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3A-Wellness Retreat



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Weight Control

You can lose up to 12 lbs without dieting and extreme workout!



Fat ordinarily accounts for about 10 to 20 percent of the weight of an adult male, and about 25 percent of the weight of a female. Anymore than this is unnecessary and unhealthy. Ideally, your weight should remain roughly constant after

the age of 25. Most people do gain a little as they grow older, and reach their heaviest weight at about 50, but there is no obvious physiological reason for this. It is usually due to a combination of a less active lifestyle and an over adequate diet.

The key to long-term successful weight loss is making a healthy lifestyle change. Many other weight loss programs only want to sell you cases of (preserved) pre-fabricated foods, frozen dinners or meal-replacement products. The problem with these programs is that you learn nothing about the foods your body needs and nothing about how to make a healthy lifestyle change.

3a-wellness Weight Loss Program is based on a healthy diet of regular foods that you can buy in a grocery store. We'll arm you with a complete list of recommended grocery store foods as well as 3a-wellness recipe book and other helpful tips.

General Principles of Healthy Weight Control
(This program is for 3 weeks)

- Adopt a No Oil, No Fat Program
- Low protein diet.
- Drink 6- 8 glasses of water daily.

- Not a morsel between meals. This is a principle of life. (4--5 hours between meals). If you are hungry drink water with a lemon twist.
- Correct wrong habits. Stop eating between meals; eliminate drinking during meals; balance your meals,
- Do not eat (or drink) vegetables and fruit at the same
- Avoid irritants. Anything that irritates the stomach or the nervous system or acts as a stimulant to the appetite: vinegar, mayonnaise, mustard, caffeine, alcohol, baking soda, baking powder, and spices (black pepper, cloves, nutmeg, ginger).
- Adopt God's bible-based diet for maximum health (vegetables, fruits, grains and nuts).
- Do not eat any flesh foods or refined foods.
- You should chew your food thoroughly and swallow each bite before taking more food into your mouth. You should also cut up your food, including fruits and vegetables, into smallest pieces possible, and eat only one piece at a time.
- Do not leave snacks out for nibbling. Tell guests to bring flowers, not candy.

To read about a Natural Weight loss Program go to: www.3a-wellness.com



The Germ Theory of Disease Causation

"Even if all the experts agree, they may well be mistaken."-- Bertrand Russell

"Human beings, the potentially highest form of life expression on this planet have built the vast pharmaceutical industry for the central purpose of poisoning the lowest form of life on the planet--germs! One of the biggest tragedies of human civilization is the precedence of chemicals over nutrition."--Dr. Richard Murray

We do not catch diseases. We build them. We have to eat, drink, think, and feel them into existence. We work hard at developing our diseases. We must work just as hard at restoring health. The presence of germs does not constitute the presence of a disease. Bacteria are scavengers of nature...

To read a whole story go to: www.3a-wellness.com

Lupus

Systemic lupus erythematosus (SLE or lupus) is a chronic autoimmune disease that is potentially debilitating and sometimes fatal as the immune system attacks the body's cells and tissue, resulting in inflammation and tissue damage. SLE can affect any part of the body, but most often harms the heart, joints, skin, lungs, blood vessels, liver, kidneys and nervous system. The course of the disease is unpredictable, with periods of illness (called flares) alternating with remission. Lupus can occur at any age, and is most common in women, particularly of non-European descent.

What You Can Do:

(This program is for 60 to 90 days.)

Be sure your bowels are well regulated. Take enema twice daily for 1 week. Take "NO ENEMA INTESTINAL CLEANSER" 3 to 5 times daily.

- Mix together the following ingredients: Pau D'Arco 2 Tbsp, Chaparral 2 Tbsp, Black Walnut 1 Tbsp, Red Clover 5 Tbsp
Take 2 tsp per cup. Boil water, then add herbs. Let steep for 15 minutes. Let cool, strain. Drink 4-6 cups daily without sweetener.
- Take 1 Tbsp Blackstrap Molasses twice daily, morning and afternoon, to help build blood (high in iron).
- Massage legs and arms; ensure movement is in a circular motion toward heart.
- Ensure you get at least 30 minutes moderate exercise daily. Walking is excellent.
- Take a hot foot bath, 3 times weekly
- Take a Steam bath 2 times weekly.
- Take a Salt bath 2 times weekly.

Dietary Guidelines

Foods To Eat:

Fresh Fruits: apples, grapes (seed), bananas, peaches, pears, pineapples, oranges, lemons, grapefruits, and melons.

Dried Fruits: raisins, figs, prunes, and dates.

Grains: rolled oats, millet, and brown rice.

Nuts: sunflower seeds, sesame seeds, pumpkin seeds, and almonds.

Vegetables: peas, leafy vegetables, lentils, soybeans, carrots, beets, lettuce, broccoli, and cauliflower.

Foods To Avoid:

Avoid flesh meats, fried foods, sugar, caffeine products, cheese, milk and all dairy products.

