

Natural Health Series

North Shore Gathering

Introduction to Natural Health

Claudia J. Bricks, N.D. presenter

cjbricks@excel.net

920-457-0525

What does 'Natural Health' Mean?

Natural Health (Naturopathy) involves:

- Drugless Healing
- Sunshine, Fresh Air, Fresh, pure Water
- Exercise/Relaxation/Restful Sleep
- Nutritious Foods & Nutritional Therapies
- Herbs, Roots & other Natural Supplements
- Massage & other Body Work modalities
- Acupuncture and Acupressure
- Chiropractic, Reflexology, Tai Chi & Qigong
- Electro-Magnetic Chaos Balancing



What is Naturopathy?

- A distinct school of healing using nature's forces. NOT drugs or surgeries
- Established- U.S. Congress- Feb. 7, 1931
- Uses accumulation of knowledge/wisdom about healing arts gained over the centuries around the globe
- Believes the body can heal itself, if given the right conditions & nutrients
- Believes that prevention is the best medicine

What is a Naturopath?

A Trained Person who:

- Practices Naturopathy, an eclectic mixture of modalities used to help the body heal itself
- Does NOT treat, prescribe or diagnose
- Educates (“doctor” means to ‘teach’)
- Expects clients to take responsibility for their own health
- Digs deep to find the root cause of illness: - Toxicity, nutritional deficiencies, mental/emotional stress, and physical trauma
- Believes the human body is composed of energy (Life force) that must flow freely for optimum health
- One of many different types of Natural Healing
- Believes imbalances in body cause illness & disease

Why Don't We Hear More about Nat. Healing?

- The Reasons are Complicated! (Info. from Kevin Trudeau's book: Natural Cures They Don't Want You to Know About)
- A Little Background First:
 - Americans spend more than \$2 Trillion on traditional health care each year
 - Americans consume more than 1/2 of all drugs manufactured in the world
 - Over 200,000 non-prescription meds and over 30,000 patented prescription drugs are on the market
 - Doctors write over 3 billion prescriptions per year
 - All of this translates into very BIG profits for a lot of different groups

More Reasons . . .

- Researchers develop patented drugs - only 1 drug company can sell
- Natural Cures- herbs & supplements- **cannot be patented**- competition results in low profits. No prescription is needed
- All publicly traded corporations (drug, insurance, electric, gas, beverage, financial, telephone, food, retail, and etc, etc.) companies are legally responsible to increase profits. It's the LAW!
- Drug, Insurance and Health Care companies need and want to make profits.

More Reasons . . .

- Health Care, as defined as the Prevention, Diagnosis, and Treatment of Disease, is the most profitable industry in the world
- FDA and FTC have regulated that only drugs can cure, prevent or treat disease
- Only medical doctors can prescribe drugs
- Anyone else will be criminally prosecuted if they claim to cure, prevent or treat disease without the use of drugs

More Reasons . . .

- There is NO financial incentive for the health care industry in having people live disease-free!
- Natural cures are available, but are typically suppressed and hidden
- In addition to Pharmaceutical Companies, Trade Organizations, Charities, Foundations, Lobbyists, FDA & FTC all benefit from people being and remaining sick
- Natural Cures cannot be patented. Only patented drugs make profits. That approval process costs \$800 million
- Drugs treat symptoms, are not natural & have side effects that more often than not, poison the body.

Why are We So Sick?

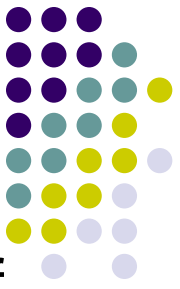
- 2 Reasons-
 - We “catch” something
 - We “develop” an illness or disease due to an imbalance in the body & weakened immune system
- So . . . What Causes It?
- 4 Causes of Illness/Disease:
 - Physical Trauma
 - Too many toxins in the body
 - Nutritional Deficiencies
 - Mental and Emotional Stress
 - Trudeau adds a 5th: Electro-magnetic Chaos

Toxins



- Toxins are poisons
- #1 Toxin: Non-Prescription & Prescription Drugs- Side effects
- Too many toxins cause the body to go out of balance & weaken the immune system
 - Cannot fight off viruses and bacteria
 - Create acidic environment in body where disease can grow
- Most items put in mouth are toxic- contain pesticides, herbicides, antibiotics, growth hormones, are genetically altered, with food additives
- Jack LaLane “If man made it, don’t eat it!”
- Thousands of chemical additives in food- make us fat, depressed, addicted, & sick
- Chlorine & Flouride in water- causes scarring of arteries- LDL cholesterol attaches to lining= arteriosclerosis

Electromagnetic Energy Field



- Everything is made up of atoms & is composed of energy. It invisibly vibrates at different levels
- Natural Sources- Natural food, sunlight, fresh air, fresh water, positive thoughts
- Unnatural (Chaos Producing) SOURCES- Satellites, cell phones, computers, electric wires/power lines, TV's, Microwaves, Fluorescent lights, & other people
- Electromagnetic Energy is composed of ions-
 - Positive - adverse effects - suppresses immune system
 - Negative – health enhancing effect- water falls, waves, wind through trees, positive thoughts

Natural Health Practices:

- Get the Toxins Out!
 - **Cleanses**- Kidney/Bladder, Liver/Gallbladder, Colon, Parasite, Heavy Metal, Lymph & Candida
- Drink 8 glasses of pure water- add lemon
- Use a mini- trampoline (Rebounder)
- Walk- outside & Think positive thoughts
- Stretch Muscles & Tendons
- Deep Breathe
- Sweat and Use Dry Skin Brushing
- Get regular Massages

