

Introduction to Natural Health

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www.sheboygannaturalhealth.com

Thank you for coming!

- The Sheboygan Natural Health Series of classes are offered every Monday night from Sept. to May from 7-9 p.m.
- All classes are open to the public at no cost, although we do ask those who are able to support our program by kindly donating whatever amount you feel is appropriate in the donation box located on the counter as you leave.
- Please join us as often as you are able. Class schedules are available on the sign-in table and on our website at: www.sheboygannaturalhealth.com

A Few Things to Keep in Mind...

- Natural Health is a journey and a destination. You get there by putting one foot/healthful practice in front of the other. It is not a race. Just keep plodding along.
- All Illness has both physical and emotional components. Be gentle, loving, and kind to yourself
- We come here each week to learn something new, but more importantly we come here to support each other in this business called “Life”.
- Welcome! Let’s enjoy the journey together!

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 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/Vital force) that must flow freely for optimum health
- One of many different types of Natural Healing
- Believes imbalances in body cause illness & disease
- N.D. refers to Naturopathic Doctor which can be a licensed physician/medical doctor or a certified teacher of Naturopathy

Natural Health Practitioners Believe:

- Prevention is Key
- Everyone is capable of taking active responsibility for their own personal health and well being.
- A healthy lifestyle involves eating fresh whole foods, taking nutritional supplements as needed, ensuring regular physical exercise, and managing the sources and levels of stress in our lives.
- Using many modalities to keep body finely tuned. (Massage, Acupuncture/Pressure, Body Work, etc.)

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 ½ 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.) companies are legally responsible to increase profits. It's the LAW!
- Drug, Insurance and Health Care companies need and want to make profits.
- Obama Care will have an Impact on all of this.

Three Ways to Go - -

Allopathic Medicine

Medical Doctors

- Uses Drug, Surgery, and Expensive Equipment
- Looks for Cures, not Causes of disease. Treats Symptoms
- Believes Germs cause disease
- Believes that body can't heal w/o help of Medical personnel

Naturopathic Healing

Naturopathic Doctors

- Natural, Drugless and non-surgical healing
- Digs for root cause(s) of disease
- Germs are Scavengers, only come when disease is present
- Believes body can heal itself
- Each person's body is very unique

3rd Way- Homeopathy

Greek- Homeo= “Similar”; Pathos= “Disease”

- System of Medicine– older than Hippocrates- Completely safe and non-toxic, never addictive. Even registered with FDA
- Developed in 1800’s by Samuel Hahnemann, M.D. of Germany. “Materia Medica” is text.
- Cures in accordance to Nat. Laws of Healing-
All things have a specific and different vibrational frequency.
- Uses natural substances: animal, vegetable, mineral, bodily and other fluids, incldg. Poisons.
- Homeopaths were run out of business by AMA in early 1900’s for practicing medicine without a license. Resurgence is coming.

Homeopathy cont'd

- Homeopaths carefully observe and pay particular attention to how a patient is feeling overall- Mental, Emotional and Spiritual. They take extensive case study notes.
- Homeopaths are medical doctors and are licensed in each state, this is not always the case for Naturopaths.
- Homotoxicologists believe accumulated toxins in the body cause disease and see symptoms as the body's attempt to get rid of toxins and disease as body's attempt to heal itself.
- Homeopathy is alive and well esp. in Europe and Germany.
- *The Homeopathic Pharmacopoeia of the United States*, is recognized officially by the US FDA according to the 1938 Food, Drug and Cosmetic Act.
- For more info.--www.nationalcenterforhomeopathy.org

