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April 2010

The Abundant Life Line

ABUNDANT LIFE WELLNESS CENTER

Naturopath's Notes:

Spring is upon us which means most of you get to enjoy the fresh air and sunshine through hiking, walking, biking or gardening. However, for many who suffer from allergies and asthma, this time of year can be miserable. In order to reduce your susceptibility, ensure you are eating a diet high in raw foods, especially fruits and vegetables, so you obtain the enzymes, vitamins, & minerals that are contained in them. Increase your immune-boosting supplements like vitamin C and D. I also provide information below on 2 homeopathic remedies that will help with allergy symptoms and provide relief. Pairing these with BioSET's Nose & Throat will assist in the healing of the respiratory system. Getting BioSET clearings for the pollens or other environmental issues in the air is a great way to reduce or eliminate allergy or asthma attacks altogether. One of the foundation principles of BioSET is enzyme therapy through food intake or supplementation if needed. I have included information below about what enzymes are and why they are essential for life itself. I have also included a brief article that was recently published about the radiation exposure in mammograms.

*God Bless and Be Healthy,
Jennifer*



***ALWC carries BioSET enzymes,
a complete professional line of
digestive and metabolic
enzyme supplements.
Call for more information.***

Specials for the Month of April

ALWC is advertising in Fort Worth Child magazine. Please pick up a copy or visit them online @ fortworthchild.com and share with your family and friends so they can learn more about the life-saving technology of Thermography.

Energetix Aller-Chord II
Regularly \$23 – Special - \$20
and
Apex Lung
Regularly \$16.50 – Special \$14

**Help for
 allergy
 season!**

Allergies can be very frustrating for those sensitive to airborne allergens such as dust, animal dander, feathers or pollen. Homeopathic medicines help the body to recognize irritants that it contacts by offering assistance to deal with these foreign invaders. *Aller-Chord II* is designed to support the body's allergy response mechanisms and bring relief to those who suffer from environmental sensitivities. A unique combination of ingredients work together to quickly soothe and desensitize the body, calm the immune system and bring relief from symptoms such as itchy, watery eyes, sniffing and sneezing. Apex Lung is a homeopathic remedy that complements Aller-Chord II and is useful for alleviating congestion and assisting with lymph and lung drainage.

What Are Enzymes and Why are They so Important to Life?

Enzymes are complex proteins in the body that accelerate chemical changes in other substances in order to provide the labor force and energy necessary to keep us alive. They are energy catalysts that are essential to the successful occurrence of over 150,000 biochemical reactions in our bodies, particularly those involving food digestion and the delivery of nutrients to the body. Enzymes help convert food into chemical substances that can pass into cell membranes to perform all of our everyday life-sustaining functions. By supporting normal function, enzymes keep our immune systems strong enough to fight off disease. Enzymes help to nourish and clean the body, making possible the human body's miraculous capacity for self-healing. Enzymes also make available the energy needed for a normal body to burn hundreds of grams of carbohydrate and fat every day. Without enzymes, life could not be sustained.

Enzymes perform so many important functions in the body that they have been called the basis of all systemic activity. Some of the responsibilities of enzymes are:

- transforming foods into muscles, nerves, bones, and glands
- helping to store excess foods in muscles or liver for future use
- helping to pass carbon dioxide from the lungs
- metabolizing iron for utilization by the blood
- aiding in blood coagulation
- decomposing hydrogen peroxide and liberating healthful oxygen
- attacking toxic substances in the body so they can be eliminated, which is essential for patients with chronic health problems
- helping convert dietary phosphorus to bone
- extracting minerals from food for use
- converting protein, carbohydrates, fats, vitamins & nutrients for the body's use

In other words, enzymes deliver nutrients, break down and carry away toxic waste, digest food, purify the blood, deliver hormones, balance cholesterol and triglyceride levels, feed the brain, build protein into muscle, and feed and fortify the endocrine system. Enzymes also contribute to immune system activity; white blood cells are especially enzyme-rich, enabling them to digest foreign invading substances.

