

# Why are so many of us SICK?

## Humans are just like plants?

I was talking to a local farmer about how he does his organic farming and we shared some very interesting thoughts. We discovered that we have some very similar concepts between us.

He keeps his crops pest and chemical-free without the use of pesticides, fungicides, etc. Rather than looking at pests as PESTS, he looks at them as indicators of plant health. He explained that plants have innate immune systems. If a pest is attacking and destroying the plant, there is a deficiency that is allowing this to occur. Remedy the deficiency and the pests disappear. While

he explained why conventional crops no longer contain the necessary nutrients and enzymes, I was particularly struck by the analogy between the plant and the human body. We too have an innate immune system, and the body actually has a natural ability to heal itself. The “pest” is not the problem, but rather the deficiency. If we correct the deficiency so healing and balance can return, we create an environment that no longer attracts pests.

This is why it is so crucial to supplement our diet with a plant-derived multivitamin and multimineral, everyday.



(Metagenics has a very good multivitamin. TRC Minerals is a good multimineral supplement. You can get these at our web store. We also have them in stock. See Dr. Bonnie Chudyk, ND, RN for more information)

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## FREE CLASS

INTRO

TO

REIKI

MARCH 2

7-8 PM

ALL

WELCOME!

(REIKI PRACTITIONERS

HEALING CIRCLE

6-7PM, PRIOR TO CLASS)

## Strengthening your innate immune system...

I get asked all the time, “How can I build up my immunity?” Here are the basic steps:

- Correct all nutritional deficiencies. SUPPLEMENTS are a must, in today's world!
- Eat whole foods, as Mother Nature made them.
- AVOID sugar and refined, processed foods that have little or no nutritional value.
- Drink H2O filtered by a reverse osmosis unit (add

sea salt back into the filtered H2O before drinking. ...a few grains per 16 ounces is all that is needed).

- Get fresh air and sun at least 15”/day
- MOVE your body. We are meant to be active.
- AVOID/LIMIT stressors, internal and external, as much as possible.
- BREATHE! Learn to deep breathe and practice often!

- Live, Laugh, Love LIFE!
- Get off ALL drugs; prescription and over-the-counter.

Are you ready to do it? Make the right choices and you will be healthy. ☺

## Correcting Nutritional Deficiencies:

The first change that you can make to correct your deficiencies is to look at what you put into your body. Giving your body the “right ingredients” is a big step towards getting your health “back on track”. Are you giving your body processed, refined, packaged, artificial, man-made ingredients or are you giving your body whole, unprocessed, natural, unadulterated foods and beverages? Get to know your ingredients!

The next change that you can make is to begin supplementing your diet with a non-synthetic multivitamin, with every meal.

Taking a synthetic multivitamin is a waste of your money but, more importantly, it is giving you a false sense of security. Your body does not recognize these vitamins and, in addition, it adds stress to your body, as it tries to eliminate them. In the world that we are living in, we do not need to add any more stress to our already stressful lives!



Metagenic's Multigenics Intensive Care formula without Iron

## Immune function dependent on your digestive tract

Scientists have discovered that our digestive tract and our immune system work together. If your digestive tract is not functioning at 100%, your immune system suffers, too. Food allergies create an “inflamed” immune system response and a whole series of events unfold. (Food sensitivities is more accurate since most people are not *allergic* to a food substance where it causes anaphylaxis, just sensitive to it.) With your immune system now on “high alert”, it is left weakened in its battle to fight off other pathogens like bacteria, vi-

ruses, parasites, etc. and you suffer with recurrent infections and illnesses. In order to support your immune system, we must support our digestive tract. We call it the **4R Program**.

The **4R Program** works to *support* your system whereas, many other programs, work by *suppressing* the symptoms. The 1st R is **Remove**. We look at what needs to be removed; foods, toxins, parasites, yeast, mold, etc. The 2nd R is **Replace**. Do you need digestive en-

zymes, HCl, and/or bile salts with meals? The 3rd R is **Reinoculation** with probiotics, especially if you have EVER had a course of antibiotics! The 4th R is **Repair** with specific nutrients and phytonutrients.

These **4 Rs** will boost your immunity. Strengthen your digestive tract and you strengthen your immunity!

**80% of your immunity occurs in your digestive tract!**

## Drink clean H2O

Did you know that our tap water contains the prescription drugs that are prescribed to help us get “healthy”? It does and in doses that are high enough to cause us harm. This is one of the reasons why infertility is such an issue and erectile dysfunction exists, a long with earlier onset of puberty and menopausal difficulties! We are all receiving hormones, especially from

birth control pills that are excreted in urine and then enters our water supply. This is only one example of all the “substances” that we find in our tap water. Considering that our body is made almost entirely of water, we should be extremely careful of the kind of water that we take in. Reverse osmosis is the best filtering device and we should drink

8-8oz. Glasses/day, minimum. Avoid distilled water, bottled water, quinine water, tonic water, and the newest one, “Vitamin” water. All of these will actually leach minerals out of your body and do more harm than good. If you carry water bottles, use stainless steel or glass. Avoid storing water in plastic.