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

Disease Tree

The ABC+D Health System

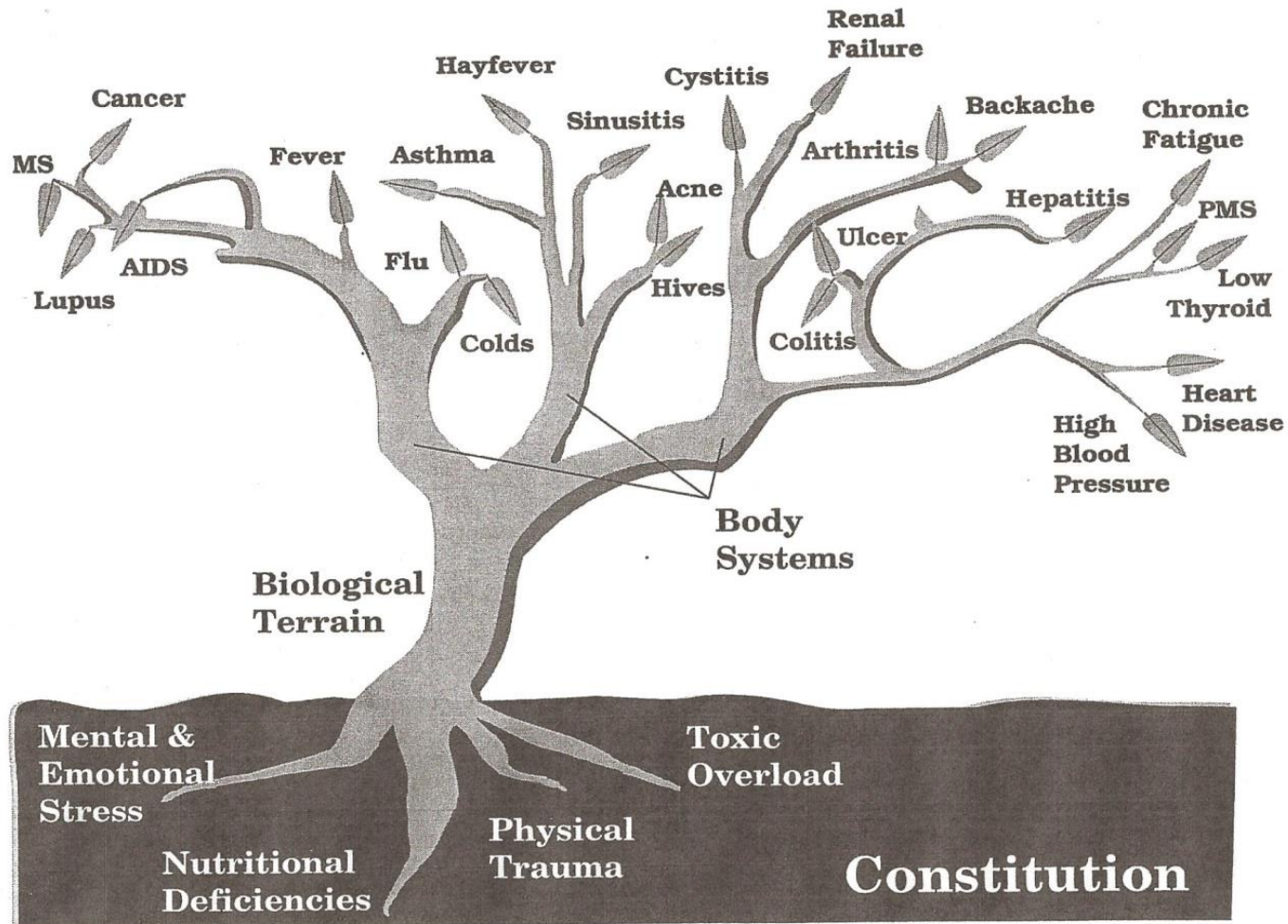


Figure 1—The Disease Tree

Only 1 Disease. . . Toxemia

- 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
- Many 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 & Fluoride in water- causes scarring of arteries- LDL cholesterol attaches to lining= arteriosclerosis

Enervation-the cause of Toxemia

- Definition: To weaken or destroy the strength or vitality of the body; Produces a Lack of Oxygen to body tissues
- Enervation causes a slow down of body's elimination mechanisms (Bowels, Kidneys, Skin, Mouth/Nose and Lungs). Toxic material builds up/Accumulates
- After toleration pt. is reached; body produces a "crisis" aka symptoms of disease: runny nose, diarrhea, fever, aches/pains, arthritis, rashes, hives, pneumonia, swelling, ear aches, sore throat, migraines, etc.
- The body just wants to clean house and get rid of all that garbage. (Esp. after the Holidays!)

