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## 3A-Wellness Retreat



EDUCATIONAL LIFESTYLE CENTER

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### *Why drink raw juices?*

#### Inside this issue:

<i>The following items should not be consumed</i>	2
<i>Did you know</i>	2
<i>Aging</i>	2
<i>Aids</i>	3
<i>Alzheimer's disease and how to prevent</i>	4
<i>3A- Wellness Retreat</i>	4
<i>Editor's Message</i>	4

The knowledge of proper nutrition in relation to the health of the body is becoming more and more generally recognized. It has been known for a long time that there is not a cell in the body that lasts longer than seven years, but few people realize that the majority of the cells do not live nearly as long as this. For example, you grow several fingernails in a year and skin cells take only two years to be replaced.

Physiological chemists state that there is not a blood cell more than fourteen days old, and that we rebuild a new heart every thirty days. Constant chemical changes are taking place within the cells of our bodies every second of the day and night. Old worn-out cells are discarded, and new cells are replacing the old. If you select the proper chemical elements from your food, you may restore healthy cells to replace the old worn-out toxic ones, and overcome many functional and so-called incurable diseases of the heart.

The minerals and vitamins so necessary for the rebuilding of healthy cells are found in abundance in natural foods, and yet most people are deficient in these precious elements. There are several reasons for this:

Our foods lack freshness; they have lost much of their value.

Our food, such as grains, has been refined. In this process, the germ and coarse parts, including most of the minerals vitamins and fiber, have been removed.

Peeling or scraping vegetables remove a great deal of the minerals and vitamins which lie close to the surface.

Over-soaking vegetables in water leeches out much of their value.

Cooking, preserving, and canning destroys a large amount of the mineral and vitamin content. Far too few people realize the value of fresh vegetables in their daily diet. The occasional eating of raw vegetables does not do a great deal of good, as the body needs a daily supply of minerals and vitamins. There are people who simply cannot eat raw vegetables, and so they should get their raw vegetables in the form of fresh, raw vegetable juice.



*The National Library of Medicine in Bethesda, Maryland, a prestigious repository of medical literature, contains about 125 scientific papers on garlic revealing the potent compounds that appear to retard heart disease, stroke, cancer, and a wide range of infections.*

*Garlic can help your brain function. Dr. Garagus had noticed an article in the Chinese Medical Journal. Chinese doctors referred to the ancient practice of administering garlic. They fed and injected garlic into patients with a serious infection called cryptococcal meningitis. Of sixteen who got the garlic, eleven survived.*

### *Garlic*

Garlic has been used for thousands of years. An Egyptian medical papyrus dating from around 1500 BC discusses the use of garlic in 22 prescriptions. Garlic was used during World War I to fight typhus and dysentery. In World War II, British physicians treating battle wounds with garlic reported its benefits in warding off septic poisoning and gangrene. In 1944, Chester J. Cavallitto identified garlic's

strong odor Allicin, as an antibiotic.

Tests found raw garlic more powerful than penicillin and tetracycline. Literally hundreds of studies confirm garlic as a broad-spectrum antibiotic against a long list of microbes that spread disease, including botulism, tuberculosis, diarrhea, staphylococcus, dysentery and typhoid. **Garlic is antibacterial, antifungal, ant parasitic, ant protozoan, and antiviral.**

**THOU SHALT NOT...**

Everywhere people are committing suicide at their own tables with their knives and forks, dying from disease wrought by improper diet. "Worldly physicians cannot account for the rapid increase of disease among the human family. But we know that much of this suffering is caused by the eating of dead flesh." Counsel on Diet and Foods, 386.

## *The following items should not be consumed:*

**Vinegar**

When salads are prepared with oil and vinegar, fermentation takes place in the stomach, and the food does not digest, but decays or putrefies. As a consequence, the blood is not nourished, but becomes filled with impurities, and liver and kidney difficulties appear. Lemon or lime juice can be substituted for vinegar.

**Salt**

"Do not eat largely of salt, avoid the use of pickles and spiced food." Ministry of Healing,

305. There is a definite link between high salt intake and hypertension (high blood pressure).

**Soda and Baking Powder**

The use of soda or baking powder in bread making is harmful and unnecessary. Soda causes inflammation of the stomach, and often poisons the entire system. Repeated use of these products can cause ulcer of the stomach. There are healthier alternative rising agents now on the market. Try Feather-weight Baking Powder or utilize yeast recipes.

