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August 2010

ABUNDANT LIFE WELLNESS CENTER

# The Abundant Life Line

## Naturopath's Notes:

Summer is suppose to be winding down but there are certainly no signs of it in Texas. As I write this newsletter, it is 104 degrees outside! I am very appreciative of the vacation to Colorado that my family and I just returned from but part of me longs to be back in the Rocky Mountains. Unfortunately, responsibilities beckoned my returned. The largest pull on my time right now is preparing to move my office next month. After much prayer, it was apparent that it was the right time to move to a location closer to my home. Our new location will be in North Fort Worth. We are getting excited about the move even though change is something that does not come easily to me. As much as I can "roll with the punches" with certain things like vacation plans, raising children, etc., there are certain things that are much more difficult. Dr. Justin Jordan of Genesis Back allowed me to lease office space from him when I began this career, and I am forever grateful for his generosity and wisdom throughout our time together. While I will miss Dr. Jordan and his amazing staff, I am finding the blessing in this move. I do hope that each of you will be able to see the new location soon, and I will provide details in the near future when we will be hosting an open house.

Soon children will be returning to school. I have included an article below that I ran last year about vaccination rights in the USA. We actually do have rights but many people are not aware of them because they have been told "No Shots, No School" which is an outright untruth in all by 2 States. I encourage every parent or grandparent of school-aged children to review the article in order to fully understand your rights.

We pray your Summer has been fruitful and blessed and that you and your family are refreshed for the remainder of the year.

*God Bless and Be Healthy,*

*Jennifer*

## “NO SHOTS, NO SCHOOL?” *NOT TRUE*

With school about to begin in most States, I wanted to provide you with information on vaccination rights. The website [www.vaccineinfo.net](http://www.vaccineinfo.net) is an organization that provides information on vaccines, and the immunization policies and practices that affect the children and adults of Texas. For information on vaccine policies nationally, you can go to the National Vaccine Information Center's website at [www.nvic.org](http://www.nvic.org).

What many parents may not understand is that there is a difference between a vaccine recommendation and a legal requirement for a vaccine for your children. If you go to the NVIC website and click on Vaccine Laws, you will see your State's laws on vaccinations. In the State of Texas, you can exempt your child from receiving any vaccine if you file an affidavit with the State for either religious or philosophical reasons or if a doctor provides you a medical exemption. Even if you began vaccinating your child, and you decide to stop vaccinating because of the lack of evidence that vaccines are safe, you can do so by filing an affidavit with your State. In Texas, you can go to [www.vaccineinfo.net](http://www.vaccineinfo.net) and click on Exemptions to find a link to the website to obtain an exemption.

According to the research by the NVIC, an epidemic of chronic diseases and disabilities are plaguing America. Our children are the most highly vaccinated children in the world and they are among the most chronically ill and disabled. Today, the Centers for Disease Control admits that 1 child in 6 in America is developmentally delayed. During the past quarter century, the number of children with learning disabilities, ADHD, asthma and diabetes has more than tripled. During the past quarter century, the number of doses of vaccines that pediatricians give babies and children under age 6 has more than doubled. More than twice as many children have chronic brain and immune system dysfunction today than did in the 1970's when half as many vaccines were given to children.

It is my hope that you will educate yourself on the concerns of giving children with immature immune systems 48 doses of 14 vaccines before the age of 6 and what impact that has on them in the short and long term. There has been no long-term studies completed on the safety of vaccines. This is too big of a decision to rely on non-scientific data. Knowledge is power.

## Fructose Make More Belly Fat Cells

By Health Freedom Alliance

**“Fructose alters the behavior of human fat cells if it is present as the fat cells mature,” Coade said.**

Nutrition experts blame sugar as a major cause of the rise in obesity in the United States, noting that the rise in overweight children is especially alarming. Some scientists have zeroed in on fructose as a major cause, especially high-fructose corn syrup that is used in soft drinks and processed foods. Manufacturers have staunchly defended their product, saying it is no more a cause of obesity than other foods. New research may prove their critics were right.

A study at the United Kingdom’s University of Bristol found that when a child’s fat cells mature, if fructose is present, more of the cells mature into fat cells in belly fat. In addition, the cells are less able to respond to insulin in both belly fat and in subcutaneous fat located below the skin.

“Our results suggest that high levels of fructose, which may result from eating a diet high in fructose, throughout childhood may lead to an increase in visceral [abdominal] obesity, which is associated with increased cardiometabolic risk,” lead author Georgina Coade said in a statement. Abdominal obesity, which is defined by a large waistline, raises the risk of cardiovascular disease and Type 2 diabetes.

