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March 2010

ABUNDANT LIFE WELLNESS CENTER

The Abundant Life Line

Naturopath's Notes:

I hope this newsletter finds you thawing out after a very cold and snowy February throughout the U.S. My family so enjoyed the beautiful couple of days of more than a foot of snow – completely unheard of in North Texas. My children had so much fun building snowmen and having snowball fights while I thoroughly enjoyed the beauty and peace of watching the snow fall. I am not sure there is anything more tranquil than freshly fallen snow all around you (especially when you have a warm drink and a fire to great you inside!).

February also marked a bittersweet time in my life. It was the 7th year since my sweet daddy went to be with the Lord. I look back and wonder how could 7 years have passed so quickly. The hardest part in that reflection is the lack of time he had with all his grandchildren whom he dearly loved to spend time with. However, in his passing, a new career was birthed for me. His death was so sudden to all of us with a massive heart attack taking him. I desired to learn ways to improve my own health. God put me on a journey that resulted in my leaving Corporate America to begin the calling He placed on my life. It is amazing how very different things are now compared to 7 years ago. While I wish I had more time with my father, I am thankful for the peace of knowing he is now in his perfect body in heaven. While I am on earth, it is my desire to treat my body as a Temple a little more each day until I have my own perfect body in heaven, and to educate others to do the same. That is the sole reason I opened Abundant Life Wellness Center.

I hope you enjoy the information contained in this month's issue. Don't forget to love and cherish the people in your life daily.

*God Bless and Be Healthy,
Jennifer*

[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](http://www.lef.org/featured-articles/Dietary-Supplement-Safety-Act-of-2010.htm)

ALWC offers the IonCleanse Foot Detox Bath, the most effective ionic bath on the market.

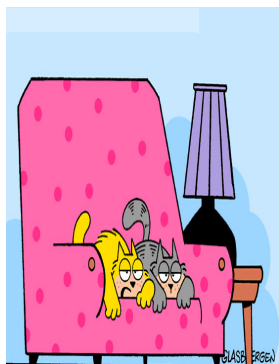
4 session
only \$140

MARCH SPECIAL:

BioSET Blood Sugar - 10% off - \$27.90

BioSET Blood Sugar is a 100% vegetarian, hypoallergenic supplement providing a unique blend of lipase enzymes with synergistic herbs and nutrients so support glucose metabolism and uptake by cells of the body.

Take 1 capsule two times per day on an empty stomach.



"Having nine lives is cool, but if I have to go through menopause again, forget it!"

You can reverse diabetes with a few lifestyle changes and nutritional tweaks.

Can You Avoid Taking Prescription Drugs if you Have Type 2 Diabetes?

By Julian Whitaker, M.D.

In 1990, less than 5% of the nation suffered from diabetes, but now, just 20 years later, 8% has the disease. While type 1 (only 5% of all diabetes cases) stems from an autoimmune condition affecting the pancreas, type 2 results from unhealthy diets and lifestyles. As our nation eats more fat, sugar, and processed carbs and becomes increasingly sedentary, it's clear why type 2 has become so widespread. When people eat high-glycemic, low-nutrient foods that spike blood-glucose levels, their bodies crank out insulin in order to move excess glucose from the bloodstream to the cells, where it can be used for fuel. Gradually, cells become resistant to insulin, glucose lingers in the blood stream, and the pancreas produces more insulin to try to lower levels. This high-glucose-high-insulin combo damages cells, particularly in the nervous system, kidneys, retinas, and blood-vessel linings, which is why diabetes is the leading cause of blindness, kidney failure and amputation in the US. Other complications include heart disease, dementia, erectile dysfunction, and neuropathy (pain and numbness, particularly in the feet and hands). The longer high glucose levels go unchecked, the greater the damage.

Just say no to drugs

Yes, prescription drugs help bring blood-glucose levels down – but at an unacceptable cost. Trials both new (the 2008 ACCORD trial) and old (the University Group diabetes Program from 1969) show that some blood sugar-lowering drugs, including Avandia and glyburide, increase risk of death from heart disease. Others cause diarrhea, excessive gas, and oily stools. But the real downside of drugs? They don't address the lifestyle issues that trigger the whole disease process. The good news is you can reverse diabetes with a few lifestyle changes and nutritional tweaks – no drugs required.

