

Inside this issue:

Naturopath's Notes	1
Supplement Safety Act	1
Person Care Products	2
Letting Go of Unforgiveness	2
Digestion Tips	3
Service Spotlight	4

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ABUNDANT LIFE WELLNESS CENTER

# The Abundant Life Line

## Naturopath's Notes:

I hope this newsletter finds you preparing for a wonderful Summer which will be upon us all too soon. Whether you still have children at home who are anxious for their Summer break to start like I do or you are just ready to take a vacation and escape the daily grind at work, Summer is a great opportunity to relax and enjoy a slower pace of life. My mom is preparing to leave for Israel which has been a lifelong dream of her's. I am excited that she will get to fulfill this dream and celebrate her 65<sup>th</sup> birthday while she is there. What dreams of your's are still unfulfilled? Time has a way of slipping away and before we know it, we can turn around and see that by putting off our dreams until next week, next month, or next year, we may never realize them at all. I hope to be able to live a life with no regrets but only wisdom from where I've been and hope for where I am going.

I hope you find the information in this month's newsletter beneficial as you prepare for your Summer plans.

*God Bless and Be Healthy,  
Jennifer*

### **McCain Backs Off Key Points of Dietary Supplement Safety Act**

Great news! As you may recall, in the last 2 newsletters, I requested that you sign an online petition that was sent to Congress that would help preserve our health freedom. Our efforts appear to be working. Senator John McCain (R, Arizona), who cosponsored The Dietary Supplement Safety Act of 2010 (s3002) last month, has backed off the initial aims of the bill and will instead push the US Food and Drug Administration (FDA) to enforce the regulatory power it already has. In a letter released on March 10, McCain and bill cosponsor Senator Byron Dorgan (D, North Dakota) announced an agreement with longtime pro-dietary supplements campaigner, Senator Orrin Hatch (R, Utah) to not revisit or revise the Dietary Supplement Health and Education Act of 1994 (DSHEA), which s3002 would have done.

Initially, s3002 was designed to crack down on companies selling illegal steroids as "dietary supplements" to professional athletes. Although organizations such as the US Anti-Doping Agency and members of the Supplement Safety Now coalition backed the plan, the natural products industry and consumer groups like the Council for Responsible Nutrition criticized the bill because it proposed greater power to FDA to regulate all dietary supplements, not just those sold illegally. Critics contended that the bill gave the FDA arbitrary new powers to remove natural products from the marketplace and to instead boost products manufactured by powerful pharmaceutical companies.

At present, McCain and Dorgan call for full enforcement of existing laws, including DSHEA, to control abuses in the supplement industry.

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### **Do You Know What is in Your Personal Care Products?**

A few years ago, I read a book called “Not Just a Pretty Face” by Stacy Malkan. It was eye-opening about the dangerous ingredients in everything from lipstick to baby shampoo. The U.S. does not regulate the cosmetic industry so it is the wild west when it comes to what is contained in your hair gels, shampoos and deodorant. This book is a must-read for every person because we all put these dangerous chemicals on our body each and every day. Our skin is the largest organ in our body so what we put on it in any form (from the water we bathe in to the toothpaste we brush our teeth with) will be absorbed into our bodies. By educating yourself on better choices, you can reduce the toxic load within your body. With our world getting more and more toxic by the day, any way we can reduce that burden on ourselves and our loved-ones, the better our health will be in the short and long run.

An excellent resource for quickly finding out how safe your personal care products are is to go to the website [www.cosmeticdatabase.com](http://www.cosmeticdatabase.com). You can type in Mary Kay or Suave Shampoo or even an ingredient and it will rate the item(s) 0-10 with 0 being non-toxic and 10 being highly toxic. I was able to easily find safe replacements for my make-up, hair products and skin care that no longer contain any harmful ingredients. Also, I encourage you to visit our website ([www.abundantlifewellnesscenter.com](http://www.abundantlifewellnesscenter.com)), click on Articles and then click on the second item called “The Truth Behind the Safety of Cosmetics.” It is a brochure with additional information on what you want to avoid in your personal care products.

### **Letting Go of Unforgiveness**

Did you know that negative thoughts resulting from negative emotions such as anger, hate, envy, unforgiveness, etc., are a form of toxicity to our body? For many people, negative thoughts and emotions are automatic. These thoughts have been shown to alter a person’s pH balance in their body. There are physiological changes that happen, such as tensing up the muscles and altering the breathing patterns. With this, lymphatic flow is altered. All of this can lead to or contribute to disease in our body. One way to help eliminate these emotions is to do an exercise that aides in getting rid of unforgiveness.

Think of a person who has wronged you and whom you are still harboring ill feelings towards even if you only think of the person occasionally. Write the person’s name at the top of a piece of paper. Then start writing sentences that state, “I forgive....” For example, “I forgive mom for always yelling at me.” “I forgive mom for hitting me.” “I forgive dad for walking out on our family.” Get as specific as possible about the offenses that were done to you. You may have to write for quite a while for some people and you may cry by bringing up things you have long wanted to forget. But do not think for a minute that your DNA has forgotten those things. After you have written out all the offenses, write, “I forgive mom and I will try and see her the way God sees her.” This does not mean we condone the things people have done to us, but if we harbor unforgiveness, we are the ones who suffer. I heard Jordan Rubin say recently that unforgiveness is like us drinking poison and expecting the offending person to die. The offending person likely has no idea the depth of our pain. Many may have already died, but you owe it to your health to let go of that unforgiveness so your health is not stolen from you because of it.

