

# Fernhill Wellbeing Centre

12/8/11

## Hi Everyone

Is great to feel the season starting to turn, we have been enjoying the beautiful, warmer sunny days. With the days starting to get longer is a great time to pick up any exercise programs that may have slipped in the darker winter months. Brisk walking and breathing in the crisp morning air is an invigorating way to start the day.

Keep reading to find out about healthy beverages you can add in to you day, and a great article on ways to boost your metabolism and things that may be slowing it down.

I am off to Switzerland for 2 weeks second half of August, to meet with some international teachers in wholistic health. Look forward to bringing back new knowledge and experiences to the clinic. Terry will be here to cater for any of your dispensory needs.

Yours in health  
Janine

## TESTIMONY

Janine has kick-started me to better health by taking sleeping patterns and diet more seriously. Less alcohol and sugar intake has resulted in loosing part of the blubber on my tummy. Seeing the whole blood under the microscope was great- a bit of a wake up call to see the initial one and good to see improvement later.

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## Quote for the Month

“So many people spend their health gaining wealth and then have to spend their wealth to regain their health”

AJ Reb Mater

## WELLNESS REVIEW

### Sight – A Precious Gift Worth Protecting

Sight is considered one of the most precious of the senses and yet the health of our eyes is an all too often neglected area of wellbeing. Eyesight is worth protecting! Even partial vision loss can make reading, recognition of faces, driving, watching television and independent living increasingly difficult.

[Read more in this months Wellness Review attached to this email](#)

## *Wellness Shield Eating Plan*

### Concept 9- Drink healthy beverages

*For optimum health, avoid beverages that contain caffeine, alcohol, sugar and artificial sweeteners. If you must drink any of these, keep them to a minimum. Healthy beverage choices are freshly made vegetable and fruit juices, herbal teas, coffee substitutes (from caffeine free grains), nut milks and smoothies made with fresh fruit, rice milk or raw, organic dairy.*

#### **Juice**

*Be aware that fruit juice is high in simple sugars and is best limited to the occasional treat (make sure the fruit juice is freshly made). Fruit also contains fibre, so when you eat a piece of fruit the fibre slows down the blood sugar response and limits the amount you consume. When you start removing the fibre by concentrating it in fruit juice, it can give your system too much of a “sugar hit”. If you are choosing a decaffeinated tea or coffee, make sure that it has been decaffeinated by water extraction, not chemical extraction.*

*Fresh vegetable juices are an excellent way of increasing nutrients in your diet. A pleasant tasting base for all vegetable or fruit juices is carrots, beetroot or a green apple. With this base you can then let your imagination run wild creating interesting combinations to suit your individual tastes. Try and get variety in your juices, so you are getting a wide range of fresh nutrients.*

*Popular combinations include - carrot, celery and parsley; apple, celery and ginger; beetroot, carrot and spinach; carrot, beetroot and celery.*

<i>Vegetables and fruits for juicing</i>	<i>Benefits</i>
<i>Aloe vera</i>	<i>detoxifies bloodstream and lymphatic system, good for irritable bowel syndrome, constipation, digestive problems</i>
<i>Apple</i>	<i>heart, lungs</i>
<i>Beetroot</i>	<i>liver stimulant, good for constipation, eye fatigue, lymphatic system and circulation</i>
<i>Cabbage</i>	<i>helps with asthma, constipation, kidney problems and ulcers</i>
<i>Carrot</i>	<i>liver cleanser, good for eye problems, cataracts, skin problems</i>
<i>Celery</i>	<i>general cleanser, diuretic</i>
<i>Cranberry</i>	<i>kidney cleanser, antibacterial, good for urinary tract infections.</i>
<i>Cucumber</i>	<i>stimulates kidneys, diuretic</i>
<i>Garlic</i>	<i>immune system, skin problems, blood pressure</i>
<i>Ginger</i>	<i>circulation, digestive system, immune system</i>
<i>Green peppers</i>	<i>skin problems, circulation</i>
<i>Orange</i>	<i>immune system, tissue repair</i>
<i>Parsley</i>	<i>kidneys, prostate, liver, skin, arthritis, anaemia</i>
<i>Pineapple</i>	<i>digestive aid, skin, water retention, angina</i>
<i>Spinach</i>	<i>alkalising, anaemia, liver, kidney, constipation</i>
<i>Tomato</i>	<i>kidney, bladder, prostate</i>
<i>Watermelon</i>	<i>Alkalising, flushes out kidney's</i>
<i>Wheat grass</i>	<i>Immune system, blood cleanser, alkaliser, bowel cleanser, skin problems</i>
<i>Zucchini</i>	<i>bladder, kidneys, internal cleanser</i>

## **Healthy beverage tips**

- *Consume fresh juices for an alkalising, refreshing drink (invest in a good juicer and make your own if possible.)*
- *For a refreshing change, add a squeeze of fresh lemon juice to water.*
- *Try a protein shake for a healthy afternoon snack. (see Wellness Shield Eating plan)*
- *Drink herbal teas. Popular choices include; chamomile for relaxing, peppermint for digestion, dandelion for kidney and liver cleansing.*

The following article is from [mercola.com](http://mercola.com)

## This Substance Fools Your Metabolism - and Tricks Your Body into Gaining Pounds

The Trust for America's Health and the Robert Wood Johnson Foundation have been issuing an annual US obesity report since 2006, and [this year's report](#) is sobering to say the least. Its title, *How Obesity Threatens America's Future 2011*, spells it out succinctly, because while many people still shrug at the notion of obesity being anything but an aesthetic issue, nothing could be further from the truth. This epidemic threatens not only a clear majority of everyone's individual health and well-being; it also adds a tremendous burden to our health care system.