## *Did you know*

**ACID AND ALKALINE**

The ideal PH for the human body is 80% alkaline and 20% acid. If the body is too acid the indications are a pallid tongue, pale without color, with white fur. If the body is too alkaline the indication is a deep red tongue.

**What You Can Do:**

- Take Lemon Water Enemas. Use juice of 4 lemons in 1 quart of water per retention enema, about 10oz. Take twice daily for 3-4 days.
- Drink lemon water daily upon rising to boost your body's alkalinity.
- Eat more alkaline foods.



## *Aging*

**What You Can Do:**

- Go for a walk each day. Walking is one of the most rejuvenating exercises. Both distance and speed may be easily increased, up to a mile in twenty minutes.
- Crude Blackstrap molasses give rosy cheeks, pep in the step, and color in the hair. It is also very high in natural iron. For insomnia, an enema of Blackstrap molasses, garlic and flaxseed will restore the ability to sleep.
- Correct wrong habits. Stop eating between meals; eliminate drinking during meals; balance your meals, do not eat vegetables and fruit at the same meal.
- Assist nature to expel impurities.
- Take Sweat baths, they remove toxins from the system.
- Take the **"NO ENEMA INTESTINAL CLEANSER"** \* 2 or 3 times daily. See Bowel Cleanser in our newsletter issue # 1.
- Drink 2 or more quarts of water daily.
- Vitamin E prolongs the life of the blood cells, and this prevents anemia and premature old age. Take 400 to 1200 IU' daily.
- One of the greatest foods for building red blood is chlorophyll. The best chlorophyll is

found in cereal grasses, and green leafy vegetables and their juices. They build red blood, add rose color to the cheeks, color to hair, and prevent degeneration and disease.

- Honey strengthens the heart, stomach and brain. Take 1 Tbsp. 2 times daily.
- Lecithin keeps the blood vessels and brain from clogging with cholesterol. Take 1 Tbsp. 2 times daily.
- Iodine prevents degeneration changes in the body. Iodine makes blood more fluid, and it dissolves deposits. Kelp, Dulles, and all seaweed are very high in iodine.
- Food yeast is a rejuvenator containing 16 minerals. The vitamins it contains include: B-complex, Choline, Inositol, and Ribonucleic acid necessary for the brain cells. Food yeast contains all the essential amino acids.
- Garlic keeps the blood vessels young.
- Beets build healthy blood because they are very high in iron. They help to remove kidney stones and unclog blood vessels.
- Adopt God's bible-based diet for maximum health (vegetables, fruits, grains and nuts).
- Get as much sunlight as possible daily.

\* To download our previous newsletter go to:

[www.3a-wellness.com](http://www.3a-wellness.com)



## From the book “Back to Adam”

by Mamon Wilson and DyerRonda Wilson

*(Disclaimer: The material contained in this article, is not intended to replace professional medical advice or care. The user of these suggestions, preparations or procedures, must personally assume all responsibility for the use or misuse of the information.)*

## Aids

### (ACQUIRED IMMUNE DEFICIENCY SYNDROME)

by the **human AIDS** is caused **immunodeficiency virus (HIV)**. HIV destroys a type of defense cell in the body called a CD4 helper lymphocyte (pronounced: **lim-fuh-site**). These lymphocytes are part of the body's immune system, the defense system that fights infectious diseases. But as HIV destroys these lymphocytes, people with the virus begin to get serious infections that they normally wouldn't — that is, they become immune deficient. The name for this condition is **acquired immunodeficiency syndrome (AIDS)**.

#### What Are T-Helper Cells?

In order to understand what they are, an explanation of T-cells is necessary. The T-cells along with B-cells are macrophages, white blood cells (Leukocytes) that help protect the body against invading bacteria and viruses. Both the B-cells and the T-cells originate in the liver, and then migrate to the bone marrow where they follow different lines of development, specializing into various kinds of “stems,” or precursor cells. The T-cells then move from the bone marrow to the thymus gland. Hence, T- cells get their name from “thymus”, while B-cells are named for bone marrow. The B-cells are responsible for producing antibodies, which are substances specifically matched to each individual antigen (allergen). The job of the antibodies is to help in neutralizing or destroying antigens. When an antigen undergoes a physical change, for example, the B- cell increases in size and divides into several cells known as plasma cells, which secrete the antibodies. Some of these antibodies then circulate throughout the body where they can interact with the corresponding antigen. Others are secreted on the surface of B-cells and help in recognizing antigens.