Drop weight

Although some slender people have type 2 diabetes, excess weight increases disease risk significantly, so losing weight is the best therapy for practically everyone with type 2 diabetes. How many pounds patients should shed varies on individual – but any weight loss is a gain. There is no magic pill for weight loss, so you need to adopt dietary changes and regular exercise.

Exercise can lower blood glucose and burn calories.

Doctor your diet

The most therapeutic diet for diabetes is a low-glycemic, Mediterranean-style menu with lots of vegetables and lean proteins such as fish and poultry; one serving of fruit per day; and healthful fats like olive oil. These foods provide well-rounded nutritional support without the saturated fat of red meat and dairy products or the fast-burning, glucose-spiking carbs found in processed and starchy foods. The Mediterranean diet is also heart healthy, important because diabetes makes you more prone to cardiovascular disease. Finally, while you should keep your intake of whole grains to a minimum, these are much better choices than processed grains because our bodies digest them more slowly.

Get a move on

Walking and other forms of aerobic exercise lower blood glucose and burn calories, while resistance exercise builds muscle and improves long-term insulin sensitivity. Exercise actually uses up blood sugar even in the absence of insulin. You should go for a brisk 10-minute walk after each meal and do several sessions of resistance exercise, such as weight lifting, each week. And lifting does not just mean pumping iron at a health club. A home-based regimen of push-ups, sit-ups, squats, and other exercises that use your own body weight gives muscles a solid resistance workout.

Supplement nutrients

Nutritional supplements can also help lower blood-glucose levels as you implement dietary and activity changes. You can take the following supplements daily: vanadyl sulfate, chromium, alpha lipoic acid, cinnamon, and *Gymnema sylvestre*. These nutrients are available individually or as combination formulas designed for people with diabetes. To guard against diabetic complications involving blood vessels, nerves, eyes, and kidneys, you can also take a potent daily multivitamin/mineral to replace nutrients lost through the excess urination caused by diabetes.

Look to the future

Because complications from diabetes can be significant, you should be diligent about getting this condition under control – yet you should resist temptation to obsess over blood sugar. Two studies published in the *British Medical Journal* in 2008 concluded that self-monitoring blood-sugar levels didn't improve glucose control and was associated with higher costs, lower quality of life, and more depression.

Rather than a strict regimen of regular self-testing, I suggest you periodically ask your doctor to measure your hemoglobin A1c levels. While a finger stick is a snapshot of blood sugar at a given time, the HbA1c test give a broader picture of average blood-sugar levels over two or three months. This will allow you evaluate the efficacy of your overall treatment program and make adjustments if necessary. As you maintain these positive lifestyle changes, you will be well on your way to optimum health.

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.

GET RID OF THAT TOXIC DUST

By Environmental Working Group

Dust bunnies aren't just unsightly and sometimes allergenic; they contain toxic chemicals. Why? The many chemicals in and around your homes wind up in your indoor dust when they migrate from home products and come in through open doors and windows and on your shoes. But the good news is it's pretty easy to keep those dust bunnies at bay -- and reduce your family's toxic exposures, too.

1. WHY YOUR HOUSEHOLD DUST IS TOXIC

Every home has a little dust -- and its own unique "dust load," based on a variety of factors like where you live, what you cook, if you smoke, the climate, and how many people -- and animals -- live there. Ordinary house dust is a complex mixture of generally yucky stuff -- pet dander, fungal spores, tiny particles, soil tracked in on your feet, carpet fibers, human hair and skin, you name it. It's also a place where harmful chemicals are found. One recent study by the Silent Spring Institute identified 66 endocrine-disrupting compounds in household dust tests, including flame retardants, home-use pesticides, and phthalates.

The chemicals in your dust originate from both inside and outside your house:

1. Products inside your house "shed" chemicals over time -- furniture, electronics, shoes, plastics, fabrics and food, among other things.
2. Outdoor pollutants enter on your shoes and through open and cracked windows and doors.

Once inside, the contaminants in indoor dust degrade more slowly (if at all) than they would outside in the environment where moisture and sunlight typically break them down.

One type of toxic chemical commonly found in household dust is chemical flame retardants (aka PBDEs). As highly flammable synthetic materials have replaced less-combustible natural materials, PBDEs have been added to thousands of everyday products, including computers, TVs and furniture -- among many others. EWG conducted tests in 2004 that revealed the surprising degree to which flame retardant chemicals escape from consumer products and settle in household dust (from degrading foam or the plastics in electronic items).

