function of our body as well as immune enhancing nutrients and anti-oxidants. Regular detox programs will relieve the burdens of toxins on our immune systems and allow this system to function optimally. Eating a diet rich in phytonutrients from fresh organic grown fruits and vegetables and drinking filtered water are essential to protecting this system. Proper rest allowing the body to regenerate is essential and controlling our stress to minimize the emotional stress on this delicate system is advisable. Exercise which increases our T-Cell production and allows the body to release these scavenger killer cells is essential but results in the necessity of more anti-oxidants to relieve the free radical damage caused by the overall pump the body gets from the physical activity.

2. **Skeletal System:** This is the framework for your body. We strong dense bone density as well as the connective tissue that holds everything together. Women have long known the importance of strong bones, however today one in four men face osteoporosis and this statistic is rising. We need to be aware of building our skeletal system to maximize bone density even in our children. Bone density starts to drop off naturally in our mid thirties and continues to decrease the rest of our lives. We can halt or at least slow this process by feeding ourselves highly absorbable natural calcium, exercising frequently doing weight bearing and strengthening exercises.

3. **Lean Body Mass:** We think of our lean body mass as the muscles of our legs, backs and arms. Lean body mass also refers to our heart and all other organs. When we are strengthening our visible body muscle mass we also strengthen and enhance the function of these organs. We require lean body mass to efficiently use our glucose and create energy, maintain optimal weight and a sense of vibrancy and overall well-being. To enhance our lean body mass we require exercise as well as a diet high in protein and low in saturated fats. We need to consume high quality proteins and digest them efficiently; this is where an enzyme supplement is very beneficial. We can also supplement with protein supplement to increase our digestible protein content in our diet and facilitate building lean tissue. Obesity is the fastest growing disease in the world. Many weight loss products promote a "fast and easy" approach to weight loss at the expense of long-term health and sustainable weight management. Weight loss programs need to be natural, sustainable, and nutritionally sound. Programs that promote nutritional supplementation together with diet and exercise allow the body to utilize its natural metabolizing functions to sustain long-term weight balance. The key to weight loss is to do it in a natural, healthy way that does not jeopardize your long-term health.

The Whole Picture of Nutrition

Vitamins: These are the foods for the over 7 trillion cells in the body. When evaluating the amount of Vitamins required for optimal health on a daily basis people often refer to the RDA, which was really established to give guidelines for the minimum required to stay alive. The RDA was set to help to serve as the basis for evaluating the adequacy of diets of groups of people not individuals. Research has shown that individual's requirements may in fact be much higher according to their lifestyles. Factors that enter in are the environment and lifestyle stresses, which will destroy vitamins and bind minerals. Factors that enter into this are things such as smoking, people exposed to toxicity, alcohol consumption, processed foods in diets, stressful working or living environments, injury, illness or a genetic or family history that precludes you to potential illness.

Minerals: Minerals are the source of energy at the cellular level. A little known fact is that if you don't have the right mineral content in your diet and your body vitamins will not work. Plus--no minerals — no energy! The key function of Vitamins and Minerals is to serve as the essential components in the enzymes and co-enzymes required for every chemical reaction in the body. If an enzyme is missing the vitamin or mineral component it cannot function properly. The enzyme's supporting role that makes trace minerals and macro-minerals so essential to health. Macro-minerals are the minerals the body requires in the amount of 100 mg or more per day. Micro-minerals are the minerals the body requires in trace amounts.

It is important to recognize that minerals need to be chelated or ionized for absorption by the body. The body requires that these minerals be escorted to the blood stream, (minerals in their natural state are rocks, we cannot absorb these) therefore they need to be chelated or ionized which allows a higher absorption rate. Even with this the body will only

absorb a percentage of the minerals consumed that is why we see such a high RDA. The key is that you find mineral supplements that have research and processing that allows for the highest absorption rate. Example: Calcium---most calcium on the market is inexpensive because it is made from chalk. It is the same chalk that is used on the blackboards. It is not very absorbable and therefore renders minimal benefits. The most absorbable Calcium is Calcium Citrate Malate.

Consuming too high of dosages of any single mineral can impair the absorption of other minerals, and looking to colloidal minerals is really minerals that are crushed into a really fine state then suspended in a liquid solution. Colloidal minerals then require the Hydrochloric Acid in the stomach to mix with it and convert them to an ionized state before the body could absorb them through the intestinal wall. As we age the body produces less and less Hydrochloric Acid making it more difficult for us to absorb minerals at all. Therefore always seek chelated or ionized minerals for maximum benefits.

Amino Acids: These are the complete proteins that are used to rebuild all of the cells in the body. Seventy five percent of the body (minus the water) is made up of protein. Muscle fiber, cell membranes, enzymes and brain tissue are all protein. There are 22 Amino Acids and 8 are referred to being essential. This means they must be supplied through our food source or supplements. The body does not have the ability to produce these. When the body is deficient in protein the body will use its own protein which is often the muscle tissue.

