

July 2009



# The Abundant Life Line

## Naturopath's Notes

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Happy Summer! I hope this newsletter finds you in good health. In Grapevine, Texas, we are trying to get through the dreaded month of July without melting. Regardless if you are in a hot or cool climate this Summer, you will want to consume plenty of water. Our bodies get easily dehydrated when we consume caffeinated beverages, alcohol, fruit juices or other sugary drinks. We need the simple goodness of clean, filtered water in order for our bodies to naturally detoxify. You will be surprised at the weight you will lose, the energy you will gain and how much healthier your skin will look simply by replacing other beverages with water each day.

Next month I will be attending the Wellness Expo in Fort Worth, Texas on August 8-9.

This event is usually held in Addison, Texas, but this year the event planners decided to host an event in Tarrant County. I will have a booth for my wellness center with demos of BioSET, products for sale, samples, and a lot of information so I hope you will stop by. At the Expo, there will be presentations on various health topics, demos, health exams, free samples, shopping and over 60 exhibit booths. There is more information below.

Don't forget I offer a free 10-minute telephone consultation to see if we can help you. Feel free to call and set up your consultation.

*God Bless and Be Healthy,  
Jennifer*



A peaceful heart leads to a **healthy** body.  
Proverbs 14:30a

**Live BioSET Monthly Consumer Teleconference**  
 With the founder of BioSET, Dr. Ellen Cutler,  
**Wednesday, July 8<sup>th</sup> at 7:00 pm (CST)**  
**"Cardiovascular Health"**

## Live BioSET Teleconference

Join Dr. Ellen Cutler on her monthly teleconference for an informative discussion on "Cardiovascular Health." The central discussion will address the major categories of lifestyle changes that may promote improved function and quality of life. Topics will include dietary changes, exer-

cise, enzyme and other nutritional supplementation, and the importance of practices and other exercises that help reduce stress and enhance wellness. This is a great opportunity to ask questions live with Dr. Cutler. To join the live teleconference, please dial **269-320-8100**; when

prompted, enter the access code **413931#**. This call will be recorded and available for playback until the next months live conference call. The conference playback number is **641-715-3417**, with the same access code **413931#**.

## Is Grilling Meat Unhealthy?

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**Marinating or basting with oil, honey or citrus juice can help prevent charring.**

Exposing the fat, amino acids, sugars and muscle fibers in meat, poultry, and fish to high heat generates carcinogens. A landmark study by researchers at the National Cancer Institute a decade ago found that for every 2.5 ounces of grilled, well-done meat you consume each week, your risk of colon cancer goes up 26 percent. Here is how to minimize your risk:

**Grill Vegetables.** Vegetables do not contain the carcinogen-forming compounds found in animal-based foods. Instead, most fresh vegetables are packed with antioxidants that help reduce your body's risk of cancer.

**Cook at Lower Temperatures.** Even vegetables, when exposed to high heat, can produce powerful oxidants known as advanced glycation and products, or AGEs. In 2007, researchers at Mount Sinai Medical School in New York City found that AGEs cause internal inflammation and cellular stress, which can lead to type-2 diabetes and Alzheimer's disease. To avoid producing AGEs, cook over a low-to-medium flame and avoid over-charring.

**Marinate.** Marinating or basting with oil, honey or citrus juice can help prevent charring. If you marinate or baste with oil, take care to

keep it off the fire – flare-ups and smoking oil generate carcinogens and AGEs.

## What Exercises Reduce Belly Fat?



*Swimming is an excellent way to burn calories.*

**Jumping Rope.** When you jump up and down, you challenge your core muscles, which work to keep you upright. And because this activity combines cardio and strength training, you will one up while burning fat.

**Swimming.** An excellent way to burn a lot of calories and be easy on the joints, swimming works abs, legs and arms.

**Strength Training.** Lifting weights builds muscle, which can boost your metabolism. And if you exercise on an unstable surface (e.g. Bosu ball, or stand on one leg), you'll also engage your core.

### *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.**

*Product on Sale for the Month of July*  
*10% Off BioSET Heart/Vascular Maintenance*  
*Regularly \$28 Special \$25.20*

**BioSET Heart/Vascular Maintenance** supplement is an effective blend of enzymes, herbs and nutrients to strengthen the heart muscle and coronary arteries, as well as maintain healthy levels of cholesterol and triglycerides in the blood by combining powerful blends of enzymes, herbs and natural-source vitamins. Indications for taking this supplement include weakened heart muscle and coronary arteries, excessive lipid placquing on arterial walls, high blood level of cholesterol and/or triglycerides.

This product contains:

- Heart-strengthening properties of hawthorn and red sage
- Powerful antioxidant effects of vitamin E and coenzyme Q10
- Lipid-lowering activity from Chinese wolfberry
- Nattokinase, an enzyme that breaks down the fibrin
- Garlic, globe artichoke and guggulipids, which help lower blood levels of cholesterol and triglycerides
- Ginkgo biloba and vitamin E, two powerful antioxidants that also help minimize platelet clumping that can cause placquing in the blood vessels

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



**"I found 1837 web sites about 'alternative medicine' but none of them recommend pizza or chocolate for lowering our cholesterol."**

**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.**

## *Service Spotlight on Oxidative Stress Testing*

Oxidative stress is a metabolic state in which excessive levels of unstable oxygen compounds are present in the body, organ system, or tissue. These unstable oxygen compounds are referred to as free radicals. Free radicals are normally held in check by the body's antioxidant systems. Oxidative stress occurs when these defenses are overwhelmed due to either increased free radicals or a deficiency of antioxidants. Free radicals that go unchecked by antioxidants are very dangerous and can reprogram DNA, degrade collagen and cause premature aging, cause immune breakdown and inflammatory reactions.

The brain is particularly susceptible to oxidative stress because it has a relative lack of antioxidant systems. The build-up of oxidative damage is thought to be key to the process of aging. Oxidative damage to mitochondria is also believed to be an important underlying problem in Alzheimer's and Parkinson's disease. This theory is supported by the observed reduction in brain metabolism that occurs in Alzheimer's patients, indicating reduced mitochondrial activity.

### **Some sources of oxidative stress include:**

- **Environmental pollutants**
- **Pesticides**
- **Fast foods**
- **Electromagnetic Fields (e.g. cell phones, computers, TVS, hairdryers, etc.)**
- **Food additives and chemicals**
- **Excess exposure to UV rays**
- **Tobacco**
- **Illegal, prescription and OTC drugs**

We have an Oxidative Stress Questionnaire on our website ([www.abundantlifewellnesscenter.com](http://www.abundantlifewellnesscenter.com)) under Oxidative Stress Testing that you can complete to see if your body may be suffering from oxidative stress. If you are unable to access the web and would like a soft or hard copy of this questionnaire, please call us at 817-310-5511.

Based upon your answers to the questionnaire, you may want to have the level of your oxidative stress tested. We offer a test to see how much oxidative stress is in your body. The cost for this service is \$200 which includes the test, report of results, and a half hour consultation to discuss test results and provide recommendations on how to reduce your oxidative stress levels.

Additionally, BioSET can identify specific areas in your body that are being stressed by Oxidative Stress and we are able to eliminate that stress in your body through a clearing. To read more about BioSET and clearings please refer to the BioSET tab on our website or call for more information.

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