

September  
2009



# The Abundant Life Line

## *Naturopath's Notes*

### In this issue:

<i>Naturopath's Notes</i>	1
<i>Monthly Special</i>	1
<i>Are Sports Drinks Junk Food?</i>	2
<i>Service Spotlight Hair Analysis</i>	3
<i>Interview on Nutrition</i>	4

I hope this email finds each of you healthy and blessed. For many, this is a busy time of students, both young and old, heading back to school. Along with classrooms, come plenty of germs to encounter along the way. A healthy immune system is paramount in being able to fight off foreign invaders in our bodies. Nutrition is the basis for a healthy immune system. You can improve your immune system by eating plenty of healthy proteins, raw fruits and vegetables, whole grains and drinking filtered water. We have to feed our bodies and our brains properly in order to keep them functioning optimally.

I cannot stress enough the importance of ensuring you and your children drink plenty of water every day. Set aside the sugary soft drinks, juices, chocolate milk and energy drinks and reach for what your body needs so much of – pure, filtered water. This is also a time of year where many well-meaning parents will revert to fast food meals. It may take a little extra preparation at the beginning of the week, but if you cut up and store fresh fruits and vegetables, make a few healthy whole grain pasta dishes or prepare a salad, you and your family will not be as tempted

to go through the drive-thru or reach for chips and candy when coming home at the end of the day. I was asked to give an interview to a local elementary school paper about health for school-aged children. I have included the article for your review which has some ideas for a child in school but also for all of us.

*God Bless and  
Be Healthy,  
Jennifer*

*Product on Sale for the Month of September  
10% off BioSET's Lymph/Immune  
Regularly \$32.00 Special \$28.80*

With school starting and the cold and flu season drawing near, I can not tell you how much my family relies on BioSET's Lymph/Immune. At the first feeling of being run down or getting a cold/respiratory infection, you can take 2 capsules for adults (12 years and older) or 1 capsule for children (can be mixed in a healthy smoothie or apple sauce if they are unable to swallow capsules) and then follow with 1-2 capsules every 4 hours until symptoms abate. This product is wonderful as a preventative supplement as well as at the beginning of acute symptoms. I also combine it with BioSET's Probiotic and BioSET's Nose & Throat if symptoms have already reached those areas of my body or with BioSET's Lung if symptoms are already being felt in my chest.

**BioSET's Lymph / Immune** is a 100% vegetarian hypoallergenic supplement providing a unique proprietary blend of Enzymes including the Protease Bio-E™ along with a Botanical Extract Blend to support the immune system and to provide elimination of toxins through the lymphatic system.

**Indications**— supports a healthy Immune and Lymphatic system.

## *Are Sports Drinks Junk Food?*

*By Dr. Joseph Mercola*

**Sports drinks hit \$7.5 billion in sales last year alone**, and according to the trade journal *Beverage Digest*, sports drinks were the third fastest growing beverage category in the United States in 2006, after energy drinks and bottled water. Of course the manufactures want you to believe sports drinks are healthy. But when you look at the main ingredients: water, high-fructose corn syrup, and salt, how healthy is that really? Not very.

**The Problem with Sports Drinks:** There are situations where use of sports drinks is an option, but after mild exercise, or no physical exertion, it's just not a wise choice. Unfortunately, less than one percent of those who use sports drinks actually need them. The only time you should resort to these drinks is after vigorous exercise, such as cardiovascular aerobic activity, for a minimum of 45 minutes to an hour, and you're sweating profusely as a result of that activity. Anything less than 45 minutes will simply not result in a large enough fluid loss to justify using these high-sodium, high-sugar drinks. And, even if you're exercising for more than an hour, I still believe there are far better options to rehydrate yourself.

There are many reasons why you should stay away from sports drinks in all instances. For example, they've been found to corrode your teeth. As it turns out, ironically, drinking sports drinks when you exercise is particularly problematic because your mouth is dry, which means you don't have enough saliva in your mouth to combat the drink's acidity. But that's just for starters. The real problem lies in their choice of ingredients – the use of high-fructose corn syrup in particular – which should be your first tip-off that this stuff is bad news. High-fructose corn syrup (HFCS) is the number one source of calories in the US. It is the most prevalent sweetener used in foods and beverages today, and has been clearly linked to the rise in obesity and metabolic syndrome. Just like other sugars it disrupts your insulin levels, and elevated insulin levels are going to increase your risk of nearly every chronic disease known to man, including: cancer, heart disease, diabetes, premature aging, arthritis and osteoporosis.

