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3A-Wellness Retreat



EDUCATIONAL LIFESTYLE CENTER

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Calcium & Dairy products



All minerals, including calcium, come originally from the ground and enter animals through plants. Thus, plants are loaded with calcium, iron, zinc, copper, etc., and the more plants you eat the more minerals

you acquire. The relationship between people and plants works so well that there has never been a case of dietary calcium deficiency ever reported – in other words, all natural diets are sufficient to meet the needs of growing children and adults (infants need breast milk). Calcium pills have a few adverse effects like constipation and inhibition of iron absorption. The most serious mistake a person can make is to believe cow's milk is a "good" and necessary source of calcium. Heart disease, cancer, type-2 diabetes, arthritis, and infectious disease are only a few of the common consequences of drinking milk from other animal species.

Calcium is essential for all living organisms—microbes, plants, and animals. The average adult body contains approximately 1 kg (2.2 pounds) of calcium. This represents the most abundant mineral in the human body and bones serve as an important storage depot for this calcium—99% of it is found in the skeleton in the form of calcium phosphate salts. In mammals, calcium plays a crucial role in processes ranging from the formation of the skeleton to the regulation of nervous tissue and blood vessel function. Calcium balance is maintained by the actions of three organ systems—gastrointestinal tract, bone, and kidney. These three organs are precise and efficient at regulating the amount of calcium in our bodies.

If our diet is relatively low in calcium, then the cells of the intestinal tract will act more vigorously and absorb a higher percentage of the calcium from the food. At the same time, the kidneys will act to conserve the body's calcium. On the other hand, if we follow the messages of the calcium industries and begin consuming glassfuls of milk or handfuls of supplements then the intestinal cells will act with their innate intelligence to block out the entrance of most of this concentrated calcium, and the kidneys will simultaneously eliminate any excess. If this were not the case, then the influx of excess calcium would by necessity be deposited in the soft tissues of the body—heart, kidneys, muscles, skin—and we would become sick and could die. Clearly, the body has many integrated mechanisms to assure that the proper balance of essential minerals is maintained—regardless of the choices we may make at the fast food window.



The world-wide observation that billions of people grow normal adult skeletons

without consuming cow's milk or calcium supplements should be enough to reassure everyone of the adequacy of a plant-food-based diet, and forever erase from people's minds the question, "where do you get your calcium on a vegan diet." This would be the case except for the billions of dollars that are at stake.

(From: <http://www.drmcDougall.com/misc/2007nl/feb/whenfriendsask.htm>)

Did you know

Even in the face of solid scientific evidence to the contrary, because in part of the annual \$206.5 million advertising campaign of the dairy industry, mothers, doctors, and government officials have bought the dairy industry's propaganda about calcium. Misleading marketing might be forgiven if the only consequences were wasted money and efforts; but the costs deepen. The result of selling dairy foods to correct a problem that does not exist—calcium deficiency—is that consumers buy foods that actually make them sick.

Hypertension



This condition is most often found among the older or middle-aged, and has most distressing symptoms, such as dizziness, pounding in the head, headaches, and general feelings of nervousness. It is found more frequently among the overweight than among those of normal or sub-normal weight, as the blood has to be pumped through a much greater area in the former case, thus putting a greater strain on the heart.

In high blood pressure, there is a thickening or contraction of the arteries, usually accompanied by hardening. The heart has to pump much harder in order to force the blood through the decreased blood vessels, so the name high blood pressure is given to this condition. Due to the hardening of these arteries they cannot expand as they should when the blood is being pumped through them, and occasionally one of the walls breaks and blood escapes. When this occurs, a clot or thrombus, as it is called, is formed. This clot may lodge in the brain, thus cutting off messages to parts of the body, the condition being known as a stroke or, if a clot happens to lodge in the heart, it cuts off the free flow of the blood to or from the heart, causing a terrible spasm of pain, or even death itself.

High blood pressure is often found in connection with nephritis, gout, and diseases of the heart, and in all those conditions which are the result of over-eating, combined with lack of exercise, or with worry.

Meat eaters have invariably a higher blood pressure than vegetarians do. Summing up, the chief causes of this condition are:

- The over-consumption of fats, starches, meats and rich foods.
- The use of stimulating drinks such as black tea, coffee and alcohol.

- Stimulating foods such as seasoned and spiced foods, tobacco and drugs.
- A lack of the natural foods which contain the necessary elements to prevent the depositing of calcium and cholesterol in the arterial walls.

Through the process of breathing, oxygen is taken into the system. This oxygen combines with the waste matter to form carbon dioxide. If we do not get rid of this waste matter, nature increases the blood pressure to force the blood to the lungs to absorb more oxygen.

