

August 2009



The Abundant Life Line

Naturopath's Notes

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| <i>Naturopath's Notes</i> | 1 | A lot can change in a month. Since last month's newsletter, we have moved to a new office space about one mile from our old location. The chiropractor I lease office space from moved to a new building, and I moved with him. Our new address and phone number are listed below. We do hope you will stop by and see us at the new location soon. | August 8-9 at the Will Rogers Memorial Center. There will be over 60 exhibit booths and presentations throughout the two days so we hope to see you there. | You will see in our Service Spotlight this month that we are highlighting the Colon Health Center in Fort Worth and their colonic treatments. This important health service can help you achieve a greater level of health. |
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| <i>Monthly Special</i> | 3 | | Since Summer break is almost over and schools will open in a few weeks, I am providing information in this issue on vaccine exemptions since many people are unaware that these exist due to misinformation provided to parents. | |
| <i>Bath Detox</i> | 3 | | | Enjoy the rest of your Summer! |
| <i>Service Spotlight on Colon Health</i> | 4 | | | <i>God Bless and Be Healthy, Jennifer</i> |
| <i>Vaccine Rights</i> | 4 | As I let you know last month, we will have a booth at the Fort Worth Wellness Expo, | | |

Join Abundant Life Wellness Center at the Wellness Expo in Fort Worth, Texas

August 8-9, 11am-6pm. Will Rogers Memorial Center

- Discover the latest breakthroughs in holistic health
- Learn about the newest nutritional products
- Enjoy massage and reflexology
- Over 60 Exhibit booths
- Free product samples and shopping

Children under 12 and adults over 65 admitted free. Admission is \$7/day.
ALWC has \$1 off coupons available. Just ask us.

Which Sunscreen is Safest?

Surprisingly, 3 out of 5 brand-name sunscreens either don't protect skin from sun damage or contain hazardous chemicals — or both. Environmental Working Group (EWG) conducted an investigation of 1,612 sunscreens and rates the season's best — and worst. EWG is comprised of a team of scientists, engineers, policy experts, lawyers and computer programmers who analyze government data,

legal documents, scientific studies and their own laboratory tests to expose threats to your health and the environment, and to find solutions.

We have listed EWG's top 10 sunscreens, moisturizers with SPF, and lip balms with SPF. You can also go to their website and see the entire list or search for particular brands to see how they rank for effectiveness and safety. The website is www.ewg.org/whichsunscreen-sarebest/2009report

One thing to keep in mind is that we all need fifteen minutes of direct exposure to sunlight each day or every other day in order to keep our Vitamin D levels at optimal levels. Windows, clothing and sunscreen all limit or completely eliminate Vitamin D from being created in your body by the sun. However, if you plan to be in the sun more than fifteen minutes, you should wear sunscreen.

Environmental Working Group conducted an investigation of 1,612 sunscreens and rates the season's best and worst.

Best Sunscreens

1. Badger Sunscreen, SPF 30
2. Trukid Sunny Days Facestick Mineral Sunscreen UVA/UVB Broad Spectrum, SPF 30+
3. Purple Prairie Botanicals Sun Stuff, SPF 30
4. Lavera Sunscreen Neutral, SPF 40
5. Soleo/Atlantis Resort Soleo/Atlantis Organics Sunscreen Organic chemical free sunscreen, SPF 30+
6. UV Natural Sunscreen, SPF 30+
7. Mexitan Sunscreen
8. California Baby Sunblock Stick No Fragrance, SPF 30+
9. MyChelle Sun Shield SPF28
10. Little Forest Sunscreen Lotion For Babies and Kids, SPF 30+

Best Moisturizers With SPF

1. Keys Soap Solar Rx Cosmetic Moisturizing Sunblock, SPF 30
2. Marie Veronique Organics Creme de Jour Tinted, SPF 30,
3. Devita International Daily Solar Protective Moisturizer 30
4. Sweetsation Therapy Organic Sun*Brella Triple Action Moisturizer with SPF 30+
5. SanRe Organic Skinfood Supple Sunshine - Organic Rosemary and Lavender Day SPF 30
6. Lotus Moon Sage Sun Protective Creme, SPF 25
7. Institut Dermed Sun Protective Cream Oil Free, Untinted, SPF 28
8. Sun Science Organic Daily Wear, SPF 30
9. DermatologistRx Skin Security Sun Block
10. Karen's Botanicals Lovely Lavender Cream, SPF 15

Best Lip Balms With SPF

1. Purple Prairie Botanicals sunstick lip balm, SPF 30
2. UV Natural Lip screen, SPF 30+
3. Fallene Cotz LipCotz, Ultra High Sun Protection, SPF 45
4. Jane Iredale LipDrink, SPF 15
5. Badger Lip Balm, SPF 15
6. Shady Day Shady Kiss Lip Balm, SPF 30
7. Caribbean Blue - natural basics Lip Shield, SPF 15
8. Lavanila Laboratories The Healthy Lip Butter, SPF 15, Pure Vanilla, SPF 15
9. Bare Escentuals Lip Guard, SPF 15
10. Jack Black Intense Therapy Lip Balm Lemon & Chamomile, SPF 25

Top 10 sunscreens, moisturizers with SPF, and lip balms with SPF.

