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3A-Wellness Retreat



EDUCATIONAL LIFESTYLE CENTER

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Symptoms of Acidosis

Due to fast paced daily lifestyles, eating on the run, people have to face a constantly growing endangerment: the over-acidification (**Acidosis**) of the body cells, which will interrupt cellular activities and functions. It is a major root of sickness and disease. Having our cells constantly exposed to an **acidic environment** leads to **Acidosis!**

Studies have shown that an acidic, **anaerobic** (which is also the lack of oxygen) body environment encourages the breeding of fungus, mold, bacteria, and viruses. As a result, our inner biological terrain shifts from a healthy oxygenated, **alkaline environment** to an unhealthy acidic one (acidic pH scale).

It is a lot of "hard work" for our body to neutralize and **detoxify** these acids before they can act as poisons in and around the cells, ultimately changing the environment of each cell.

When our **body pH** becomes more and more acidic it starts to set up defense mechanisms to keep the damaging acid from entering our vital organs. Unhealthy conditions which can be caused directly by Over-Acidification / Acidosis are:

Symptom Overweight

It is known that acid gets stored in fat cells. As a defense mechanism, your body may actually produce fat cells to protect you from your overly acidic condition. To protect itself from potentially serious damage, the body creates these fat cells to store the acids and carry them away from vital organs.

Those fat cells and cellulite deposits may actually keep acid wastes at a safe distance from your vital organs. Many people have found that a return to a healthy alkaline inner biological terrain helps them losing excess fat.

Symptom Joint Pain and Arthritis

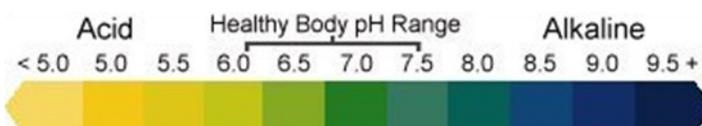
All substances left by the metabolizing process are acidic and toxic; therefore these have to be neutralized by alkalizing elements, e.g. calcium ions, sodium ions, and lithium ions, among which calcium is the most important. Calcium ions are positively charged ions which are constantly looking for acid, to form calcium carbonate in our body. Calcium carbonate is harmless and will be moved out of the body, providing our body fluid pH is alkaline. Otherwise, it is being deposited around body joints. If the calcium ion level is low in the blood and body, excess acid will remain in our body and will lead to numerous health problems, like Joint Pain or Arthritis.

Symptom Osteoporosis

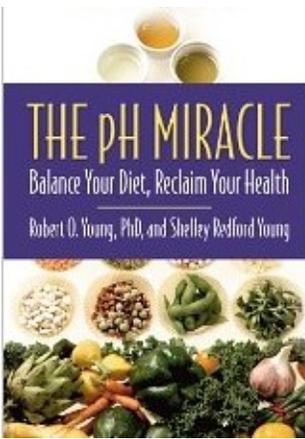
Many people think they can eliminate osteoporosis by increasing their consumption of milk and dairy products. But in fact the instances of osteoporosis are rare in countries where the consumption of dairy products is very low. So osteoporosis is an acidosis problem. As the body becomes more acidic, our body tries to remain healthy to protect us against heart attacks, illness, strokes or even cancer. In doing so, it takes calcium from the teeth, bones and tissues, making them weak and brittle.

(more...)

Food consumption in the most advanced countries of the world has changed from nutritious raw foods to highly processed foods very low in **nutritional value**. New chemicals have been introduced to our foods, air, and water, which have put even greater stresses on our system's ability to control the chemistry of our body fluids, and therefore functionality of our **inner biological terrain** is at risk. As a result, we see huge increases in the incidence of life-threatening or chronic diseases. That's why it is of utmost importance to our healthiness to finding the ideal **balance of alkaline and acid forming foods**.



to download the [acid-alkaline foods chart](#) go to: www.3a-wellness.com



Literature about pH balance, pH Miracle & Alkaline Diet

The pH Miracle: Balance Your Diet, Reclaim Your Health

by Robert O. Young
 "A real breakthrough! THE pH MIRACLE delivers - not only with weight loss, but also with a healthier body, newfound energy and a stronger immune system."

Price Amazon: only US\$ 6.99

Symptoms of Acidosis

Symptom Heart attack

If our internal biological terrain is exposed to excessive acidity, bacteria and/or fungi and/or viruses can attach themselves to the inner walls of arteries. This can attract white blood cells, causing proteins and cells to clot. In this way a plaque forms in the artery, thus narrowing the artery and restricting the flow of blood, nutrients and oxygen to the tissues supplied by that artery. Should that happen to the coronary artery, a heart attack can occur.