## Sunshine and Fresh Air, Vitamin D and Fats

How are they all in common? Did you know that we need the sun in order for our bodies to make vitamin D? We have receptors in our EYES that stimulate the body to make vitamin D. Our culture is very deficient in this important vitamin because we are living in the age of tinted windows; in our homes, in our cars, and at our work places. We wear sunscreens and sunglasses and cover up our bodies, all which keep us from getting any sun. Our food industry promotes to us the many food products that are “vitamin D

fortified”. However, there is a problem with this. Vitamin D is a “fat-soluble” vitamin. This means that it needs fat in order for it to be absorbed by the body. Back several decades, the American diet was changed and we were all told how bad fat was for us and everything became “No or Low-fat”. This is what has contributed to our deficient diet. Not only are we vitamin D deficient but we are also deficient in vitamins A, E, and K because these are “fat-soluble” vitamins, too.

You need 20” of sun, 2-3x/week, unblocked by artificial means AND, you need to eat some fat with all your fruits and veggies in order to absorb vitamins A, D, E, and K from these foods. Our body produces 20,000 IU’s of vitamin D /20 minutes of sun exposure. If it produces this much, do you really think that 400 IU’s that is the RDA (what you find in most supplements), is really enough? So, as you can see, we are very deficient!

## Boost immunity with Omega 3 fatty acids: EPA and DHA

The American diet is heavy in Omega 6 and Omega 9 fatty acids. These are pro-inflammatory fatty acids; they cause a whole series of inflammatory events to occur in our body which then weakens our immunity. The “healthy” ratio should be 1:1 or 2:1(6/9:3) however, most consume 16-20:1 ratio! Omega 3 fatty acids are anti-inflammatory.

**EPA-DHA 720** from *Metagenics* provides 720 mg of omega-3 essential fatty acids from cold water fish per softgel—eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)—to help deliver greater support in fewer softgels. Supplies high levels of EPA and DHA, which have been shown to support healthy function in body systems including cardiovascular, immune, gastrointestinal, and muscu-

***“Fish oils reduce inflammation and boost immunity.”***

loskeletal. Omega-3 fatty acids such as EPA and DHA are vital for healthy nervous system function. Features a unique antioxidant blend of vitamin E, ascorbyl palmitate, and rosemary to stabilize the oil for maximum freshness.

## Thoughts really do MATTER!

Scientists have proven that our thoughts really do affect our immune system. Through a series of chemical events that occur when we use of thoughts and feelings, they are able to measure the impact of these on our body. They discovered that when we have positive thoughts and feelings for 5 minutes, our immune system receives a “boost”

which lasts for 5 hours! Just the opposite is true when we are thinking negative thoughts and feelings. Our immune system *weakens* for 5 hours! WOW! Is it any wonder why we are all so sick? Just listening to 5” of the “news” these days, suppresses our immune system for 5 hours. What is the impact for 30 minutes? 30 hours!!! This does accumulate in our body. The effects

***“For every 5 minutes of thought creates 5 hours of physiological changes!”***

keep building! 5 minutes of positive **can** balance the 5 minutes of negative. Remember, it is an accumulative effect. Positive will accumulate and build up your immunity! Are you boosting or suppressing your immune system? Here’s to happy thoughts!

## SUPPLEMENT OF THE MONTH

# TRC Minerals



Ingredient	Amount per Serving	% Daily Value
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**Serving Size:** 1 ounce (32 per container)

**Macrominerals:** Calcium, Carbon, Chloride, Magnesium, Phosphorus, Potassium, Sodium, Sulfur

**Essential Trace Minerals:** Chromium, Cobalt, Copper, Iodine, Iron, Manganese, Molybdenum, Selenium, Zinc

**Ultra Trace Minerals:** Aluminum, Antimony, Arsenic, Barium, Beryllium, Bismuth, Boron, Bromine, Cadmium, Cerium, Cesium, Cobalt, Dysprosium, Erbium, Europium, Fluorine, Gadolinium, Gallium, Germanium, Gold, Hafnium, Holmium, Hydrogen, Indium, Lanthanum, Lead, Lithium, Lutetium, Neodymium, Nickel, Niobium, Nitrogen, Osmium, Oxygen, Palladium, Platinum, Praseodymium, Rhenium, Rhodium, Rubidium, Ruthenium, Samarium, Scandium, Silicon, Silver, Strontium, Tantalum, Tellurium, Terbium, Thallium, Strontium, Tantalum, Tellurium, Terbium, Thallium, Thorium, Thulium, Tin, Titanium, Tungsten, Vanadium, Ytterbium, Yttrium, Zirconium

Minerals support and catalyze enzyme function, protein digestion, metabolism, cellular electrolyte impulses, and *billions* of chemical reactions that keep the spark of life going. With today's mineral-deficient foods, containing no more than minimal percentages of 15-20 minerals maximum, people are becoming increasingly mineral-deficient. This is why a good source of trace minerals is absolutely **essential** to maintain good health. TRC Minerals is undoubtedly the purest, most concentrated plant-derived, natural mineral supplement on earth! Each quart of TRC Minerals contains a natural assortment of approximately 38,000 mg of 75 plant derived minerals in their unaltered form.

See Dr. Bonnie for more information and to purchase your bottle today!

#### 12.4.2007 TRC Receives GMP Certification

TRC Nutritional Laboratories, a leader in the contract manufacture of vitamin and dietary supplements

industry, announced it has achieved NSF International Good Manufacturing Practices (GMP) Registration



GMP Registered  
www.nsf.org