2. HOW TOXIC DUST CAN AFFECT YOUR FAMILY

When you're exposed to certain toxic chemicals -- even at very low doses -- your health can be adversely affected. Dust is simply another way for the toxic chemicals in your house to reach your body.

Young children are of special concern because their developing bodies are more vulnerable to toxic exposures, and they ingest or inhale more dust than adults since they -- and their toys -- spend lots of time on or very near the floor. They also put dusty hands and toys in their mouths often. Scientists once thought children got lead poisoning by literally chewing on windowsills. We've since learned that it's actually caused by their normal play behaviors because contaminants like lead stick around in house dust.

In the case of fire retardants, which are commonly found in household dust, scientists have found that exposure to minute doses of toxic PBDEs at critical points in a child's development can damage reproductive systems and cause deficits in motor skills, learning, memory and hearing, as well as changes in behavior. Read EWG's 2004 report about toxic fire retardants in household dust.

A note about allergies. Dust is a well-known allergen -- with or without the toxic chemicals. If you're allergic to dust, there are preventive steps you can take to reduce your contact with it. The Mayo Clinic has a list of lifestyle and home remedies.

3. TIPS TO REMOVE DUST SAFELY AND EFFECTIVELY

Careful cleaning is a simple way to get rid of toxic dust. Here's how:

- o **Vacuum frequently and use a vacuum fitted with a HEPA (high efficiency particulate air) filter.** These vacuums are more efficient at trapping small particles and will likely remove contaminants and other allergens from your home that a regular vacuum would recirculate into the air. Change the filter to keep it working well, and don't forget to vacuum the stuffed furniture (get under those couch cushions)!
- o **Wet mop** uncarpeted floors frequently to prevent dust from accumulating (dry mopping can kick up dust that simply resettles). Buy wooden furniture or furniture filled with down, wool, polyester, or cotton as these are unlikely to contain added fire retardant chemicals.
- o **Wipe furniture with a wet or microfiber cloth.** Microfiber cloths work well because their smaller fibers cling to the particles. If you don't have a microfiber cloth, wet a cotton cloth -- it grabs and holds the dust better than a dry one. Skip synthetic sprays and wipes when you dust -- they only add unwanted chemicals.
- o **Caulk and seal cracks and crevices** to prevent dust from accumulating in hard-to-reach places.
- o **Equip your forced-air heating or cooling system with high-quality filters** and change them frequently to keep them working well.
- o **Keep electronic equipment dust-free** by damp dusting it frequently; this is a common source of chemical fire retardants in dust.
- o **Pay special attention to places where little kids crawl, sit and play.** They live closest to our floors and as a result tend to be more exposed to those toxic dust bunnies.
- o **If you're dust sensitive,** consider asking someone else to do the dusty cleaning.

4. CREATE DUST THAT'S LESS TOXIC IN THE FIRST PLACE

You can reduce the amount of toxic chemicals that wind up in your household dust by bringing fewer toxic chemicals into the house in the first place. We suggest that you:

- o **Leave your shoes at the door and use a natural doormat.** Shoes are a common way we bring outdoor pollutants inside.
- o **Inspect foam products made between 1970 and 2005 -- they're likely to contain PBDEs.** Replace anything with a ripped cover or foam that is misshapen and breaking down. If you can't replace these items, try to keep the covers intact and clean them more frequently. Some examples of household foam products are: stuffed/upholstered furniture, nursing pillows, padded high-chair seats, portable crib mattresses, baby changing pads, and chair cushions.
- o **Choose home electronics without PBDEs.** There are manufacturers who no longer use them in some products -- ask before you buy and support companies that have publicly committed to going PBDE-free, like: Acer, Apple, Eizo Nanao, LG Electronics, Lenovo, Matsushita, Microsoft, Nokia, Phillips, Samsung, Sharp, Sony-Ericsson, and Toshiba.
- o **Stick to products made with natural fibers** that are naturally fire resistant and may contain fewer chemicals -- like wood furniture, cotton, down and wool.
- o **Clean up quickly and thoroughly when you finish a home improvement project,** since these can involve dust (from sanding or drilling) and toxic products (like lead, PCBs and fire retardants).
- o **Consider a high efficiency "HEPA-filter" air cleaner,** which may also reduce contaminants that become dust in your house.

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