Symptom Allergies

The toxins produced within an acidic, oxygen deprived environment as well as the absorption of undigested proteins is major cause of allergy conditions. When the digestive system is weakened, a wide range of allergic reactions can occur, e.g. food allergies, and the overall susceptibility to allergens is increased.

Symptom Frequent Colds, Bronchitis, Infections, Headaches

Only when our pH level is fairly balanced, the binding of oxygen to the hemoglobin protein of our red blood cells in the lungs operates. If the pH is too acidic, microbes in our respiratory systems can grow much more easily, and in that way cause bronchitis, pneumonia and sinusitis,

and invade our cell system. This can result in cough, bronchial spasms (asthma), colds, infections and headaches.

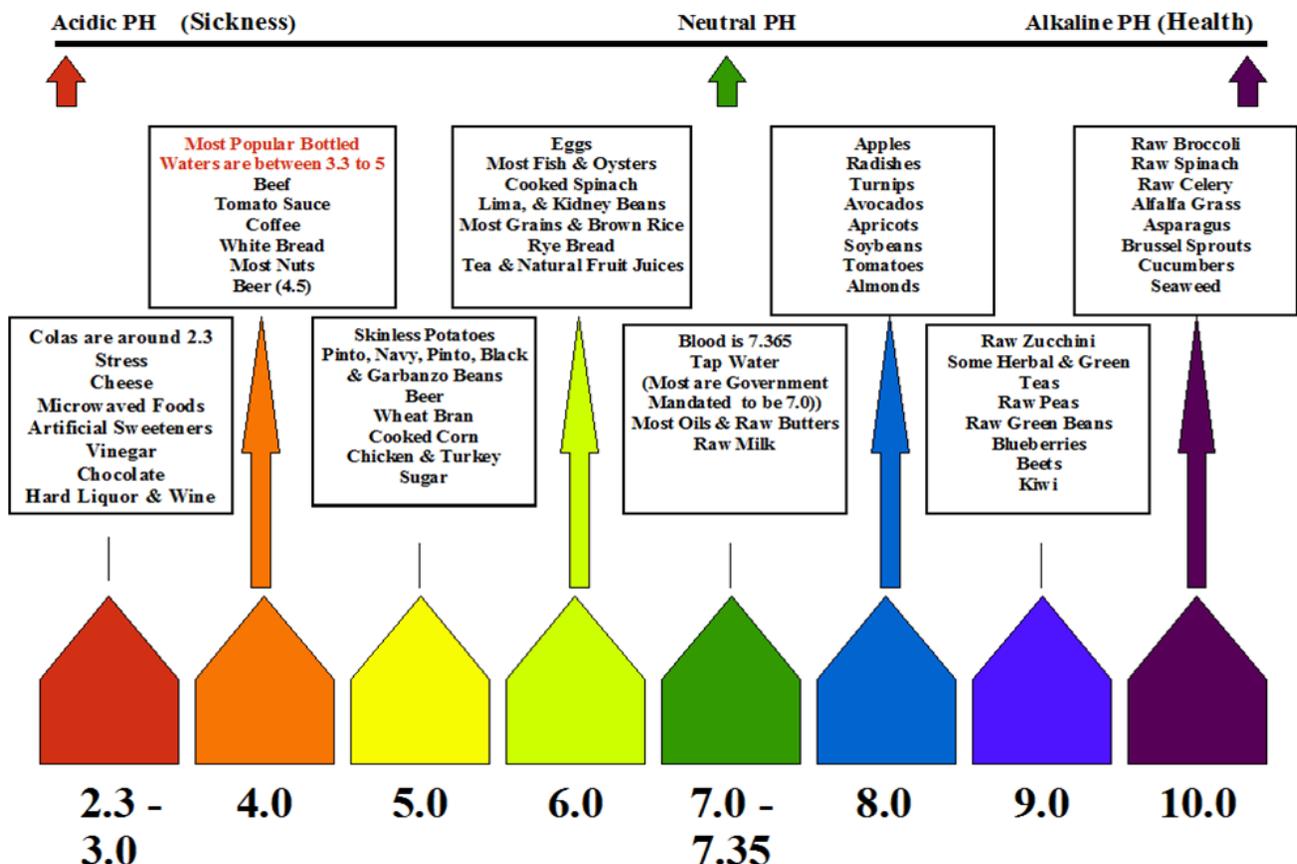
Healthy Alkaline Food Recipes for You & Your Family!

