

Introduction to Natural Health Meeting #1

What we will talk about during this hour (I will use this outline to stay on-time)

- What the concept of a NHW is all about
- My background and founder of the NHW concept
- Your feedback & desires will help shape our meetings
- Guest speakers with Mostly generic information...not commercial hype
- How many of you are taking some type of medication? Vitamins?
- Please fill out a 3x5 card with your questions & interests

Nanci's Background

My history is that I come from Ohio & a family of sick people...sinus, arthritis, depression, Attention Deficit Disorder (ADD), alcoholism, cancer, heart disease, diabetes, allergies....need I go on? In 1970 when I moved to the San Francisco area....I began to study natural health. Over the years I took handfuls of vitamins, studied herbology and collected a library of natural healing and became a columnist and natural health writer.

Over the years I identified with the people that were sick and tired of being sick and tired, confused about all the supplements and herbal remedies..... like what was happening to me. Have you ever said, "Well what am I to DO?? I can't take drugs ... I can't take vitamins ... and who can eat all those servings of fruits and vegetables these guys are recommending???"

I tried lots of vitamin supplements and health foods, but nothing seemed to make a real, lasting difference, and I was still looking for something natural to create some balance in my life.

So I tried the Natural Health Model, and within a few weeks My energy became more balanced with great endurance. No more afternoon slumps, dyslexia and mood swings! It's been 12 years now and I feel and look years younger than I am. Do you know anyone who might like to know about natural health concepts like that?

The Natural Health Model is simple....so simple that many people will not try to add these simple steps into their lives. Many people are served by their illnesses and its hard to give them up. And that has to be OK.... everyone knows what is best for them.

What is the Natural Health Model?

If there was a "right" way to deal with a single disease, then we would have figured it out by now and there would be no more disease! If the medical people and all the fund raisers had it figured out, there would be no more cancer, no more heart disease, etc etc.

But EVERYONE HAS A UNIQUE PATH TO DISEASE -- your heart disease is not like Bill's heart disease. Your pancreatic cancer is not like Don's pancreatic cancer -- because your life has not been like his life, and our bodies are very different.

ONLY HEALTH IS UNIVERSAL. What makes a healthy body? We all know this, don't we? In addition to positive thoughts, exercise, and hydration (drinking enough water).....we need.....

---**Nutrient dense diet** rich in minerals and other micronutrients and antioxidants (green foods, raw

foods, wild foods, vegetables, fruits, nuts, seeds, sprouts, grasses, algae, bee pollen, garlic, etc)

----**Plant-based enzymes** (and sometimes other aids to digestion such as capsicum, fennel, ginger). (Animal-based enzymes are named pancreatin, etc.)

----**Probiotics** such as acidophilus & bifidus...more than just what is found in yogurt.

It's ALWAYS the 3 R's - Re-mineralize, Re-enzymize, Re-bacterialize.

The various diseases are just names doctors give to a collection of symptoms. And the various symptoms are indications of a body out of balance. Different bodies manifest the out-of-balance condition with different symptoms which are called by different names, but the REAL problem is that their bodies are not getting what they need to maintain health.

Many of you are well-read in natural health and are happy with your lifestyle. I hope you will contribute to our discussions. We are all at various health levels and still learning. For example...I just learned more about the value of eating plant-based enzymes in between meals for rejuvenation....Enz. Therapy like they do in Europe.

Today's topic - Avoiding Digestion Problems...mainly gas (Info from your handout)

Do you know anyone who has problems with gas, acid reflux, colitis, constipation, Irritable bowel syndrome? All these problems can be helped by the Natural Health Model Tips that we'll discuss.

Our Western lifestyle... through the use of technology has adulterated our food so that it no longer promotes the friendly bacteria in the intestinal tract, rather it nourishes the destructive bacteria. Stress also plays a large role in the function of the intestinal tract because it can reduce the circulation of blood to the absorptive areas of the bowels.

Liver and pancreatic function is also important because dysfunction of either organ can lead to poor digestion of food and reduced assimilation of nutrients. Even though you may be eating a reasonably good diet, you can suffer with malnutrition because the essential nutrients are not being absorbed from the gut.

Gas Problems:

Gas is a problem that is mainly caused by foods not being digested properly, resulting in fat becoming rancid, carbohydrates becoming fermented and protein becoming putrefied. This can cause abdominal pain, bloating, rumbling, belching, and passing gas--and a good deal of embarrassment. Ever know anyone with these problems after a BBQ or Thanksgiving dinner?

Gas can be caused if foods are not digested well, because we eat too fast, our foods are cooked and have no enzymes available and we eat while emotionally upset. Therefore, the stomach cannot break the food into small enough pieces to allow digestive juices to penetrate thoroughly. As a result, food passes into the intestines with its central portions undigested. Some of this undigested food will ferment and putrefy, causing unpleasant-smelling intestinal gas and discomfort.

Short term relief:

- LEMON JUICE aids digestion and even helps skin problems.

