

LIFE IS IN THE BLOOD

HELPING PEOPLE LIVE BETTER ONE DROP AT A TIME...



This month we would like to write on eating healthy in a toxic world. Almost on a weekly basis we receive emails, text messages, or get into conversations with people about what we should or should not eat. Nutritional coaches have guidelines on what they should suggest. Since we are Certified Nutritional Coaches, as well as Certified Nutritional Microscopists, we have a great knowledge base on FOOD (nutritional coaching) and SUPPLEMENTATION (nutritional microscopy). However, we always tend to lean towards supplementing. Why is this? To be honest, we wish we could work ONLY through diet, but in the time we live in now, everything is industrialized and that includes our food.

A lot of our food is toxic or has toxins. What is a toxin you might ask? A toxin is something capable of causing disease or damaging tissues when it enters the body. When people hear the word toxin, they usually think of chemicals, pesticides, or heavy metals. Something we don't consider, however, is that our food is sprayed with these toxins (chemicals and pesticides) on a daily basis. It makes me wonder why roughly 85% of our food is banned in Europe and other countries. Even much of the water supply, which is necessary to sustain life can be toxic at high doses due to fluoridation.

We may not understand the role of food toxins completely, but through time we see its effects on human life. Most of us won't get sick from eating a small amount of sugar or wheat, but if we eat those foods in excessive quantities, our risk of developing illness or diseases rises tremendously.

If we were to suggest to someone who

is suffering from an illness (or someone wanting to maintain health) what NOT to eat I would say Number 1: Avoid all processed sugars. Number 2: Avoid eating refined cereal grains (wheat, barley, corn, rye). Number 3: Avoid industrial oils (corn oil, vegetable oil, canola oil, soybean oil), and Number 4: Avoid processed soy (fermented AND unprocessed soy is ok in limited quantities). All of these foods (unless stated as organic) are genetically modified (GMO), which, we feel, makes them toxic.

Let's look at the last of these mentioned above: Soy. Soy is a big thing in our culture today, with MOSTLY ALL packaged and processed foods containing this ingredient. For this reason, most people are unaware of how much soy they actually consume on a daily basis. I'm not sure why this became such a big fad, but let us explain something about soy that you might not know:

Soy is a protein used to replace animal or other plant protein. Soy, however, is full of estrogen. Estrogen is a hormone dominant in women (men have a little). When kicked into overdrive, it can promote cell growth in your body. What does this mean for men and women? It puts women at higher risk for breast cancer, infertility, weight gain and more. In men, it can lower sperm count, throw off hormones, which in turn causes things like weight gain, premature balding, prostate cancer and more. People who drink 2 cups of soy milk per day are getting the estrogenic equivalent of 1 birth control pill a day. Babies fed soy-based formula have 13,000-22,000 times more estrogen compounds in their blood than babies fed milk-based formula. Infants exclusively fed soy formula receive the estrogenic equivalent (based on body weight) of at least 5 BIRTH CONTROL PILLS PER DAY.***/**

MONSANTO

Has been removed and banned
in Austria, Hungary, Bulgaria
Germany, Greece, Ireland
Japan, Luxembourg
Maderia, New Zealand, Peru
S. Australia, Russia, France
and Switzerhalnd,

Why not here?

Now after all this bad food news, what can we eat freely you may ask? Fruits and Vegetables for one thing are great! :) If you can eat organic, please do so. There are many benefits to eating organic. Plus with organic foods you worry less about pesticides and chemicals. Organic foods usually are fresher since they don't contain any preservatives and are GMO free. On our website, we have an acid/alkaline food guide that is a pretty comprehensive guideline of what foods are acidic and what foods are alkaline. If your meals consist of mostly cooked food, we suggest taking Enzymax (found on our supplements page) for the proper enzymes to aid you in digestion. Enzymes are also great for many things like weight loss, ulcers, bloating, and so much more! Please remember that all fruits and veggies contain enzymes, but the moment you cook it, you lose 100% of enzymes! So make sure you are supplementing if you eat mostly cooked food.

Our goal with all of our clients is to get them eating less toxic/acidic foods. When your body is receiving what it needs it can function accordingly. So, what can we do to stay healthy in this toxic world? We can stop buying foods that are GMO. Most so called illness and diseases can be improved, if not reversed with a proper diet. Shop organic and support your local farmers and buy food from your local farmer's markets. Limit your consumption of soy, wheat, corn, and sugar. But most importantly be informed. On our website, we have a library/video section with a lot of good documentaries and books with LOADS of information. If you need guidance on what to read or watch from our library section, just shoot us an e-mail or give us a call and we can point you in the right direction. Below are some of our suggestions for great documentaries you can watch to further educate yourself on food and nutrition! Stay connected and always keep learning.

Hosea 4:6- "My people are destroyed from a lack of knowledge..." Let's not be destroyed. Instead, let's stay healthy the way God intended. When we give our bodies the right nutrition, the immune system, which God gave us, works the way it's supposed to.

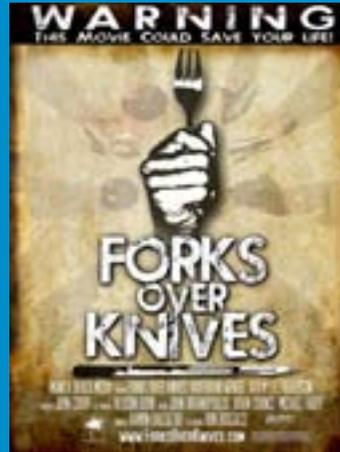
*** Bulletin de L'Office Federal de la Santé Publique, No 28, July 20, 1992

**Women understand what birth control does to their bodies. Imagine how babies, who can't communicate as clearly, are affected by this....

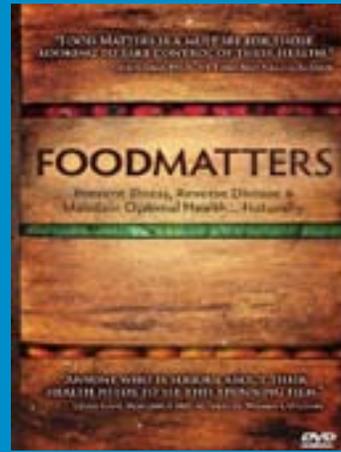
Some Documentary Recommendations Found in our Library Section:



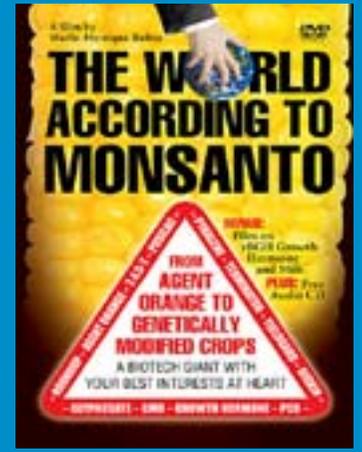
In Organic We Trust



Forks Over Knives



Food Matters



The World According to Monsanto

DISCLAIMER:

Nothing in this newsletter should be construed as medical advice and, as always, you should consult with a physician concerning your health. If you are buying into the “let’s treat every symptom now” routine, you are probably going to be disappointed. I have seen people leave a “natural care” practitioner’s office with hundreds of dollars of supplements only to have nothing happen except a somewhat lighter bank account. As always, buyer beware and remember that natural healing is a process that can take some time. There are many factors that lead up to a chronic condition and, without seeing a client, it is often difficult to make hard and fast rules and solutions. So please understand that we will try to give you the answer with the available information you supply. Please address your queries to lfeisinthebloodus@gmail.com or visit our continually updated website at lfeisintheblood.us

*Thank you,
Philip and Dama*