You are interested in an Alkaline Lifestyle? You would love to prepare some alkaline dishes at home for you and your family? But you don't know what to cook and are constantly looking for some new alkaline recipes? Then check out alkaline diet recipe list. There you'll find many alkaline recipes, including soup recipes, salads, main dishes, side dishes, dressings and much more.

http://www.balance-ph-diet.com/alkaline_recipes.html

The more alkaline-forming foods you add to your **nutrition**, the stronger will be the results. Should you not be able to completely avoid acidic foods, you should at least try to consume as little as possible of them, and instead put more green food and veggies on

Human blood pH should be slightly alkaline (7.35 - 7.45). Below or above this range means symptoms and disease. A pH of 7.0 is neutral. A pH below 7.0 is acidic. A pH above 7.0 is alkaline.



Depression

Disease of the mind is just as real a disease as are cases of heart trouble, and therefore, should be treated as such by building up the whole level of health.

Whenever there is a nerve problem, or dementia, insanity, or just plain old worry about the future, or the waste of regrets on the past, try to make each day as perfect as possible. This is possible only in Jesus.

The first thing of importance is to change the diet to one containing all the necessary minerals and vitamins. The next is to change the way of living, stop working so hard. The emotions affect all the various parts of the body. When a person becomes angry, his face becomes either flushed or pale, and his muscles may become so tense that he begins to tremble. If this emotion arises when he is eating, he may lose all appetite or perhaps develop a bad case of indigestion.

- **What You Can Do:**
- 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 meal.
- Adopt God's bible-based diet for maximum health (vegetables, fruits, grains and nuts). Do not eat any flesh foods or refined foods. Your diet should be 100 % vegetarian and at least 80% raw.
- Get about 10 hours of rest each night.
- Take a very hot Epsom salt bath when needed. Use 3 to 4 lb. of salt per bath.
- Take equal parts of Valerian, Hops, Skullcap, and Catnip. Mix all together and use 1 Tbsp in 6 oz water to make tea. Drink 3 cups daily.
- Re-establish right conditions in the system. For cleansing: Give enema 3 times weekly. Take "NO ENEMA INTESTINAL CLEANSER" 3 times daily (See Bowel Cleanser—issue #1).
- Drink 2 to 3 quarts water daily



Mix together the following ingredients: Use 3 Tbsp of mix to 8 oz water to make a tea. Drink 1 cup daily.

Ingredient: Amount:

- Alfalfa 1 Tbsp
- Black Cohosh 1 Tbsp
- Black Walnut 1 Tbsp
- Chickweed 1 Tbsp
- Echinacea 2 Tbsp
- Kelp 2 Tbsp
- Sarsaparilla 2 Tbsp
- Red Clover 2 Tbsp
- Pray each day, sing and read the Bible. Spend time with a family member or a friend. Do not be alone for long periods of time.

Supplements/Vitamins:

- Vitamin B-6 200 mg 2 times daily,
- Vitamin C 2,000 mg 2 times daily,
- Glutamine 2 capsules 2 times daily,
- Gotu Kola 3 capsules 2 times daily,
- St. John's Wort 4 capsules 3 times daily,
- Lecithin 1 Tbsp 3 times daily,

Diabetes



Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles. According to the American Diabetes Association there are 20.8 million children and adults in the United States, or 7% of the population, who have diabetes. While an estimated 14.6 million have

been diagnosed with diabetes, unfortunately, 6.2 million people (or nearly one-third) are unaware that they have the disease.

No one can determine how much insulin or insulin herbs a person needs but the person himself. So you must determine how much you need. Do not stop taking your insulin (medicine). Your body will let you know when to decrease the dosage. You will continue to cut back until you will no longer need your insulin (medicine).

DID YOU KNOW

Eighty percent of the diet should consist of raw foods; these foods stimulate the pancreas and increase insulin production. Avoid overeating refined foods, such as sugar and white flour and every thing that is made with them. Avoid salt. Diabetics have a tendency for over-acidity because of a slowed down protein and fat metabolism. Therefore, the diet should be alkaline with an emphasis on alkaline foods: vegetables, fruits, string beans, cucumbers, Jerusalem artichokes, and garlic are especially beneficial.