More Natural Health Practices:

- Avoid
 - Microwaved foods
 - The Whites: sugar, flour, salt, potatoes, rice
 - Fast-food Restaurants, Processed Foods
 - Artificial sweeteners- Aspartame, Splenda, High Fructose corn syrup
 - Sodas, esp. Diet sodas
 - Hydrogenated Oils
 - Pork, Shellfish, Farm Raised fish
 - “Fat Free”, “Sugar Free”, “Low Carb/Net Carb”
 - Toxic Cleaning Supplies

Claudia Bricks, N.D.

cjbricks@excel.net 920-457-0525

Natural Health Do's:

- Use Juicer- fresh juices
- Eat Organic Fruits, Vegetables, Nuts, Seeds
- Eat Grass-fed, free-range beef and poultry
- Take Whole Food Supplement each day
- Take Colloidal Minerals daily
- Drink “Magic” juices: noni, mangosteen, aloe vera, acai berry- Antioxidants
- Use Organic Sea Salt, Honey, Royal Jelly
- Take Digestive Enzymes, Ca. Mg. Omega 3 or Krill Oil, Probiotics, Vit. E,
- Make your own Beer & Wine

Reduce Stress

- Laugh & Smile more! Be light hearted!
- Listen to relaxing music (60 bpm)
- Get & give Hugs
- Get 8 hours of restful sleep
- Use TV's, cell phones & computers less
- Keep & stay positive in thoughts & words
- Avoid the news & newspapers
- Be thankful, pray, show appreciation
- Have FUN! Dance & Sing, Play w/pet

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The Marvelous Human Body!

- Made up of 50-100 trillion cells, 206 bones, 600 muscles, 22 internal organs & 11 different body systems.
- Our heart beats 100,000 times every day, pumps 6 qrts. of blood thru 96,000 miles of blood vessels, equaling about 6,300 gallons per day. This same 6 quarts of blood = 24 trillion cells, making 3-5,000 trips around the body every day. 7 million new blood cells are produced every second.
- Maintains a constant 98.6 degrees while managing the heat produced from the above functions
- The Brain tells each of the 7 million cells where to go & what kind of cell to become!
- The body ALWAYS does what it needs to do to survive- even giving us symptoms so we pay attention to its imbalances
- *Excerpted from Claudia's Thesis and Harvey Diamond's, Fit for Life*

Rhythmic Cycles of the Body

(according to Harvey Diamond's- Fit for Life)



- Digestion takes more energy than any thing else
- Cycle I- Elimination- 4 a.m.–Noon
 - Eat Fruit and fruit juices
 - Drink coffee or take supplements at Noon
- Cycle II- Appropriation- Noon-8 p.m.
 - Eat Properly Combined meals to conserve digestive energy. Proteins require more energy than Carbs.
- Cycle III- Assimilation- 8 p.m.-4 a.m.
 - Body works hard while you sleep. Properly Combined meal leaves stomach- 3 hrs. Improper- much longer

Proper Food Combining

- Digestive System: Mouth, Esoph. Stomach, Sm. Int.(27') Liver/GB, Pancreas, Lg. Int. (6-7')
- Digestion consumes a lot of energy- DON'T Overeat! Only 1 concentrated food per meal
- Concentrated food ='s anything NOT a fruit or vegetable!
- Certain Combos of food digest easier
 - Acidic digestion - Proteins- meat, eggs, fish, cheese, beans,
 - Alkaline digestion- rice, pasta, bread, potato, cereals
- Fruit should be eaten ALONE- 8am-noon
- Most veggies- eaten with acidic or alkaline foods



Improper Food Combining:

= 2 Concentrated Foods at one time

- Bacon & Eggs & toast
- Fish & Rice/Chips
- Chicken & Noodles
- Steak and Potato
- Rice & Beans
- Cheese & Bread
- Peanut butter & Jelly
- Cereal & Milk
- Smorgas Boards/Buffets
- Pizza
- All-You-Can-Eat
- Thanksgiving, Christmas & Easter dinners
- Banana Split
- Tacos & Meat
- Turkey Reuben
- Cheese Burger & Fries

Harvey Diamond- Fit for Life; Lee DuBelle, Proper Food Combining Works

How to Properly Combine Foods



- Fruits- Eat alone/with nothing else (30 mins. before meal)
Digests quickly. Must lv. stomach before other foods enter
 - Meats-(avoid pork)- with Vegetables & lettuce salads
 - Broccoli, zucchini, green beans, spinach
 - Starches- Beans, Pots. Legumes- Eat one at a time,
Do NOT eat with meat or Protein Fat (cheese, avocado, flax or sesame seeds, olives)
 - ~~Pastas/Breads~~ **NO Bread. No Pasta. No Wheat!**
- Update: Gluten is hazardous! Eat green leafy lettuce salads & Vegetables(celery, carrots, cukes, peas, squash, etc)
- Eat cheese in salad or melted on veggies
 - Limit Grains. Eat w/Vegetables, not meat or beans
 - Do NOT drink water with meals- ½ hr. before or 2 hrs. after.
It dilutes digestive juices. Ice water is esp. hard on digestion

Other Thoughts:

- Move more! Walk, bike, swim, play
- Get outside in sunshine & fresh air
- Be Happy! Be around happy, healthy people
- Read something on Natural Health daily
- Develop meaningful Connections with others
- Have a solid Purpose in life and live it
- Relax! Motto: “*This, too, shall pass!*”
- Try to eat more nutritious meals and live a more healthy life style- 1 day at a time!

You're worth it!

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