Drink a glass of water flavored with fresh organic lemon juice one half-hour before meals. Fresh lemon juice is a traditional tonic for stimulating the appetite and increasing salivary and gastric secretions for better digestion of foods.

- Use peppermint oil to bring relief from pain caused by gas. Most pharmacies sell peppermint oil. Put a few drops of the oil in water and drink for instant relief. Peppermint oil is known to relax the muscle at the top of the stomach, letting stomach acid leak.
- Stock up on ginger root, fennel and caraway seeds. Buy fresh organic ginger and put a few thinly sliced pieces in water mixed with a tablespoon of fennel and caraway. Boil for five minutes and drink this healing tea. Ginger contains a carminative that protects the stomach. Ginger increases circulation so it helps effect a systemic cleansing through the bowels. Fennel treats indigestion, gas and spasms of the digestive tract and increases peristalsis. Caraway is a stimulant that reduces spasms in the gastrointestinal tract.
- Take some activated charcoal. Charcoal will absorb gas and toxins and remove them quickly from your system and purchased from any health food store. However, activated charcoal is indiscriminate in what it absorbs. Therefore, it should not be taken with food or medicines as it would absorb them, too, and it should not be taken over long periods of time. It is, however, good for instant relief of gas and toxins.

Long term remedies:

- Maintain a healthy population of microorganisms in your intestinal tract. It is important to be aware that your intestinal tract may be harboring excessive populations of unfriendly microorganisms such as candida albicans, bacteria, viruses and parasites. Therefore, you should take large amounts of friendly bacteria supplements daily as listed below:

1. Lactobacillus acidophilus helps the body to remove the food that is stuck to the sides of your intestinal walls. It is the small intestine's cleaning crew, taking away the breeding ground of bad bacteria and parasites. When the acidophilus has been fully reestablished in the small intestine, it will prevent toxic waste from sticking to the sides of the walls so that food can be absorbed.

2. Bifidus helps to clean the sides of the walls of your large intestine. It draws fluid into the waste so that it will move the waste out of your body. It is your large intestine's cleaning crew.

- There may not be sufficient hydrochloric acid. Friendly bacteria will help balance stomach acid. Also, a useful technique to increase stomach acidity during a meal is to sip a little bit of water mixed with 2 tablespoons of organic apple cider vinegar and the juice of half a lemon. Some people find that this practice improves their digestion and reduces gas and abdominal bloating.

Remember that Biology 101 Review I mentioned? Tapioca Trick to demonstrate what enzymes can do:

- It is important to take digestive enzymes with any cooked meal. Lack of enzymes due to cooking (heating) our foods makes it impossible to breakdown proteins, fats, and carbohydrates. The pancreas becomes stressed in the process of taking over the burden of producing extra digestive

enzymes for all cooked meals. Taking plant-based enzymes as a digestive aid helps break down any cooked meal without stressing your pancreas. Enzyme supplements can make a huge improvement to your digestive system.

- **SEEDS AND NUTS** are great sources of fiber and essential fatty acids.

- Fiber is essential for digestive system health. Grind some organic flax seed (1 to 2 heaping tablespoons) daily. sprinkle on sandwiches, salads, rice, add to a fruit smoothie or just mix with water and drink with a meal.

- Avoid coffee, which can cause symptoms of indigestion. Both regular and decaffeinated coffee should be phased out of your diet.

- **GARLIC** is one of the best known natural antibiotics / remedies for high b. pressure.

- If you suspect that you may have intestinal yeasts, bacteria and parasites, raw garlic is the best natural antibiotic substance. Slice one to 2 cloves and swallow at night with a glass of water (don't chew to avoid the odor). Garlic is able to kill bacteria, parasites and yeasts. If you suspect you have a large overgrowth, even higher doses of garlic may be required.

- Avoid refined sugars and carbohydrates as this is fuel for harmful microorganisms especially yeasts.

- Use turmeric daily (can be taken with garlic at night) which is known as an aid for digestion and a liver tonic.

- **SPRING WATER** between meals helps to soften the food in your intestinal tract.

- Drink spring water between your meals. At the same time, the mineral content of the water helps to carry the nutrients into the intestinal wall. Drinking spring water between meals also helps the friendly bacteria clean the sides of the intestine.

All the former instructions should bring encouraging results, but you have to be patient because cleansing must come first, then healthy new tissue rebuilding can take place leading to a healthy digestive system.

- **GREEN DRINK ELIXERS** are full of chlorophyll that cleans the blood. sweeten the intestines and is nature's healer.

CONCLUSION

This concludes the presentation portion of our meeting. Please pass up your 3x5 cards & comments. Any questions? I will be around for your personal questions after the meeting....or you may call or email me via my OrganicResources website. Much of what I talked about today will be in my monthly newsletter available to you via email or see the one posted on the Bulletin Board outside the Locker Rooms.

Tip of the Day = Next meeting on September 6...topic is "Better Learning Thru Nutrition" And here is a tip to help kids learn: Start their day with a high protein breakfast or breakfast BG Bar. We will meet here at the Library's Guanajato room from 7-8 PM.