There's also new evidence that HFCS increases your triglyceride levels and LDL (bad) cholesterol levels. Part of what makes HFCS such an unhealthy product is that it will tend to raise your blood sugar levels and cause sugar to attach to many of your body's proteins, thus causing permanent damage to them. Because most fructose is consumed in liquid form, these negative metabolic effects are significantly magnified. Although these drinks are often referred to as "energy" drinks, in the long run, sugar does just the opposite. It acts like an H-bomb – a quick explosion of energy followed by a plummeting disaster, as your pancreas and other glands do all they can to balance out the toxic stimulation to blood sugar. Any kinesiologist or chiropractor will show you how sugar dramatically reduces strength!

### **Your Best Alternatives to Sports Drinks**

It is, however, important to replace the water you've lost during exercise. But the question is: are sports drinks really as "essential" to athletic activities for this purpose as the manufacturers would like you to believe? Are they the best alternative for your children? Well, no, they're not. (After all, these trade group representatives are paid to say whatever their clients want them to say. They're not nutritional experts.) Neither are "energy" drinks like Red Bull and many others, which are high in caffeine – a natural diuretic – which will actually dehydrate your body further.

Your best bet for your primary fluid replacement is pure, fresh water. If you are going to be involved in a long game or match, drinking simple carbs (sugar, corn syrup, and so on), will give you a quick spike in blood sugar followed by a fall, causing sluggishness and hampering overall performance. Pure water is a far better alternative to rehydrate.

*ALWC carries a natural alternative to Gatorade, Vitamin Water, Pedialyte, etc.  
It is called Electrolyte Synergy by Designs for Health.*

It is used to improve symptoms of dehydration after excess sweating, vomiting, or diarrhea. D-Ribose is included because of its importance in optimal cardiac function, exercise recovery and energy production. Taurine is included as a regulator of cellular electrolyte flow. You mix Electrolyte Synergy into water or put it in water and place in ice rack to make into grape popsicles. It is sugar-free and is sweetened with small amounts of natural xylitol and stevia. It also contains a yummy natural grape flavoring.

## *Service Spotlight - Hair Analysis*

I am excited to tell you about the hair analysis we offer at ALWC. We use a test that measures both toxic and essential elements in the body. Examples of a few of the toxic elements tested are aluminum, arsenic, lead, mercury, nickel, and tin. Examples of a few of the essential elements tested are calcium, magnesium, zinc, iodine, iron and copper. However, interpreting the test is more complex than reading if one of them is high or low. ALWC does further analysis to see if these elements are being transported out of the body in an orderly fashion. If you do not know this information, even if the levels show to be favorable (either high or low depending upon the element), you will not know the whole story. The primary problem with heavy metals is that each person metabolizes them differently and individual exposure can vary greatly. Many people exposed to usual amounts of heavy metals clear or detox the metals at an average rate. These people are fine. It is the people who clear the metals slowly or who are exposed to more than usual amounts who have trouble. This presents most health care providers with a very confusing situation where everyone seems to be exposed to about the same amount of heavy metals and many people are fine, but some are not. The hair testing and analysis at ALWC will determine not only the level of the toxic and essential elements in your body but also how well your body is clearing them.

### **Why worry about heavy metals?**

The kinds of problems heavy metals cause are generally considered to be untreatable by mainstream medicine or have poor outcomes. Heavy metal poisoning is treatable, treatment usually has a good outcome and neither testing nor treatment are particularly expensive or unpleasant. If you have a condition that is chronic and has a negative impact on your life, it makes sense to have a hair analysis test performed.

### **Review of Test Results:**

The great thing about the hair analysis at ALWC is that you do not have to come into our office to have it performed. We can have the test kit sent to you, you send off the hair sample in the enclosed envelope, and when the analysis is complete, we can discuss the results on the phone or in the office. During the review, we will discuss sources of any toxic elements you may have an issue with, ways to detoxify them, and any necessary supplementation of essential elements tested.

The cost of the analysis and consultation is \$175. Please feel free to contact our office to set this testing up.