**Forgiveness doesn’t mean we condone things people do to us, but by harboring unforgiveness, we are the ones who suffer.**

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appointment  
can help  
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digestive  
distress

### Tips for Healthy Digestion:

One of the most common health complaints we hear at ALWC is related to digestion. The following points are to help you improve your digestion, naturally. It is important to understand that as you age, your digestive strength tends to diminish, especially if you have engaged in unhealthy lifestyle habits for a considerable amount of time. For many, applying just a few of these tips will be enough to improve your digestion. If they do not, you should consider scheduling a BioSET appointment with us to determine what is causing your digestive distress. You can learn more about BioSET on our website. Healthy digestion is one of the most important components in your overall healthcare approach.

- Avoid large amounts of beverages with your meals. This tends to dilute the gastric juices which weaken your ability to digest food. If you need to drink some liquid, pure water is best. Consuming a glass of water 30 minutes before you eat helps prevent thirst during mealtimes.
- Make sure you chew your food well. Chewing your food thoroughly before you swallow takes the burden off of your stomach and intestines from having to break down the food so intensively. Chewing will also increase natural digestive enzymes when consuming raw foods. Many digestive imbalances have completely been resolved when the time has been given to chew properly.
- The volume of food should be proportionate to the time you have to eat the food. In other words, don't try to eat a large meal if you only have 10 minutes to eat. Make the time necessary to sit down and enjoy your meal if it is substantial, or else purposely cut back on your food and eat it later.
- Every person consuming solid foods should take a digestive enzyme prior to a meal. Digestive enzymes help your food to digest and absorb better which makes your body function better. At ALWC, we sell a professional line of digestive enzymes including a chewable one for children.
- Ditch your dessert often or if you do have it, eat only a small portion. Sugar has a marked ability to disturb many of your body's functions, and digestion certainly is one of them.
- Try to consume raw fruits and/or vegetables with each of your meals. When chewed properly, they will help nourish your entire body as well and help prevent digestive distress.
- Get tested for food sensitivities. At ALWC, we can test for food sensitivities using BioSET and assist with ways on how your body can begin digesting some of these foods again.

## **Service Spotlight – The Many Health Benefits of Utilizing the Oxygen Steam Sauna**

At ALWC, we offer the oxygen steam sauna as a great way to help detox the body while assisting in the destruction of bacteria, fungus, viruses, yeast. It also is great for weight loss due to the calories lost during the sauna session. Because of the moist heat, the pores are open, and the capillaries are dilated. The skin is the largest organ of elimination. The person sweats the toxins back out, avoiding the dump of toxins to the liver and colon which can bring on the symptoms of toxic shock overload. Instead, the person emerges from the steam cabinet feeling relaxed and mellow. This is an ideal way of counteracting the stress of the day.

### Oxygen steam saunas have helped with:

Slowing down the aging process

Stimulating the immune system

Improving brain function and memory

Inactivating viruses, bacteria, yeast, fungi, and protozoa

Promoting cleaner, softer and rejuvenated skin

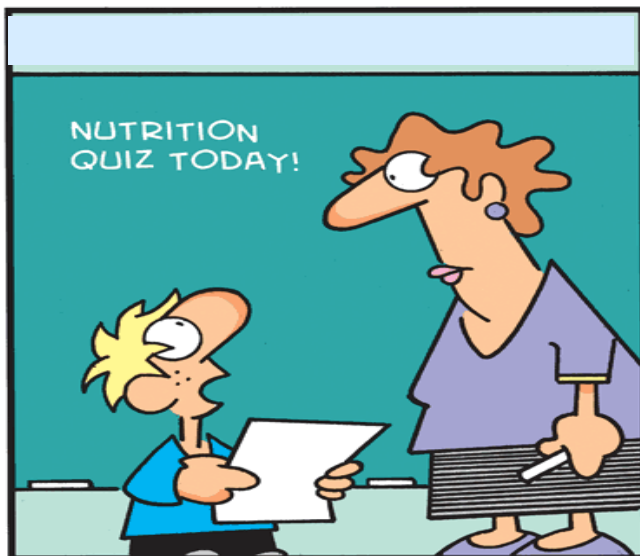
Enhancing cell respiration

Relaxing and loosen muscles, increasing flexibility

Dilating blood vessels to increase circulation, relieve pain and help injured muscles

Increasing metabolism of organs and endocrine glands

The cost is \$40 for one session or \$140 for a package of 4 sessions. Call to schedule your appointment today.



**“The 4 basic food groups are stuff that will make me fat, stuff that will make me sick, stuff that will kill me, and stuff that I’ll eat anyway.”**

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