Diabetes– continued**What You Can Do:**

- Do not eat sweet or white potatoes, rice, sugar, honey junk foods, ice cream, cookies, cakes, bananas, dry fruits or fruit juices, and pastas.
- Check your blood sugar before each meal, this will allow you to know how the food 5 hours before affected your blood sugar. Keep a piece of fruit by your bed when you sleep, just in case your blood sugar drops.
- You may be able to eat a small amount of whole grains, vegetable soups, cooked beans, green beans, grapefruits, oranges, strawberries, blueberries, sour apples, lettuce, turnips, almonds, seeds, small amounts of oats 3 times a week, Jerusalem artichokes, and greens. (note: start with a little of the fruit that is listed, do not eat too much, once you check your blood sugar it will give indication if it was too much. That includes the grains as well)
- Do not eat between meals. Only water should be taken.
- Do not eat fruit and vegetables at the same meal time.
- Eat a large salad 2 times daily.
- Exercise daily. (WALKING IS BEST!)
- Re-establish right conditions in the system. For Bowels take 1 Tbsp Psyllium Husk powder in 4 oz water, shake well. Drink before it gets too thick. Do 3 times daily. It is very important to have at least one bowel movement for each meal eaten!
- Take 3 Senna capsules every other day. (If you develop diarrhea stop then restart cutting down the dosage).
- Drink tea of 1 Tbsp each Huckleberry, Blueberry, Uva Ursi, in cup of water. Drink 2-3 cups daily.

Supplements / Vitamins:**Item: Dosage:**

- Vitamin B-Complex Use as directed
- Magnesium 400 mg 2 times daily
- Calcium 1000 mgs 2 times daily
- Garlic 3 tablets 3 times daily
- Vanadium Sulfate 25 mg 3 times daily
- Goldenseal 3 capsules 3 time daily
- Chromium 200 mcg before meals
- Periwinkle extract 1 dropperful 2 times daily
- Licorice root 3 capsules 2 times daily (take if blood sugar has a tendency to drop low).

The general health must be improved if the person expects to recover. Correct the diet which is one cause of diabetes. A mild food diet is highly recommended. Diabetics who eat a high protein diet consisting of flesh foods that produce pathogenic and putrefactive bacteria in the bowels do not synthesize the nutrients needed for the pancreas.

Infection from the bowels can spread to the gall bladder, liver, pancreas, and even to the throat and gums. Therefore, it is very important when treating chronic disorders such as diabetes to cleanse the bowels and change the bacterial flora in the large intestine.

Eat plenty of whole grains, especially buckwheat, and raw vegetables, Jerusalem artichokes, green beans, and fruits are beneficial. Drink 2 oz. of green string bean juice 3 times daily.

Fresh fruits contain natural sugar, fructose, which does not need insulin for its metabolism, and is well tolerated by diabetics (whole grains, especially buckwheat, millet and oats.)

Healthy home– How to improve indoor air quality

Indoor air quality can suffer when homes are shut up tight and built with the wrong materials. We can make it better or worse depending on how we outfit our homes and what we use to maintain them. Here are some pointers to help you make your home healthier.

- 1. Check shingles for signs of wear and look for water damage in your attic.** Water leaking through the roof can cause serious mould infestations.
- 2. Homes built before 1960 were often painted with lead paint, which is found in household dust.** Remove a paint chip to have it tested. If you have lead, keep your home dust-free to protect against lead poisoning and hire an experienced contractor to sand or remove wall and ceiling materials contaminated with lead.
- 3. Replace blinds with washable drapes** and you'll have a window covering that's friendlier to those with dust allergies.
- 4. Air out your dry cleaning** or choose a company that doesn't use perchloroethylene, or "perc," a dry-cleaning solvent that's a probable carcinogen.
- 5. Use an exhaust fan to expel moisture and gases from cooking** that can build up and support mould growth, causing or irritating allergies and respiratory conditions.
- 6. Brush pets outdoors often,** wash their bedding and vacuum your home regularly to control hair.
- 7. Soil in urban areas can be contaminated with lead from emissions of leaded gasoline.** Have your soil tested, and replaced, if necessary.
- 8. Keep your basement dry and mould-free** by ensuring gutters and downspouts aren't blocked, and that they direct water away from the home.
- 9. Use a vacuum equipped with a HEPA filter** to pick up fine particles that could irritate asthma and other respiratory ailments.
- 10. Formaldehyde, a carcinogen, is found in many products including the adhesives used in plywood manufacturing.** Avoid it by buying furniture made of low-emission or solid wood materials.
- 11. Choose natural materials, such as solid wood, bamboo or cork for flooring; where flooring is adhered to the subfloor, choose low-emission adhesives.** Avoid vinyl floor and wall coverings – these products, and the adhesives used with them, can emit carcinogens such as vinyl chloride and polyvinyl chloride.



WE ARE ON THE WEB

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In the next issue:

EDEMA, FIBROMYALGIA, HEMORRHOIDS