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FREE HEALTH AND WELLNESS NEWSLETTER

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Inside this issue:

| | |
|----------------------------|---|
| <i>A True Diet</i> | 1 |
| <i>Parkinson's Disease</i> | 2 |
| <i>Parasites</i> | 3 |
| <i>Poor circulation</i> | 4 |
| <i>What's new</i> | 4 |
| <i>Editor's Message</i> | 4 |

Returning is Renewing:

Today, I believe that our health depends on how nearly we return to a state of harmony with nature's laws; on how nearly we return in principle and practice to the life of Eden.

An all-wise God put within nature all the elements necessary for the building of our bodies. It is wrong habits of eating and use of refined and alerted foods .

The results of people trying to improve on nature is a deterioration of the human race— especially in countries where people are accustomed to so-called luxuries. Although food may be ample in quantity, modern methods of refining remove the most important elements and in many cases the foods are adulterated with preservatives, flavourings and coloring to conceal inferior nutritional quality.

A True Diet

A true diet is not based on calories but on the organic elements that give and sustain life!

Our most common and serious diseases are caused by wrong eating and drinking habits. This has been proven by numerous scientific experiments in recent years. Food is a substance that, when absorbed by the bloodstream, will nourish, repair, and furnish the life-force and heat to the body. But if in its preparation and refining the life – giving elements are taken away, it cannot furnish our life force but will distort the functional activity of the body and result in many disorders.



Actually, many diseases are nature's effort to free our system of poisons and congestions resulting from wrong eating and drinking habits. When we assist nature in expelling impurities and re-establishing the right conditions in the system we can overcome disease.

The whole world needs more vitamins, better cooks, more care exercised in the preparation of food and less spacious hospitals.

Foods improperly prepared lose much of their food value. It is very essential that foods be eaten in their natural state as much as possible. Too much cooking is injurious. Certain elements are destroyed by even a small amount of heat and for that reason such foods should be eaten and served raw more often.

Food is Life

Yes, the food question should be given its proper place in the medical world. We are made of what we eat— nothing else— and we should eat to increase strength and preserve health and life. All foods do not agree with everyone, but everyone should eat the natural foods that agree best with him.

Disease and illness would be rare if every bloodstream were pure and if the body were not full of waste matter and toxins.

The human body is a finely constructed machine and transforms energy from the food supplied. As the automobile burns gasoline, the human body burns food. Every machine is constantly wearing down and requires renewal of parts; just so, the body must have proper food to build new tissues and to repair worn out ones.

The true science of eating and feeding should be thoroughly understood by all: what elements the systems requires in order to build and repair , how best to supply them, and how to prepare them in the most appetizing and life-giving manner.

From the book:
The **Back to Eden** Cookbook
by *Jethro Kloss*



Parkinson's Disease

Did you know

The North America is facing a health crisis of unprecedented proportions: Two-thirds of Americans are overweight or obese.

Diabetes and heart disease rates are on the rise. For the first time in living history, the life expectancy of America's children is less than that of their parents.

In other parts of the world, however, people are living longer, healthier lives. In certain areas known as **Blue Zones**, people tend to live well into their 90s and beyond while remaining mentally and physically vibrant. It's no coincidence that people in these regions share several lifestyle traits.

The Blue Zones

Loma Linda, California: where a group of **Seventh Day Adventists** commonly live to 100 years old and enjoy more healthy years of life than the rest of the United States.

Sardinia, Italy: a mountain village where researchers encountered a 102-year-old man who hikes at least 6 miles a day.

Okinawa, Japan: home to some of the world's longest-lived people.

Icaria, Greece: a tiny island with 20 percent lower rates of cancer, 50 percent lower rates of heart disease, and almost no dementia.

Nicoya Peninsula, Costa Rica: where residents enjoy lower levels of obesity and longer lives than the rest of Costa Rica.



Exactly what causes Parkinson's is unknown. Like Alzheimer's, there could be several different causes of Parkinson's disease, such as: heavy metals, microbes (especially a virus or the spirochete bacteria in Lyme Disease), lactic acid, poor circulation (which itself has many causes), etc.

What You Can Do:

(This program is for 60 to 90 days.)