While one of the advantages of enzymes is that they can cause a chemical reaction without being destroyed or changed in the process, the number of enzymes we can produce in a lifetime is limited. Every person is born with an enzyme potential (the number of enzymes he or she can produce in a lifetime), which is determined by their DNA code. In addition, each enzyme can only perform a certain amount of work before it becomes exhausted and must be replaced by another.

Things that diminish a person's available enzyme supply include:

- digesting processed food (assimilating these foods is hard on the body)
- drinking caffeinated and alcoholic beverages
- colds and fevers
- pregnancy
- stress
- strenuous exercise
- injuries
- extreme weather conditions.

If we do not eat an enzyme-rich diet, we deplete our enzyme potential without replenishing it. This is why supplementation and a good diet are essential. When all enzyme activity stops, the body stops functioning and the person dies. However, humans have the capacity to store external food enzymes to ensure the body's ability to metabolize the needed nutrients. This explains the popularity and abundance of new enzyme health products and the recommendations from experts that people supplement their diet with raw foods and enzyme supplements.

Enzymes have also been utilized by many industries in various products and processes, including laundry detergents, skin care, meat tenderizers, agricultural processes, and waste conversion. Enzymes can save people's lives by restoring energy and homeostasis, reversing the aging process, turning a dysfunctional digestive system into a healthy one, and strengthening the immune system.

Take Action to Preserve Your Health Freedom

Congress will ban your free access to dietary supplements unless you act now. Please click on the link below to read about the bill that has been introduced to the Senate that would drive up the cost of dietary supplements and restrict your access to them. This bill seeks to give the FDA arbitrary control over what supplements you are allowed to have. Within the article, you will see a "Take Action" link. Click on that link to send emails to your local representatives. It is quick and easy but will have an impact. Please forward this link to all your friends and family.

<http://www.lef.org/featured-articles/Dietary-Supplement-Safety-Act-of-2010.htm>

Mammograms: Are They a Detection Tool or Do They Cause Cancer?

Source: *Natural News*

A new study was recently presented at the annual meeting of the Radiological Society of North America (RSNA) which concludes that low-dose radiation from annual mammography screening significantly increases the risk of breast cancer in women with a genetic or familial predisposition to the disease. This is particularly worrisome, because women who are at high risk for breast cancer are regularly pushed to start mammograms at a younger age. That means they are exposed to more radiation from mammography earlier and for more years than women who don't have breast cancer in their family history.

The result is that high-risk women in the study who were exposed to low-dose mammography-type radiation had an increased risk of breast cancer 1.5 times greater than high-risk women who had not been exposed to low-dose radiation. What's more, women at high risk for breast cancer who had been exposed to low-dose radiation before the age of 20, or who had five or more exposures to low-dose radiation, were 2.5 times more likely to develop breast cancer than high-risk women not exposed to low-dose radiation.

It may not be only women with a familiar risk of breast cancer that are at greater risk from radiation. Last year a report published in the American Medical Association's *Archives of Internal Medicine* found breast cancer rates increased significantly in four Norwegian counties after women began getting mammograms every two years. In fact, the start of screening mammography programs throughout Europe has been linked to an increased incidence of breast cancer.

Don't Store Vitamins in the Bathroom:

A U.S. food scientist warns humidity from storing vitamins in the bathroom or possibly in the kitchen may eliminate the benefits of some vitamins. Lisa Mauer of Purdue University in West Lafayette, Ind., says subjecting some vitamins to humidity can chemically change their composition - even if the lids are on tight. "Opening and closing a package will change the atmosphere in it," Mauer says in statement. "If you open and close a package in a bathroom, you add a little bit of humidity and moisture each time." Mauer said crystalline substances -- including vitamin C, some forms of vitamin B and other dietary supplements -- may undergo deliquescence, a process in which humidity causes the water-soluble solid to dissolve similar to how sugar cakes in the summer. Once humidity or temperature is brought back down, the product will solidify, Mauer says, but the damage has been done. Depending on how long a person takes for a shower, the humidity of the bathroom can go as high as 98 percent, Mauer says. Mauer's findings were published in the early online version of the *Journal of Agricultural and Food Chemistry*.

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