Product on Sale for the Month of July

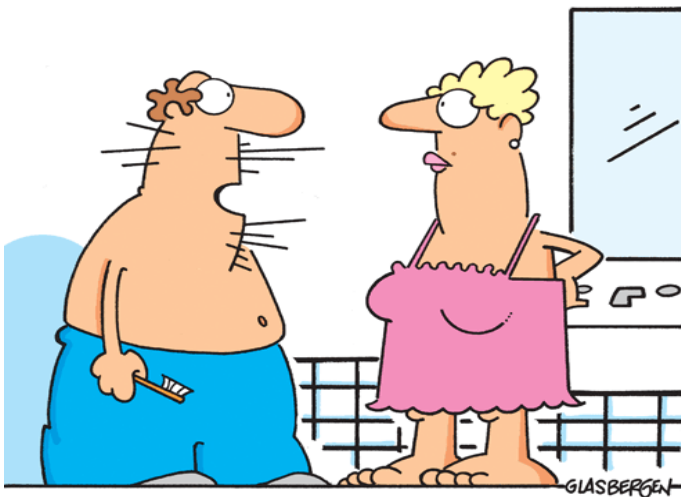
10% off BioSET's Kidney/Urinary Tract

Regularly \$32.00 Special \$28.80

BioSET's Kidney/Urinary Tract provides you with an enzyme, herb and nutrient blend formulated to promote normal functioning and protect the delicate tissues of the kidney and urinary tract. If you struggle with kidney infections or urinary tract infections, this supplement can provide help to you. Also, drinking at least 6-8 glasses of filtered water each day should help prevent kidney and urinary problems by moving toxics out of your body. Kidney/Urinary Tract contains:

- Wild hydrangea root and corn silk appear to act as diuretics and help prevent stasis in the urinary tract
- Vitamin A, which is important to immune function and vital to the integrity of the mucosal and epithelial surfaces lining the urinary tract
- Uva ursi and goldenrod both demonstrate anti-inflammatory properties

Directions—One capsule three times per day on an empty stomach. For best results, take at least two hours after or one hour prior to a meal.



**"I'm not sure if I believe in acupuncture,
but when I grow out my whiskers,
my back feels better!"**

**ALWC BioSET Referral
Program – If you refer a
new client to us for BioSET,
you will receive a free
follow-up BioSET session
after the new client has
their initial appointment
with us.**

Bath Detox

You can use the following Detox Bath recipe at the first sign of a cold, respiratory infection, or to reduce muscle pain.

Fill a bath tub with hot water and add the following ingredients:

- 2 cups Epsom Salt (*magnesium sulphate*)
- 1 cup Baking Soda
- 1/3 cup Hydrogen Peroxide

Soak for 20 – 30 minutes. You will sweat in the tub and lose toxins. It is important to drink plenty of water while you soak. You can make fresh lemon juice and mix with water and drink, or plain water, but it is essential to drink while you take the bath. If you have a tendency to get light headed easily, be cautious when getting out of the tub, or have someone nearby the first time you take a detox bath. Take a lukewarm to cool shower after getting out of the tub to rinse off the salts or you may itch. Rest 30 minutes after the bath.

Service Spotlight on Colon Health Center

This month, I am spotlighting the Colon Health Center in Fort Worth instead of one of my services. The importance of having a healthy colon can not be emphasized enough. Colonics is a safe, gently method of cleansing the large intestine to remove fecal impactions, strengthen the colon and assist in removing toxic waste. When the colon is functioning properly, the main organs of detoxification: the liver, skin, lymphatics, and kidneys, are greatly improved. The Colon Health Center does not treat medical conditions. Their service is for general cleansing purposing only.

Colon Health Center's address is 1115 Pennsylvania Ave. #D, Fort Worth, 76104 and their phone # is 817-336-3844. If you call and mention that you were referred by Abundant Life Wellness Center, you will receive a discount on their Package of 3 Colonic Sessions for only \$210. One session is \$80.00.

A New School Year is About to Begin – Do you know your Vaccine Rights?

With school about to begin in most States, I wanted to provide you with information on vaccination rights. The website 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.

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 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.

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