Early studies had shown that fructose had a negative effect on fat distribution in rats, but people hadn’t been studied. Coade studied biopsy specimens from 32 healthy children who had not undergone puberty.

The investigators obtained preadipocytes — the precursors to fat cells that have the potential to differentiate, or mature, into fat-containing adipocytes — from the biopsies. They then allowed the precursor cells to mature for 14 days in a culture media containing one of three substances: normal glucose (the main sugar found in the bloodstream and the principal source of energy in the body), high glucose, or high fructose.

The researchers found that fructose produced different effects than those of glucose and caused the fat cells to differentiate more — that is, to form more mature fat cells — but only in visceral fat. The fructose also decreased the ability of cells to take up glucose from the bloodstream into fat and muscles. Decreased sensitivity to insulin is a characteristic of Type 2 diabetes.

According to data from the National Health and Nutrition Examination Survey, two-thirds of Americans are overweight or obese. Government statistics show that Mississippi has the highest percentage of obese and overweight children — 44.4 percent.

According to HealthyAmericans.org, obesity costs the United States \$75 billion each year in direct costs, but the total costs could reach \$139 billion.

**Coconut water is loaded with electrolytes which makes it a great smoothie ingredient.**

I am a big fan of healthy smoothies (e.g. smoothies without yogurt or other high-sugar ingredients). Here is a great one for Summer.

### Tropical Breakfast Smoothie

*Serves 4 so reduce or increase ingredients as necessary.*

- 1 cup frozen mango
- 1 cup frozen pineapple
- 1 cup frozen peaches
- 1 ½ cups coconut water
- 1 tablespoon lime juice
- 2 tablespoons light agave nectar

Place all ingredients in a blender and blend until creamy and smooth.

## Upgrade Your Air Quality

By Natural Health Magazine, July/August 2010

Turns out indoor air might be just as polluted as it is in the great outdoors – maybe more so. Here is how to make sure you're breathing the good stuff:

**Surround yourself with houseplants.** NASA scientists searching for the solution to “sick building syndrome” found that common houseplants are some of the most effective air cleaners. Five to try:

- 1) Aloe vera soothes kitchen burns and sucks formaldehyde out of the air.
- 2) Corn plants purify benzene and cigarette smoke.
- 3) Spider plants absorb carbon monoxide.
- 4) Peace lilies remove acetone, trichloroethylene, benzene and formaldehyde.
- 5) Dwarf date palms negate harmful effects from xylene (found in paints).

**Green your household cleaners.** Anything that is artificially scented pollutes your environment. The word “fragrance” on a label can mask up to 100 different chemicals, and synthetic scents have been found to trigger migraine headaches and asthma attacks. Make your own cleaners using such household items as hydrogen peroxide, white vinegar or baking soda – or take your pick from among several new lines of sophisticated natural cleaners, including Earth Friendly Products, Seventh Generation, Biokleen, Ecover, Mrs. Meyer's and GreenWorks. “Finding less-toxic cleaners is essential to reducing your allostatic load – the amount of chemicals you have in your body,” says Woodson Merrell, M.D., chairman of the department of integrative medicine of Beth Israel Medical Center in New York City.

**Go low VOC.** VOCs are volatile organic compounds, low-level toxins emitted by paint, solvents, aerosol sprays, cleaners, air fresheners, petroleum products, adhesives and other items used around the house. They destroy air quality and can cause negative health effects that range from respiratory irritation and headaches to kidney and liver damage, according to the EPA. Any synthetic material you have in your house may be off-gassing VOCs. In general, if it smells like chemicals, it's off-gassing. To find healthy alternatives, you have to look for them – unless a product specifies that it's low VOC, it's probably not. Whenever you're shopping for furnishings, look for the GreenGuard Environmental Institute mark, which means that a manufacturer's claims of low VOC emissions have been certified by an independent third party and can be trusted. (Learn more about the program and find GreenGuard-approved products – at [greenguard.org](http://greenguard.org).)

### We're Moving!

**PLEASE NOTE THAT  
ABUNDANT LIFE WELLNESS CENTER  
WILL BE MOVING IN  
SEPTEMBER  
TO THEIR NEW LOCATION AT:**

**3345 WESTERN CENTER,  
SUITE 140,  
FORT WORTH, TX 76137**

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