- Eat a high fiber diet with grains, seeds and nuts with plenty of raw fruits and vegetables.
- Take a hot Epsom salt bath 5 times weekly using 4 lbs of salt per bath. Stay in hot Epsom salt water 2 to 3 hours or more daily.
- Take 3 enemas daily, using Catnip tea in the enema water.
- Take a steam bath 3 times a week.
- Give an Epsom salt rub daily.
- Mix together the powder forms of the following ingredients. Use 1 Tbsp in 8 oz. of water for tea. Drink 2 cups daily:

Ingredient Amount:

- Black Cohosh: 1 Tbsp
- Alfalfa 1 Tbsp
- Burdock 2 Tbsp
- Comfrey 2 Tbsp
- Echinacea 2 Tbsp
- Ginger ½ Tbsp
- Golden Seal 1 Tbsp
- Gotu Kola 1 Tbsp
- Mistletoe 1 Tbsp



Vitamins and herbs:

1. NADH*/ ENADA From Source Naturals - 5.0 mg

*NADH is also called: coenzyme 1. It is an abbreviation for: Nicotinamide Adenine Dinucleotide. NADH is critical in the conversion of food to energy. NADH/ENADA should be taken ONCE A DAY, in the morning, on an empty stomach, at least one-half hour before eating. If one pill a day is not enough to meet your needs, you can build up to the dose which does meet your needs.

2. Coenzyme Q10 - 100 mg

Like NADH, this is also a coenzyme. The recommended dosage is 100 mg.

3. Selenium - 200 mcg

One pill per day of this product is recommended.

4. L-Glutathione - 50 mg

This product, 50 mg of L-Glutathione, should be taken at lunch.

5. Protandim

An herbal product called Protandim totally eliminates oxidative stress from the body. Oxidative stress is a major player in causing Parkinson's. This is known because the most effective treatments for Parkinson's are treatments which energize the cell production of ATP energy. The dose is 2 pills a day (about \$2) for the first month. For the second month and beyond it is up to the patient to take 1 or 2 pills a day.

6. Vitamin B12

One pill per day of this product is recommended.

7. Turmeric - 1 Teaspoon as needed

Turmeric has done very well, very quickly against the symptoms of Parkinson's!! However, it is so inexpensive and so easy to obtain it is certainly well worth the effort to see if it will help in your situation!!

Dr. Birkmayer and his father made incredible discoveries which have helped many thousands of Parkinson's patients.

To read a full story [click here](#) or ask for a copy: by phone: 780-996-4308

by e-mail: staff@3a-wellness.com

Parasites

A parasite is an organism that feeds off another organism, called a host. **Intestinal parasites** are parasites that populate the gastro-intestinal tract in humans and other animals. They can live throughout the body, but most prefer the intestinal wall. Means of exposure include: ingestion of undercooked meat, drinking infected water, and skin absorption. The microscope is daily revealing new ones. There are 3 classes of them:



- Vegetable parasites that feast upon plants or trees;
- Animal parasites that feed upon vegetables, shrubbery and trees; and
- Animal parasites that attach themselves to other animals.

Of the first class, the mistletoe and the oak is a familiar illustration. To the second belong all the varieties of tree borers and plant lice. To the third belong, the ichneumon fly that takes possession of the caterpillar, and all the blood-sucking insects that prey upon man and beast.

A few parasites may be useful. The vine which produces the vanilla bean is said to be a parasite. But the almost universal rule is that parasites are both useless and destructive. They attack plants or animals more valuable than themselves. They feed upon the sap or the blood. They exhaust the vitality of that upon which they fasten in order to sustain their own; and then they do no good in the world. They bear no fruit and furnish no food. They are a pest in the garden, the orchard, and the house...everywhere.

Parasites cannot take hold unless the body is overly encumbered with toxic waste due to incorrect diet and/or slow metabolism and low blood pressure. Parasites cannot live in healthy, sound tissue. We do not have maggots in our sink or in our garbage cans, because we keep them clean. Whenever there is waste matter which is not expelled from the body, we will find food for parasites and germs. If the body was maintained at a sound and completely nourished state in which all body wastes were burned or expelled, there would be no need to fear the microbe.

What You Can Do:

What Will Eliminate Parasites

This program is for 7 to 14 days.

- Drink lots of water and tea daily.
- Take “**NO ENEMA INTESTINAL CLEANSER**” twice daily for 2 weeks or more:
Mix 1 Tsp. Psyllium Husk powder in 4 ounces of juice, shake well, and drink before it gets thick. Drink additional glass of water. Do this 3 times daily. Take 3 Senna capsules every other day around 7:00pm (stay home after).
- Take a Garlic enema 2 times daily. (Use 4 cloves, blend, strain then use 12 ounces per retention enema.)
- Eat lots of figs they are also very good for eliminating parasites.
- Raw Pumpkin seeds - a handful once daily.
- 2 capsules Nettle 2 times daily.
- 5 capsules Garlic 2 times daily.
- 2 capsules Ginger 2 times daily.
- 1 capsule Mandrake every other day.
- 4 capsules Black Walnut 3 times daily.
- 1 capsule Wormwood 2 times daily

For many years we have all believed that cancer is different from other diseases. We believed that cancer behaves like a fire, in that you can't stop it once it has started.