Dr. Eric Braverman, author and researcher at Princeton Brain Bio Center says "Every second the bone marrow makes 2.5 million red cells. Every four days the lining of the gastrointestinal tract and the blood platelets are replaced. Most of the white cells are replaced in ten days. A person has the equivalent of new skin in twenty-four days and bone collagen in thirty years and all this continuous repair work requires amino acids".

A deficiency in even one small amino acid will have ill effects and may manifest as reduced energy, sleeping disorders, chronic fatigue, digestive problems, hair loss, skin problems, nervousness, anxiety, poor mental health, emotional upset, obesity, malnutrition, and a toxic blood stream.

Essential Fatty Acids: EFA's and Fish Oils form the foundation of your body's ability to produce hormones, blood, brain fluids, and connective tissue. They also contribute to overall health and maintaining a healthy blood pressure. They provide energy and aid in the absorption of fat-soluble vitamins. They prevent dry skin, provide lubrication for joints, improve immune function, prevent cardio-vascular problems, discourage blood clotting and prevent food cravings for fatty foods.

There are two main types of fatty acid groups, Omega 3s found in fish oils (referred as EPA and DHA) and Omega 6s found in plants (GLA). Several plant oils contain both. These are flax seed oil, black current oil, borage oil, and evening primrose oil. Omega 3 fatty acids work to reduce blood clotting and Omega 6 fatty acids work to encourage blood clot formation.

The North American diet is notoriously high in Omega 6 fatty acids and this contributes to the high rate of cardiovascular disease, and is terribly low in Omega 3 fatty acids because of low consumption of cold-water fish. Our diets are high in the consumption of Arachidonic acid, which contributes to pain and inflammation, and blood clotting. Arachidonic acid is an Omega 6 fatty acid. The ideal is to achieve a balance between Omega 3 and Omega 6 fatty acids.

Diets low in Omega 3 fatty acids contribute to such conditions such as blood clots, high LDL cholesterol (bad cholesterol), high triglycerides, brain or nervous dysfunction, MS, arthritis, lupus, migraines, immune dysfunction, and diabetes. General fatty acid deficiency demonstrates itself as dry, scaly skin, dry falling hair, infertility, varicose veins, irritability, 'flightiness', and nervousness. Eating a diet high in animal meats, polyunsaturated margarines and using vegetable oils can contribute to depletion of Omega 3 fatty acids.

Enzymes: Enzymes are the workers of the entire body. Derived from raw foods, enzymes are necessary to break down foods (Digestive Enzymes) and deliver nutrients to and rebuild the body at the cellular level (Metabolic Enzymes).

There are two kinds of enzymes needed by the body; Enzymes and Co-Enzymes.

Enzymes are ideally provided by our raw food source and contribute to our digestion. Cooking or processing our foods destroys these enzymes because they are temperature sensitive. When we have a diet deplete in fresh raw fruits and vegetables we then call upon the body to provide the enzymes required for digestion. This means the enzymes that would usually be used for maintaining youthful tissue gets used up in digestion. As we deplete these enzymes we begin to experience common digestive disorders such as bloating, gas, belching, indigestion, heartburn, fatigue and premature aging. As we age we secrete lower levels of Hydrochloric Acid for digestion (40% of adults may have insufficient secretion levels and by the age of 60 over half have been found to have insufficient secretion levels) showing up as bloating, belching, burning, flatulence, food allergies, indigestion, diarrhea or constipation, and nausea after taking supplements. It could also manifest showing up as, itching around rectum, weak, peeling or cracked fingernails, dilated blood vessels in the cheeks and nose, iron deficiency, undigested food in the stool, chronic candida yeast infections and upper digestive tract gassiness. Supplementing with Digestive Enzymes and Pro-Biotics (friendly bacteria including acidophilus and bifidobacterium) will aid in the food digestion and will help regenerate the body's pool of enzymes.

Co-Enzymes are enzymes that the body requires for all the activity at the cellular level. These enzymes (minerals) sustain the regeneration of the body and life itself.

Hormones: Your hormones serve as your body's foremen. Without hormones or even the proper balance of hormones, the body will not function correctly. There are literally millions of hormones, however the primary family of adrenal and reproductive hormones, are most likely to get you out of balance causing many types of dysfunction. Hormones are especially sensitive to diets, drugs, chemicals and toxins as well as stress. Chemicals and some drugs can actually mimic hormones in our bodies and cause hormonal imbalances resulting in the body acting like it is overburdened with estrogens. There are a number of natural solutions to restoring hormone balances as well dietary solutions. Exercise and high fiber diets are imperative to protecting our hormone balance. It is recommended that you explore this question by reading a book by Dr. John Lee 'What Your Doctor May Not Tell You about Menopause'. Dr. John Lee pioneered the natural progesterone solution and will explain to men and women exactly what is going on and how to combat this problem. Hormonal balance is essential for overall health and hormones are involved with every system in our bodies. Understanding how you can manage your hormonal balance therefore is imperative.

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