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February 2010

To him who alone does  
great wonders, **His love**  
endures forever. Psalm  
136:3-5

# The Abundant Life Line

ABUNDANT LIFE WELLNESS CENTER

## Naturopath's Notes:

I hope this newsletter finds each of you well underway with a healthier 2010. I hope in this month's issue to provide additional ways to incorporate a healthier lifestyle in your daily routines. I have been incorporating many more raw foods in my diet. I have provided easy smoothie recipes and other ideas to get you started eating more raw foods.

I also provide information on breast thermography and the importance of this life-saving technology that is both affordable and painless. Finally, don't miss the sale we have on all in-stock Designs for Health products. This is a professional line of supplements which means the ingredients will always be pure, effective and the amount on the label is what you get – no fillers or by-products.

*God Bless and Be Healthy,  
Jennifer*

**FEBRUARY SPECIAL:** ALL IN-STOCK DESIGNS FOR HEALTH  
SUPPLEMENTS 15% OFF. THESE INCLUDE:

Paleo Meal Drink Mix in Chocolate, Strawberry, & Vanilla  
Omega Hi-Po EE Fish Oil Soft Gels, Immuno Berry Liquid, Olive Leaf Extract Caps,  
Twice Daily Essential Packets (multi-vitamin, mineral, fishoil, calcium & magnesium)

### Breast Thermography—What is it and Why Should I Get One?

Breast cancer is a critical health concern to all women regardless of age. Women have a 1 in 8 chance in their lifetime of developing breast cancer. Fortunately, nearly all breast cancers can be treated successfully if found early. The five-year survival rates for women whose breast cancer is detected in its early stages approaches 100%. Detecting breast cancer early gives you a life saving head start on the road to a cure. Breast thermography (a/k/a infrared mammography) offers you the earliest possible detection of cancer no matter your age or circumstance; in many cases detecting cancer up to 8 years before x-ray mammography.

For cancer cells to grow faster than the surrounding tissue they need additional blood flow. To get the additional blood flow, these cells tell the body to build new blood vessels and to supply the greatest possible volume of blood from the existing blood vessel.

### What is Breast Thermography cont.

Breast thermography detects this increased blood flow needed by cancer cells early in their development by measuring the additional heat radiating from the skin. X-ray mammography uses radiation to look for a tumor. The tumor is now years into its growth cycle. Finding breast cancer before it reaches this stage of development is what breast thermography offers. X-Ray mammography also compresses the breast and allows only the breast area that can fit in between the plates. That leaves a lot of area on and around the breast that is not imaged. Breast Thermography, on the other hand images the entire breast area, as well as in between and around the breast where x-ray mammography can not reach.

Breast thermography is ideal for all women including young women (20-40 years), women with small breasts or implants, women who are pregnant or nursing, women with fibrocystic breasts, women who have undergone lumpectomies or mastectomies and women currently fighting breast cancer (to see if their chosen treatment is working).

You can find out more about thermography on our website. Thermography can also image the thyroid and the head (for potential stroke formations, migraines, etc.). Call today to schedule an appointment for this life-saving procedure for you or your loved ones.

### The Benefits of Increasing Raw Foods in Your Diet

I have become resolved to put more raw foods into my daily diet. I know the amazing benefits of having raw foods be part of my lifestyle. Fruits, vegetables and plant foods are packed with nutrients, including vitamins, minerals and other health-promoting phytochemicals. Heating, however, destroys a great deal of them. Vitamins are destroyed, proteins are structurally split, and minerals are converted from their organic and absorbable state to a state whereby they are not easily assimilated by the body. Water-soluble vitamins, such as vitamins B and C, also get leached out of foods during the cooking process.

Raw foods contain high levels of enzymes, which assist in digestive processes as well as contribute to good health in other ways. By eating raw foods, we reduce the need for the body to produce its own digestive enzymes. This frees up energy which the body can then use to carry out other important work, such as healing, cell repair and rejuvenation, and fighting off foreign invaders. More enzymes would also be available for various uses by the body, including healing and the regulation of metabolic processes in the body. On the other hand, since enzymes are killed by heat, cooked food is virtually devoid of them. The consumption of a largely cooked diet thus hampers digestive processes in the body, causing the production of excessive amounts of toxic by-products.

Excess energy usage, poor digestion and excessive toxin production – these are the reasons why we often feel tired, sluggish, and lethargic after a heavy meal of cooked food, while we would feel light and energetic after having a salad or a glass of fresh vegetable juice. Further, the pancreas is overworked to produce the additional enzymes the body needs, enzymes which could have been obtained from raw foods. This contributes to long-term degenerative conditions.



Raw food helps  
your body  
produce its own  
digestive  
enzymes.

Cooked food, in general, has addictive qualities and contributes to weight gain and obesity. On the other hand, a diet of raw foods helps in weight loss and the maintenance of healthy weight. It's hard to imagine becoming overweight on raw foods. Further, you will be more energetic, partly owing to better nutrition, and partly because your body is being detoxified by the raw foods you eat. You are going to feel more alert and be able to think more clearly.

Additionally, you will be stronger and healthier. If you go fully raw, be prepared to say goodbye to the common cold and various illnesses! Overall, your body will feel cleaner and lighter even if you just eat partially raw each day. Eating raw also translates into slower aging as well as better outward appearance – healthier and shinier skin!