Therefore, you have to cut it out or radiate it to death or chemically destroy every cancerous cell in the body since it can never become normal again. NOTHING COULD BE MORE WRONG! And we have believed that cancers of different types such as leukemia or breast cancer have different causes. Wrong again!

In the book by Hulda Regehr Clark, Ph.D.,N.D.

*“The Cure for all Cancers” you can read that all cancers are alike. **They are all caused by a parasite.** A single parasite! It is the human intestinal fluke. And if you kill this parasite, the cancer stops immediately. The tissue becomes normal again. In order to get cancer, you must have this parasite.*

How can the human intestinal fluke cause cancer? This parasite typically lives in the intestine where it might do little harm, causing only colitis, Crohn's disease, or irritable bowel syndrome, or perhaps nothing at all. But if it invades a different organ, like the uterus or kidneys or liver, it does a great deal of harm. If it establishes itself in the liver, it causes cancer. All cancer patients (100%) have isopropyl alcohol and the intestinal fluke in their livers.

From the book “The Cure for all Cancers” by Hulda Regehr Clark, Ph.D.,N.D.

Poor Circulation



Poor circulation (sometimes known as Peripheral Artery Disease or PAD) produces all kinds of problems. Symptoms of poor circulation include pain and swelling in the

legs, low energy, tired and aching feet, cramps and cold hands and feet.

Infections caused by bacteria spread quicker in areas of bad circulation and you may find that your legs, hands or feet have a habit of 'falling asleep', giving you that numb feeling. If left untreated poor circulation can lead to heart disease, strokes and in extreme cases amputation.

Poor circulation may be the result of certain medical conditions. Medical causes aside, circulation can be adversely affected by poor lifestyle, and these should also be addressed when seeking to improve circulation.

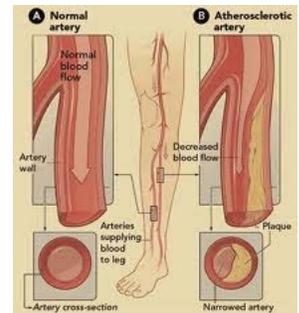
What Can you Do:

(This program is for 60 days.)

- Take "NO ENEMA INTESTINAL CLEANSER" 3 times daily. See Bowel Cleanser on page 3.
- Take enema twice daily for seven days only. Use Red Raspberry tea enema.
- First thing in morning take a cold shower, cool bath or a cold towel rub. Follow this with a thorough rubbing with a dry coarse towel.
- Take plenty of outdoor exercise, breathing deeply.
- Go on a good eliminating diet of vegetable juices for 3 or more days. Drink plenty of Red Clover tea.
- Eat majority of your food as raw as possible..
- Mix the following ingredients. Mix all together drink 4 drops in 6 oz. water. Make tea and drink 2 times daily.

Ingredient: Amount:

- Valerian 2 drops
- Peppermint 2 drops
- Spearmint 2 drops
- Skullcap 1 drop
- Gentian Root 1 drop
- Rue 2 drops
- Catnip ½ drop
- Cayenne Pepper 3 drops



Editor's Message

It is our prayer that you will enjoy optimal health. We, at the 3a- Wellness Retreat Center are here to help you in your journey to great health and we hope that 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
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In the next issue:

**SCHIZOPHRENIA, SINUS TROUBLE,
 SHINGLES, SKIN DISORDERS**

What's new

Cooking class

March 25, 2012

Three weeks ago the "3a-Wellness Center" and Stella Sabo-Watson from **3E-NUTRITION*** held a Cooking Class in the Edmonton Filipino SDA Church. The cooking class was very successful and there were 26 people present. During the class there was a demonstration on how to prepare a healthy salad dressing, vegan butter and a fruit/vegetable juice. It was shown how to prepare a flavorful spinach dish, cooked potatoes, cabbage stew and a lentil loaf.

All that were present received a printout of the recipes and went home with some new ideas on how to prepare healthy and delicious meals. There was a draw for a prize at the end and the winner received a Healthy recipes book.



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3E-NUTRITION

WEB SITE AT:
www.3e-nutrition.com

- **MISSION:** To **Evaluate, Educate** and **Enhance** the client's nutritional health to the fullest potential.
- **BENEFITS:** Optimum health, weight loss, increased energy!