It may even threaten our ability to compete in the international market because of the loss of productivity it produces.

There are at least [20 different diseases and conditions that are directly attributable to being overweight](#), and according to a [2009 study by the US Centers for Disease Control and Prevention \(CDC\)](#), based on figures from 2006, the direct and indirect cost of obesity is around \$147 billion annually, or just over nine percent of all medical spending in the US. Clearly, since then things have only gotten worse.

### Shocking Statistics from 2011 Obesity Report

Over the past year, not a single US state has seen a decline in obesity rates. Instead, the incidence of obesity has risen in 16 states, and 12 states now have obesity rates *over 30 percent!* A mere four years ago, only *one* state had such a high rate of obesity. At this pace, the rest of the nation will soon catch up... Two-thirds of all US states already have obesity rates exceeding 25 percent.

Overall, 75 percent of American adults and nearly one-third of children and teens are currently obese or overweight...

It should be quite clear to everyone that whatever agricultural policies, public health policies, and dietary recommendations we've employed in the US so far have been and still are *severely flawed*, because they're not making even the slightest dent in this epidemic.

So, what's missing?

## **Two Keys to Curb Out-of-Control Obesity...**

I believe there are two primary dietary recommendations that could make all the difference in the world. Unfortunately, they're both extremely unpopular because accepting these recommendations means cutting profitability for the food industry, and major health agencies having to confess that they've been misleading you for a very long time...

The two primary keys I'm talking about are:

1. Severely restricting carbohydrates (sugars, fructose, and grains) in your diet, and
2. Increasing healthy fat consumption

While health authorities insist that sugar is fine "in moderation," and that grains are an essential part of a healthy diet and can actually help you prevent heart disease, they fail to take into consideration that:

a. Fructose is the NUMBER ONE source of calories in the US. This means it's far from "moderate," and this is not at all surprising when you consider that fructose, primarily in the form of cheap high fructose corn syrup (HFCS), is in just about *everything*—even food items you'd never expect would need it, including *diet* foods and 'enhanced' water products. Even most infant formulas contain the sugar equivalent of one can of Coca-Cola!

b. Refined carbohydrates (breakfast cereals, bagels, waffles etc) quickly breaks down to sugar, increase your insulin levels, and cause insulin resistance, which is the number one underlying factor of nearly

quickly breaks down to sugar, increase your insulin levels, and cause insulin resistance, which is the number one underlying factor of nearly every chronic disease known to man, including heart disease

They've been equally wrong about fat.

Fats in general are considered the dietary villains, especially *saturated fat*, which many people still claim will increase your risk of heart attacks and cardiovascular disease. However, this is simply untrue. The only **really dangerous fat out there is trans fat** (margarine, vegetable oils), which for a long time were touted as the answer to that heart-harming saturated fat. Talk about living in a topsy-turvy world...

Saturated fats are indeed *good* for you.

They provide the building blocks for your cell membranes and a variety of hormones and hormone like substances that are essential to your health, and saturated fats from animal and vegetable sources (such as meat, dairy, certain oils, and tropical plants like coconut) provide a concentrated source of energy in your diet—a source of energy that is far more ideal than carbohydrates, and that's why I chose these two specific "keys" in combination, because *when you cut down on carbs, you generally need to increase your fat consumption.*

## **Is Fructose the Reason Why You're Overweight?**

If everyone could easily keep their total grams of fructose to below about 25 grams per day then I believe we would start seeing some radical changes in these crazy statistics in short order. But the key issue is that while that is theoretically possible, precious few people are actually doing it, and the reliance on processed food is the primary reason for this failure. This is largely because the majority of fructose is *hidden* in all these processed foods so that it becomes very difficult to see just how much fructose you're consuming...

The average American now consumes 1/3 of a pound of sugar DAILY. That's five ounces or 150 grams, half of which is fructose, which is 300 percent more than the amount that will trigger biochemical havoc. And many Americans consume more than twice that amount!

To put it into even further perspective, based on USDA estimates the average American consumes the equivalent of about **TWO TONS of sugar during their lifetime**. So is it really any wonder that the United States is the fattest of 33 countries, with a whopping 75 percent of Americans crowding into the overweight category?

Thanks to the excellent work of researchers like [Dr. Robert Lustig](#), and [Dr. Richard Johnson](#), we now know that fructose:

- Is metabolized differently from glucose, with the majority being turned directly into *fat*
- Tricks your body into gaining weight by fooling your metabolism, as it turns off your body's appetite-control system. Fructose does not appropriately stimulate insulin, which in turn does not suppress ghrelin (the "hunger hormone") and doesn't stimulate leptin (the "satiety hormone"), which together result in your eating more and developing insulin resistance.
- Rapidly leads to weight gain and abdominal obesity ("beer belly"), decreased HDL, increased LDL, elevated triglycerides, elevated blood sugar, and high blood pressure—i.e., classic metabolic syndrome.
- Over time leads to insulin resistance, which is not only an underlying factor of type 2 diabetes and heart disease, but also many cancers.

If you want to shed excess pounds and maintain a healthy weight long-term, and **RADICALLY** reduce (and in many cases virtually eliminate) your risk of diabetes, heart disease and cancer, then start getting serious about restricting your consumption of fructose to no more than 25 grams per day. If you're already overweight, or have any of these diseases or are at high risk of any of them, then you're probably better off cutting that down to 10-15 grams per day.

Please also remember that exercise—even if you incorporate exercises like Peak 8 into your routine—will **NOT** compensate for fructose use and can **destroy many of the benefits of your hard work...**

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

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