I have started drinking a green smoothie or a glass of juice from my juicer or a whey protein drink with fruit and a nut butter (e.g. almond or cashew butter) in the morning, having a salad with protein for lunch several days a week and a cooked meal in the evening with raw vegetables on the side. Green smoothies are very easy to make in your blender. Because you add fruit to them, the green part of the smoothie can not be tasted so it is ideal for children. Some of them are not even green in color because of the fruit added. I have included below some easy smoothie recipes, however, the Internet is a great place to find others. Adjust the ingredients until you find several that you enjoy and look forward to drinking. There are also several books on the market with recipes for raw meals.

### Raw Food Recipes:

\*Blend all ingredients below in a blender or Vita-Mixer:

- #1. 1 Banana, 1 Papaya, 2 leaves Swiss Chard, 2 cups water
- #2. 3 leaves of Romaine Lettuce, ½ an Avocado, ½ Fuji Apple, 1 Banana, 2 cups water
- #3. 5 leaves Purple Kale, ½ Orange, ½ Fuji Apple, small piece of Ginger, ½ an Avocado, Orange slices to decorate
- #4. 1 cup frozen Strawberries, 1 Banana, 1 Mango, 2 cups water, 2 leaves Rainbow Chard
- #5. 1 large handful of Spinach, 1 Banana, 1 cup frozen Strawberries, 1 Orange, small piece of Ginger, 2 cups water
- #6. 1 young Coconut, ½ of a small Pineapple, ½ Pear, 5 Leaves of Romaine Lettuce
- #7. 1 cup frozen Raspberries, 5 leaves Red Leaf Lettuce, 1 Red Apple, 1 Green Apple, ½ of a small Pineapple, 2 cups water
- #8. 1 large handful of Spinach, ¼ of Orange Bell Pepper, ½ an Avocado, 3 cloves Garlic, 2 Tomatoes, 2 cups of water (Savory Smoothie)
- #9. ½ an Avocado, 2 Tomatoes, pinch of Cayenne Pepper, pinch of Salt, ½ of a Red Onion, 1 bunch Parsley, 1 Orange Bell Pepper, 2 cups water (Savory Smoothie)
- #10. 2 Bananas, 3 pieces of Celery, 1 head of Red Leaf Lettuce, 2 cups water
- #11. 2 leaves Purple Kale, 2 leaves Collard Greens, 2 Bananas, ½ an Asian Pear, 2 cups water, 1 cup frozen Raspberries
- #12. 1 cup frozen Blueberries, ¼ pound Spinach, 1 Orange, 1 cup water
- #13. 4 Tomatoes, 1 Red Bell Pepper, 1 bunch Basil, ½ an Avocado
- #14. 1 young Coconut, carrot tops from young carrots, ½ an Avocado 1 banana, 2 cups water.

Delicious and  
Easy  
Smoothie  
and Shake  
Recipes!

**Book Review – Knockout, Interviews with Doctors Who are Curing Cancer**  
**by Suzanne Somers**

The one thing I love about my career, is the fact that I always have to keep my nose in a book or myself in a classroom for continuing education. I recently finished a book that I happened upon accidentally called *Knockout* by Suzanne Somers. Honestly the last time I saw Suzanne Somers was on *Three's Company* and on an infomercial for her Thigh Master. I wasn't expecting too much out of the book. The book is a compilation of interviews between Suzanne and numerous doctors who are curing cancer outside of the medical establishment's normal protocol of surgery, chemotherapy, and radiation. What caught my attention were the names of the doctors she interviewed: Stanislaw Burzynski, Nicholas Gonzalaz, Russell Blaylock, Jonathan Wright, just to name a few and the forward was by Julian Whitaker. All of these doctors I have either heard speak or read their books while in school earning my doctorate. These doctors have been in the trenches fighting against the medical establishment because they have found safe and effective ways to cure cancer. All of us has been in some way touched by cancer either personally or through a friend or relative. This book provides knowledge for us to have from a preventative standpoint as well as providing options if you or a loved one has/gets cancer.

As a side note, there is an organization that provides the names of alternative doctors as well as patients who have been healed by these doctors called The Cancer Control Society. They have an annual conference each September or you can purchase the DVDs of the conference. Their website is [www.cancercontrolsociety.com](http://www.cancercontrolsociety.com).

Cancer is a disease that does not discriminate. It is important, however, that we understand that we have options other than just surgery, chemotherapy and radiation which have definitely not won the War on Cancer that was declared by President Nixon almost 40 years ago. Lifestyle changes are the best way to prevent cancer in the first place.

I encourage you to pick up a copy of *Knockout* and start educating yourself on your options and ways to prevent this deadly disease.

**Join Us:**

**Jennifer will be speaking on**  
**Ways to Improve Breast Health**  
**at the Fort Worth Wellness Expo on**  
**February 27th at 2:00 pm at the**  
**Will Rogers Coliseum.**

**(We have coupons to the EXPO, just ask us for them.)**

**Prescriptions**



**“I’ve been taking this medication for 50 years  
and I’m going to sue! The side effects  
made me wrinkled, fat and bald!”**

**Gift Certificates  
Available – Give the  
gift of Health to  
someone you love.**

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