### **Healthy Lifestyle Tip:**

Make sure that any alarm clock, cell phone, TV or other electronic device is not placed next to your or your child's head in a bedroom. The EMFs (electromagnetic fields) that these devices put off are easily transferred to the body which imbalance your nervous, immune, and other systems which can lead to illness or disease. This is so important since we spend a significant amount of time sleeping in our bedrooms. It is best to put all electronic devices at least 6-8 feet away from your body.



**"Step 1: apply Miracle Cellulite Cream to problem areas. Step 2: run ten miles."**

## Abundant Life Wellness Center

520 E. Northwest Hwy.  
Suite 102  
Grapevine, TX. 76051

Phone: 817-328-1921  
Fax: 817-328-1933

[www.abundantlifewellnesscenter.com](http://www.abundantlifewellnesscenter.com)

## Community Close-Up: Jennifer Trejo

### Abundant Life Wellness Center, Grapevine



#### Abundant Life Wellness Center

520 E. Northwest Hwy  
Ste. 102  
Grapevine, TX  
817-328-1921

[Abundantlifewellnesscenter.com](http://Abundantlifewellnesscenter.com)

The **National PTA** has published a Parent's Guide to Healthy Lifestyles. Read the full 20 pages pdf online at [http://pta.org/GSK\\_Parents\\_Guide\\_Booklet\\_disclaimer\\_added.pdf](http://pta.org/GSK_Parents_Guide_Booklet_disclaimer_added.pdf)

I'll be the first to admit that the idea of making wellness practical has seemed like a daunting task, but talking to **Jennifer Trejo** makes me feel like it's actually possible (and potentially painless).

Among many services provided at the **Abundant Life Wellness Center** is the BioSET system, a method of detoxification, enzyme therapy and desensitization designed to purify and balance the body. Often, this procedure can result in the permanent elimination of allergies and sensitivities.

**BioSET** has been used to treat many of the common conditions elementary-aged students face including allergies, asthma, ADD/ADHD, anxiety, childhood illnesses/recurrent infections, colds/flu, eczema & other skin disorders, headaches/migraines, and weight loss.

Naturally, the conversation soon turned to common environmental and metabolic (food intake) triggers that kids encounter on the road to wellness. Many of these seemed familiar, including pollens, chemicals, surrounding irritants in general, fabrics, dyes and food sensitivities.

I suffer from allergies and so do both of my sons, so each of these common triggers were familiar. Trejo provided several

tips that seemed doable (and even environmentally friendly) that everyone can incorporate into their lives. For example, using no/low VOC paints, using Method or Seventh Generation household cleaning products, and skincare products that are all natural like Burt's Bees.

However, a few culprits were surprising like digestive stress and deficiencies in vitamins and minerals. I wondered about how food intake could influence wellness and, perhaps more importantly, how I could get proactive in this arena. According to Trejo, lack of proper nutrition and digestion can be linked to many common threats to overall wellness. So even taking in the best fruits and vegetables, if not properly digested, may not be as helpful as they could be resulting in gas, bloating, heartburn, acid reflux, etc.

In short, the answer was enzymes: raw food contains them and our bodies need them for proper digestion. Cooking strips food of enzymes, so raw is the way to go when it comes to packing fruits and veggies.

A wellness friendly

lunchbox might contain the following: 1 raw fruit, 1 raw vegetable, whole grain sandwich with meat &/or cheese, and for desert organic bars, cookies, small piece of chocolate. The idea is moderation — not necessarily elimination — when it comes to sugar intake.

Okay, so I was definitely willing, but wondered where & how to start. Trejo suggested a few resources for families, like the local organic co-op, **Your Health Source** ([yourhealthsource.org](http://yourhealthsource.org)), that brings organic products as

well as other household items to one convenient location. There are several pickup locations in our area.

Trejo also shared other resources, like vitacost.com that provides discounts on wellness related products. There's a full list of links on her office website if you are interested in more

practical paths to wellness.

You can learn more about the **Abundant Life Wellness Center** by visiting their website [abundantlifewellnesscenter.com](http://abundantlifewellnesscenter.com).

#### 3 Tips for Supporting Wellness in Elementary Children

1 Include at least one raw fruit and one raw vegetable in their lunchbox

2 Reduce sugar; if included, make sure it's in moderation

3 Water! Water! Water!  
Encourage kids to drink as much as they can