In kidney diseases nature raises the blood pressure so that more blood will be forced through the diminished blood vessels there to clean out the accumulations of wastes. Thus we see how nature is always trying to correct any condition which would interfere with the body's normal actions. In order to assist nature in her attempt to correct this condition, we must first help her in her task of cleansing the body of waste deposits.

What You Can Do:

Supplements/Vitamins:

Item: Dosage:

- Vitamin B-3 (Niacin) 50 mg 3 times daily. (Note: you will itch & flush, but it will stop)
- Vitamin B-6 100 mg 3 times daily
- Vitamin C 5000 mg 3 times daily in juice
- Vitamin E 800 IU daily
- Magnesium 250 mg 2 times daily
- Chromium 10 grams daily
- Co Q-10 take 45 mg daily for 3 weeks
- Carnitine 900 mg a day
- Cayenne 1 capsule 3 times daily (90,000 heat units)
- Take 1 Tbsp. Hawthorn Berries powder mix in ½ cup of water. Drink 3 times daily.
- Lily of the valley 3 capsules of 3 times daily
- Lecithin granules 1 Tbsp of 2 times daily
- Brewer's yeast 1 Tbsp 2 times daily

Dietary Considerations

First, cleanse the body, then build up good healthy cells which can do their work of keeping the body functioning properly. A fast should be undertaken for one to seven days, depending upon the severity of the case and upon the tolerance of the patient. During this time, nothing should be taken but the juices of fruits and vegetables, such as oranges, grapefruits, lemons, apples and combination of carrot, celery, and beet.

Did you know

Clearing veins and arteries:

Garlic –lemon drink

You will need:

- 6 lemons
- 30 cloves of garlic (no need to peel)

Wash lemons and garlic.

Cut up including peel.

Put in blender 3 lemons and 15 cloves and fill up with water. Blend. Pour in to a pot.

Repeat the process with the other 3 lemons and 15 cloves and fill up with water. Blend and pour also into the pot.

Bring the pot to boil.

Simmer 5 min. Pour through a strainer and leave it to cool.

Pour in glass bottles and store in fridge.

First dosage: drink 1 glass every night for three weeks.

Stop for one week.

Second dosage: Drink 1 glass every night for another second week.

Stop for one week.

Repeat until 6 months.

Do not mix fruit and vegetables.

Every night of the fast, an enema, consisting of warm water and the juice of half a lemon, should be taken to cleanse the body of the poisons and wastes which are being loosened by the action of the juices. After the fast, the diet should consist of nothing but raw fruits and vegetables for at least two weeks longer. No starch, fat, or protein whatsoever should be taken during this period.

It will be astonishing to most people to note the result they will obtain in this length of time, but it is simply a matter of cooperating with the body and assisting, instead of hindering its effort to help the body right itself. After the restricted diet, other things may be added, the diet then consisting of the following: Fruits and vegetables, both raw and cooked, raw fruit juices, raw vegetable juices in generous amounts and, whole grain: bread and cereals.

The following is a list of foods to be avoided: butter, cream, ice-cream, milk, fats, meat, egg yolk, lard, heart,

liver, kidneys, sweet breads, oysters, crabs, shrimp, lobster, fish liver oils, fat meats such as bacon, pork, sausages, or gravies, and chocolate or foods containing chocolate.

Salt should be strictly limited to 1 tsp daily. Tap water should be avoided. Use distilled water.

Garlic is helpful and may be added to the juice, or garlic capsules may be taken in addition to the juice.

Emphasis on low sodium high potassium foods: vegetables, fruits, whole seeds; best cereals are: Millet, Buckwheat, Oats and Rice.

Eat plenty of raw green leafy vegetables and raw fruits: watermelons are beneficial (eaten by themselves, seeds included). Garlic specific for high blood pressure; eat a lot of it. Garlic and Buckwheat are rich in rutin.

Do not overeat; remember obesity is one of the main causes of high blood pressure.

Kidney stones



Kidney stones are solid concretions of dissolved **minerals** in **urine**; they typically form inside the **kidneys** or uterus. Kidney stones can vary in size from as small as grains of sand to as large as grapefruit. Kidney stones typically leave the body by passage in the urine stream, and many stones are formed

and passed without causing symptoms. If stones grow to sufficient size before passage -- on the order of at least 2-3 millimeters -- they can cause obstruction of the uterus. The resulting distention with urine can cause severe episodic **pain**, most commonly felt in the **flank**, lower abdomen and groin (a condition called **renal colic**).

Supplements / Vitamins:

- Vitamin B-6 (Pyridoxine) 50 mg 2 daily
- Vitamin C take 1000 mg twice daily
- Vitamin E 1,000 IU's daily. (If high blood pressure use only 800)
- Beta Carotene 25,000 IU' 2 times daily
- Chelated Magnesium 100 mg 2 times daily
- Magnesium Oxide 100 mg 3 times daily

Food Items to Avoid:

Avoid vegetables containing large quantities of oxalic acid, such as spinach and rhubarb. Chocolate and cocoa also contain oxalic acid and must not be used.