It is because they release antibodies into the body fluids to combat antigens that the B-cells are said to be involved in human (blood and lymph) immunity. Meanwhile, the T-cells develop into various specialized kinds of cells responsible for cell mediated immune reactions. Instead of reacting to the presence of antigens by producing antibodies, the T-cells influence neighboring white blood cells and other cells. T-cells are there to fight bacteria, fungi, parasites, and intracellular viruses (the ones that attack from within the body's cells).

Some T-cells influence other cells by turning on or off reactions in the immune system. T-helper cells may induce B-cells to respond to the presence of an antigen, and they may also stimulate activity in other T-cells. T-suppressor cells operate in the opposite direction, regulating the immune response by turning off certain cell activity. For example, T-suppressor cells may interfere with T-helper cells or

inhibit B-cells from producing antibodies.

The T-helper cells and the T-suppressor cells help to maintain a delicate balance. If upset, the body loses its protection against foreign and internal antigens. In fact, the ratio of T-cells indicates the status of one's immune system. The healthy ratio is about 1.8 helper cells to each suppresser cell. Thus, the immune system becomes ineffective if the ratio is much higher or lower than 1.8:1.

Patients with AIDS often have a ratio of 1:1 or less. Here, the number of T-suppressor cells has risen to such an extent that these off-switch cells actually destroy the body's natural immunity. The normal T-helper cell count is over 400. When the count drops below 50 or 20 (the count varies with each individual), as it does in the person with AIDS, there is little that can be done. Man's drugs will often fail because they will always treat the symptoms but God's plan always heals the whole man. Let's look at some of the natural healers.

#### AIDS Herbal - Mixed In A Bottle

Gentian 1 Tbsp. Golden Seal 1 Tbsp. Cayenne Pepper ½ tsp. Chickweed 1 Tbsp. Shiitake 4 Tbsp. Mandrake ½ Tbsp. St. John's Wort 1 Tbsp. Burdock Root 1 Tbsp. Violet 3 Tbsp Reishi 4 Tbsp. Bloodroot 1 Tbsp. Echinacea 5 Tbsp Pau D 'Arco 4 Tbsp Astragalas 4 Tbsp. Milk Thistle 2 Tbsp.

We owe the plant kingdom a lot. Science first found a plant to yield a chemical, benzoic acid, in the sixteenth century. In 1804 the opium poppy gave us morphine. After that, Plant pharmacology went into high gear.

Today western medicine counts on plants to turn out such common drugs as acetyldigoxin, allantoin, aspirin, Valium, bromeliad, codeine, digoxin, L-dopa, leurocristine, quinine, reserpine, scopolamine, papain, camphor, and menthol capsaicin. Still only five to ten percent of the 250,000 plant species on the face of the earth have been examined.

Common sense tells us that if you got so much out of only ninety species, there must be an herb that can cure AIDS. Pokeroot weed yields a drug that fights AIDS. Researchers have said that a drug developed from the leaves of an otherwise poisonous weed appears to be 1,000 times more potent than the drug AZT in destroying the AIDS virus.

#### Vitamin C Can Help Your T-Cells:

Vitamin C is instrumental in strengthening the body's T-cell helpers. According to a Center of Disease Control (CDC) spokesperson, most patients do not live more than 3 years after diagnosis. Vitamin C apparently stabilizes the loss of T-helper cells. Vitamin C is very effective in killing free radicals. When you take Vitamin C in massive doses, it reacts as a free radical scavenger. Free radicals are free roaming molecules that, if unchecked, can damage cells, producing genetic changes, and is one of the main causes of chaps sarcoma cancer in AIDS patients. Vitamin C will disarm these free radicals, and at the same time step up the immune system.