Juice Therapy:

Vegetable Juice: Mix 8 oz. carrot juice, 4 oz. celery juice, 4 oz. beet juice, 1 cup alfalfa sprouts, 1 tsp Kelp. Drink 16 oz fresh juice 1 or more times daily.

Fruit Juice: Mix 8 oz. fresh grape juice (juice with seeds) and 16 oz. unsweetened pineapple juice and ½ cup sunflower seeds. Mix together. Drink 6-8oz twice a daily.

Supplements/Vitamins:

Item: Dosage:

- Vitamin A 25, 000 IU 2 times daily
- Vitamin C 4000 mg daily
- Kelp 5 capsules 2 times daily
- Kyolic Garlic 5 capsules 3 times daily
- Sarsaparilla 8 capsules 2 times daily

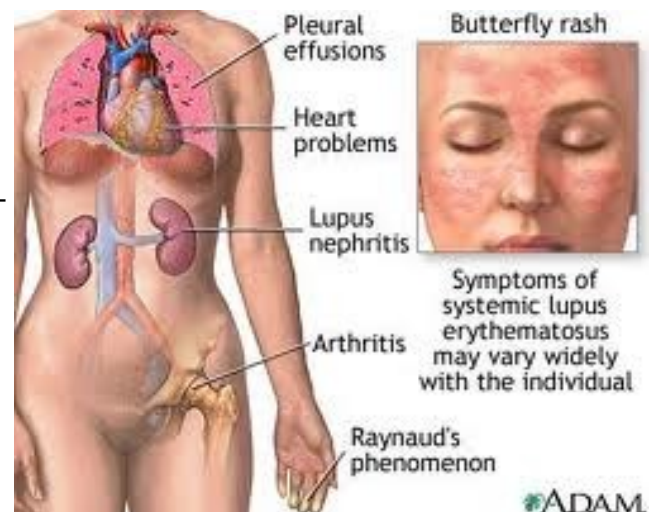
Did you know

Can You Really Afford NOT to Eat Organic?

The USDA did a study in 1999 comparing essential nutrient content in our food... They found that about half of the essential nutrients on our food had been reduced by as much as 38 percent [compared to the 1950's].

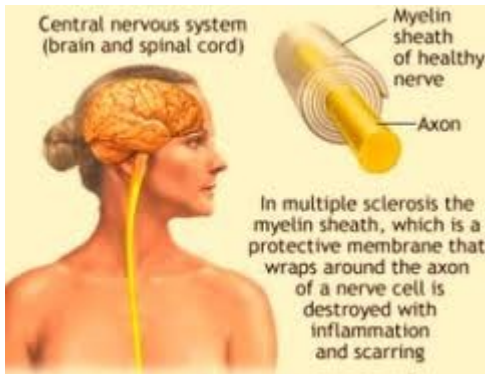
If nutrients are not in the soil; if we're depleting the soil through industrial processes, and it's not in the plants, it's not in our milk, in our meat, it's not in us. Many of the immune enhancing compounds that make life wonderful, make our food taste wonderful, and also protect us from cancers and a lot of chronic disease. The attributes to organic food are not just the avoidance of toxins. It's also about what it does have in there, and that's the superior nutrients."

We simply MUST take organic agriculture seriously



Multiple Sclerosis

Multiple Sclerosis (MS) is a disease of the central nervous system, as puzzling as it is tragic to today's learned man. However, God said, "O ye simple, understand wisdom: and ye fools, be ye of an understanding heart." Proverbs 8:5. In some cases, MS has a relatively benign course. In others, symptoms become progressively worse, producing loss of coordination, blindness, and even paralysis.



However, the disease is characterized by spontaneous remissions that may last for months and even years. It is an especially peculiar malady in light of the prevailing belief that MS is caused by changes or lesions occurring

to the myelin sheath, the protective covering of the brain and spinal cord. Because of the lesions in this protective sheath, the nerve impulses are not properly transmitted. If this is indeed the cause of MS, it is difficult to understand how remission could come about unless the lesions come and go which does not seem to be the case.

In some cases, the remissions are very dramatic. For example, a person who is barely able to take a step one year, may take long walks the next. For this reason, it is difficult to evaluate therapies, particularly when they are tried exclusively upon different individuals, as opposed to large groups of people. The world of medical science has no evidence that there are any natural or medical forms of therapy that could be considered reliable.

Dietary Considerations

Food to Eat:

Only organically grown, poison-free, whole, unprocessed raw foods; raw fruits and mainly root vegetables, raw seeds and nuts, and raw rolled oats.



What You Can Do:

- Take NO ENEMA INTESTINAL CLEANSER. See Bowel Cleanser,
- Take enema twice daily for 1 week (Lemon enema) juice of ½ of a lemon in 12 ounces of water per retention enema.
- Use natural liniment. To make use 8 oz Olive oil, mix with 1 tsp peppermint oil, and 6 tsp Cayenne pepper. Shake before each use. Rub over area that is numb. Then do hot and cold fomentations over affected area/s.
- You will need to participate in an extensive physiotherapeutic and hydro-therapeutic program: massages, exercises, cold showers morning and evening, hot baths, etc. Consult with a natural care professional on each treatment prior to beginning this program on your own. Once you or a loved one have the basic principles of how to perform the required treatment it should be safe to conduct them on your own with little or no assistance.
- Do an Epsom salt rub all over the body, then shower off.
- Sun bathe daily if possible.
- Drink 1½ to 2 quarts Distilled water daily.
- Take 3 cups Sarsaparilla Tea daily (1 Tbsp per cup of water)
- Take 2 Tbsp Cold-pressed Olive, Sesame or Safflower oil daily.
- Take vitamins and supplements as given below.