Avoid All Dairy Products

Eliminate all salt from diet.

What You Can Do:

(This program is for 30 to 60 days.)

- Drink Cleavers Tea: (Common Names— Bedstraw, Cleavers, and Goosegrass) It is much valued as a strong diuretic and refrigerant in dropsy and in disorders of the kidneys upon which the herb also acts as an anti-lithic to dissolve gravel and stones. Drink about 4 cups of this tea daily. (Steep in boiled water for ten minutes.)
- Drink Peach Leaf Tea: Use six tsp broken leaves to 1 quart of water. Drink 4 cups daily.
- Drink Shave-Grass Tea: Use 4 tsp of the herb to 4 cups of water. Steep for 10 minutes. Drink 4 cups daily for about 2 or 3 weeks.
- Drink Parsley Tea drink 3 times daily is highly recommended.
- Lack of exercise contributes to the development of kidney stones.
- Take the vitamins and supplements as noted below. Kelp 1 tsp 2 times daily

Dietary Considerations:

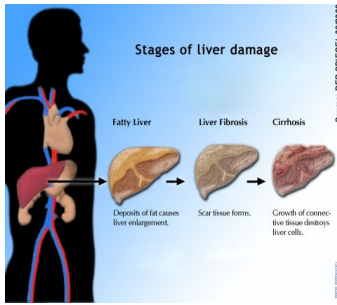
Here is a recipe that has been used successfully for dissolving stones. Wash six to eight medium sized beets. Slice them, and cook in 1 quart of water until tender. (Do not use aluminum cookware.) Strain the beets and refrigerate the juice. Drink 3 glasses of this tea daily. Usually this procedure needs to be done only once, however, it may be repeated if necessary.

Consume low-protein vegetarian diet with emphasis on raw & cooked vegetables, and raw fruits.

Cranberry juice is excellent for kidney stones. Drink as much as possible.

Papaya and banana are the best fruits to be eaten for their healing effects. .

Liver



The liver is an organ present in vertebrates and some other animals. It plays a major role in metabolism and has a number of functions in the body, including glycogen storage, plasma protein synthesis, and detoxification. This organ also is

the largest gland in the human body. It lies below the diaphragm in the thoracic region of the abdomen. It produces bile, an alkaline compound which aids in digestion, via the emulsification of lipids. It also performs and regulates a wide variety of high-volume biochemical reactions requiring specialized tissues.

Supplements/Vitamins:

- Milk Thistle - 4 capsules 2 times a day
- Alfalfa - 3 capsules 2 times daily
- Golden Seal - 1 capsules 2 times daily
- Dandelion - 4 capsules 3 times daily
- Kelp - 3 capsules 2 times daily
- Charcoal - 1 capsules 3 times daily
- Comfrey - 3 capsules 2 times daily

What You Can Do:

- Take 8 Bran tablets - 3 times a day.
- Take 2 capsules Skullcap daily - Food for the nerves.
- Take 1 capsule Black Cohosh daily - Promotes the secretion of the liver.
- Take 99 mg Plantain 3 times daily - High potassium with mineral salts.
- Take Cleaver Root tonic, 1 Tbsp mixed in 8 oz. water 3 times daily.
- Take 3 oz Beet juice 2 times a day or 8 Beet tablets 3 times a day.
- Take 2 cups Pau D'Arco tea daily, 1 Tbsp per cup.
- Take "NO ENEMA INTESTINAL CLEANSER" 3 times daily. See Bowel Cleanser.
- Administer Enema twice weekly using coffee enema, 3 Tbsp of ground coffee to a quart of water.

To cleanse and boost liver function:

Take a 3-7 day liver detox:

Juice 4 medium lemons mixed in 1 to 1½ quarts distilled water. Take in the morning and before bedtime.

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)

What's new

NATURAL HEALTH SEMINAR

Six Sessions Starting:

April 2nd – and following next 5 Saturdays

Time: 3:00pm– 5:00pm

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

- To learn how lifestyle choices are related to health.
- To show you in the simple steps how to prevent and even re-verse some major Western diseases:

Diabetes, Cancer, Hypertension, Atherosclerosis, ...

WE ARE ON THE
WEB

www.3a-wellness.com

In the next issue:

**LUPUS, LYME DISEASE, MULTIPLE
SCLEROSIS**

Three weeks ago we held our first
5 day Natural Health Program

Education which emphasize on nutrition, disease prevention/ reversal, detoxification, cooking, shopping, enjoyable exercises, dry sauna and spa treatments. To read more about this program and testimonies go to:

www.3a-wellness.com



One of our participant