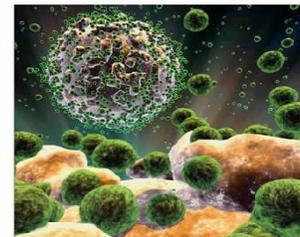
#### Aloe Vera

After many months of observation and reading a report by Ron Mealy on Aloe Vera concentrate, we decided to include Aloe Vera juice concentrate in our AIDS program. We found it helps with Epstein Barr and AIDS. Everyone that took the juice concentrate stated that energy increased and they were able to sleep through the night.

For more information and **What You Can Do** please e mail to: [staff@3a-wellness.com](mailto:staff@3a-wellness.com)



Health Seminar and  
Presentation by DyerRonda Wilson



*The HIV Virus invades  
a white blood cell...*

## Alzheimer's Disease and how to prevent it

Alzheimer's Disease, or senility, is characterized by slurred speech, poor memory, confusion, depression, and thyroid problems. Toxic mental poisoning and nutritional deficiencies can be causes. Many older people on drugs are labeled as senile. Liver and kidney problems are also suspected to be causes. Inner cleansing is important and exercise is vital.

At times, those with Alzheimer's may be totally silent or withdrawn; and at other times they may be hyperactive.

The brain is very sensitive to the health status of the body when:

The body is run down.

You do not eat enough.

You do not get enough protein.

You do not get enough rest.

(This program is for 6 months to 1 year.)

### What You Can Do:

Correct wrong habits. Stop eating between meals; eliminate drinking during meals; balance your meals, do not eat vegetables and fruit at the same meal.

Take a 1/2 tsp Ginger root powder daily

Oil is very important (olive oil, linseed oil, Vitamin E oil). Grape seed oil is the best. Take 2 Tbsp. 3 times daily, or 1 Tbsp. flaxseed oil 3 times daily.

Take an enema twice a week for 2 weeks.

Use 1 Tbsp. of Blackstrap molasses in 10 – oz water.

Take a "NO ENEMA INTESTINAL CLEANSER" 2 to 3 times daily (even 5 times for some). See Bowel Cleanser in our newsletter issue #1.

**Take a Brain Booster:** Combine all the ingredients below in blender and blend until smooth. Chill. Serve on whole wheat bread or crackers.

**Ingredient:** Tart Apple ( like Granny Smith ) 1 large, Raw cashew nuts 1 cup, Olive oil 2 Tbsp. Gotu Kola 4 Tbsp.

Ozone Oxygen Program: administer 30 minutes each night with window open. If you cannot give Ozone Oxygen Program, do the following: Hydrogen Peroxide mixture: 1 drop first day in 1 quart water. Add a drop each day until you reach 20 drops. STOP. Wait 3 days and begin over again.

Put a drop of hydrogen peroxide into 1 qt. of water. Add a drop each day until you reach 6 drops.

B vitamins are very important. Ensure that you are consuming foods rich in B vitamins: Sunflower seeds, Nutritional Yeast, Sea Vegetables...



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WE ARE ON THE WEB  
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## 3A- Wellness Retreat

The 3A- Wellness Retreat is an educational center where people can come and learn how to cooperate with the healing agencies of nature in their restorative process. Lifestyle change along with simple natural remedies have been shown to be a powerful combination in both the preventative and restorative aspects of health.

The personalized program includes consultations, exercise, hydrotherapy and massage, lectures as well as cooking demonstrations. Our mission is to use natural proven methods of treatment seeking to identify and treat the causes of disease rather than it symptoms.

### 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 you can save thousand 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 (Editor)

In the next issue:

- ANEMIA
- ARTHRITIS
- ASTHMA

### Total Health Workshops and Cooking School

at Edmonton South SDA Church: Are you tired, unfocused, run down, or concerned about your health? Don't miss as Darlene Blaney, MS, Nutritional Consulting Practitioner and author of the CHIP cookbook, presents: "Clarity", "CHOICES God's Will or Ours?", "Healthy Against the Odds" and a Total Health Cooking School, all starting **Friday, February 6 through February 8. Registration is required by February 3** for the cooking school. To register or for more information, visit [www.edmontonsouthsda.org](http://www.edmontonsouthsda.org)



Save **5%** on your next Session  
at 3A- Wellness Retreat