Supplements / Vitamins:

- B-Complex 100 mg 3 times daily
- Vitamin B-3 (Niacin) 200 mgs 3 times daily. (Note you will get a flush and itch it will stop)
- Vitamin B-12 1000 mcg 1 time daily
- Vitamin C 5,000 mg 4 times daily
- Vitamin D 500 IU. 1 time daily
- Vitamin E 600 IU. 2 times daily
- Magnesium 1,000 mg 2 times daily
- Calcium 1,200 mg 2 times daily
- Flaxseed oil 1 Tbsp 3 times daily
- Lecithin 1 Tbsp 3 times daily
- Coconut Milk 4 oz. 2 times daily
- Black Walnut 4 capsules 2 times daily
- Blackstrap Molasses 2 Tbsp 3 times daily
- K. M. or Vital K4 oz. 3 times daily
- Alfalfa 1 tsp in water 4 times daily
- Folic Acid 4 mg 2 times daily (take with B complex)
- Cayenne pepper 1 capsule (about 90,000 heat units) 3 times daily

Lyme Disease



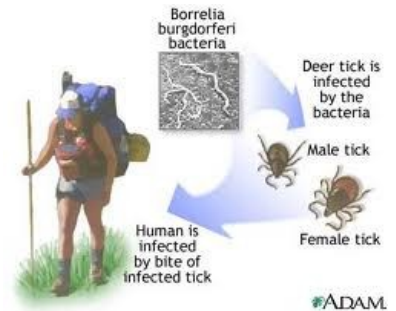
Lyme disease (LD) is an infection caused by *Borrelia burgdorferi*, a type of bacterium called a spirochete (pronounced spy-ro-keet) that is carried by deer ticks. An infected tick can transmit the spirochete to the humans and animals it bites. Untreated, the bacterium travels

through the bloodstream, establishes itself in various body tissues, and can cause a number of symptoms, some of which are severe.

LD manifests itself as a multi-system inflammatory disease that affects the skin in its early, localized stage, and spreads to the joints, nervous system and, to a lesser extent, other organ systems in its later, disseminated stages. If diagnosed and treated early with antibiotics, LD is almost always readily cured. Generally, LD in its later stages can also be treated effectively, but because the rate of disease progression and individual response to treatment varies from one patient to the next, some patients may have symptoms that linger for months or even years following treatment. In rare in-

What Can you Do:

- Before going into the outdoors mix 1 oz each of the following oils: Chamomile, Chicory, Lemon, Mint. Mix altogether and rub over skin.
- Use 2 grapefruits, 4 lemons, 2 garlic bulbs, 2 onion bulbs, 4 Tbsp of Yarrow. Mix altogether in 1 gallon of water, boil for 5 minutes, drink 1/2 cup 3 times daily.
- Drink 400 mg Colloidal Silver daily.
- Mix together ½ oz each of Oregano and Garlic oil. Take 3 drops in water 3 times daily.
- Drink plenty of water.
- Take a blood cleanser. To make: mix ½ lb. each of Alfalfa, Burdock, Red Clover, Echinacea, Goldenrod, Yellow dock, and Nettles. Mix together in 2 gallons water then boil for 5 minutes. Let cool then drink ½ cup 4 times daily.
- Take very hot fever baths daily for 10 days.
- Eat some garlic daily with your vegetable salad.
- Take 5,000mg Vitamin C in juice 2 times daily.



Editor's Message

It is our prayer that you will enjoy optimal health. We, at the 3A- Wellness Retreat are here to help you in your journey to great health and we hope you will enjoy and benefit from our newsletter. Collecting our issues and obeying God's principle of health can save you hundreds of dollars on your medical bills! It is our mission to provide you with the information you need to attain the highest level of physical, spiritual, and emotional health possible. Through this monthly newsletter, we will endeavor to bring you practical information about natural health care.

May God bless you and give you great health!

Eva Sabo, Natural Health Consultant (Editor)

**WE ARE ON THE
WEB**

www.3a-wellness.com

In the next issue:

**PARKINSON'S DISEASE, PARASITES,
POOR CIRCULATION**

What's new

EDUCATIONAL SEMINAR – DIABETES

Don't miss the last Session:

November 26th

Time: 3:00pm– 5:00pm

**Location: Kirk United Church -
13535 122 Avenue, Edmonton,**

On this mission, you don't have to be on your own - bring your family members with you and learn together how you can be supportive of each other as a family in maintaining a diabetes free lifestyle!



**New! WEIGHT LOSS
PROGRAM**

Starting December 25, 2011