Keep the Garbage Out!

- Disease comes from the accumulation of Toxins in the blood/body
- When Toxins accumulate beyond the toleration point a “Crisis” in the body occurs
- Symptoms of this Toxemia Crisis are colds, flu, aches, pains, sores, pneumonia, cancer, arthritis, diabetes, heart disease, etc.
- Toxins **MUST** be removed from the body on a regular basis!
- **Toxins come from a variety of sources:**
 - Environment
 - Foods we eat that lack nutrition
 - Prescription and other drugs
 - Electro-Magnetic Fields from wires, cell phones, wireless laptops, etc.
 - Poor quality air and water
 - Negative Emotions
 - Body’s own natural processes

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

* 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. Same 6 quarts of blood =`s 24 trillion cells, making 3-5,000 trips around the body every day. 7 million new blood cells produced every second.
- * Maintains a constant 98.6 degrees while managing the heat produced from all the above functions
- * Brain tells each 7 million cells where to go & what kind of cell to become!
- * Body ALWAYS does what it needs to do to survive- even giving us symptoms so we pay attention to the imbalances created
- * We too often take our body for granted by not eating good food, imbibing too much, not getting enough sleep, living life at too fast a pace with all of its stressors. Our body does its best to cope, but eventually let`s us know we`ve over done it.

Human Digestive System



* Basic Primer on Nutrition

- * Digestion takes more energy than any other function in the body. Keep it simple and clean.
- * Food is eaten to give us energy. Needs to be nutritious and not processed.
- * Energy comes from the break down of Proteins, Carbohydrates and Fats

Protein- Growth & Development

Carbs.- Fuel for Energy & Muscular exertion

Fats-Provide energy & carry Vits. A, D, E, K

- * Hormones, Digestive juices and Enzymes help

* How To Read Food Labels & Recipe Exchange

* October 28

* Our 1st. Recipe Exchange-
bring in your favorite HEALTHY
recipes to share

* Deb Guenterberg from Prevea
Health will explain how to
correctly read Food Labels

* Proper Food Combining

- * **Digestive System:** Mouth, Esoph. Stomach, Sm. Int.(27')
Liver/GB, Pancreas, Large Intestine (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 than others:
 - * Acidic digestion - Proteins- meat, eggs, fish, cheese, beans,
 - * Alkaline digestion- rice, pasta, bread, potato, cereals
- * Fruit should be eaten ALONE- 8am-noon
- * Most veggies- can be eaten with acidic or alkaline foods

* 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- Eat w/ green leafy lettuce salads & Vegetables (celery, carrots, cukes, peas, squash, etc)
NO PASTAS NO BREAD NO WHEAT!!
- * Eat cheese in salad or melted on veggies
- * ~~Eat Grains with Vegetables, not meat or beans~~ **NO Grains!**
- * Do NOT drink water with meals- ½ hr. before or 2 hrs. after.
It dilutes digestive juices. Ice water is esp. hard on digestion

* 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
- * Cheese Burger & Fries
- * Smorgas Boards/ Buffets
- * Pizza
- * All-You-Can-Eat
- * Thanksgiving, Christmas & Easter dinners
- * Banana Split
- * Tacos & Meat
- * Turkey Reuben

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

Avoiding Disease. . .

- New Research shows that our diet and lifestyle are major contributors to the chronic diseases of today
- SUGAR in all of its forms (Honey, Syrup, Fruit, grains, bread, donuts, etc.) feeds disease, especially Cancer.
- Excess SUGAR intake leads to Glucose Intolerance and Insulin Resistance which leads to Pre-diabetes, which leads to Type 1 diabetes, which leads to all kinds of health issues.
- We will learn more about Diabetes

October 14 & 21

- * 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

* Reduce Stress

Emotions...

- ❖ Emotions play a big part in our health.
- ❖ More than we think, much more than we think!
- ❖ STRESS is the double edge sword of emotions
- ❖ Learn more about how to deal with wayward and otherwise uncomfortable emotions

November 18- 'Tapping Away Anxiety, Addictions & Depression' with Audrey Aardappel

December 9- 'Keeping Spirits Bright– Dealing with Holiday Emotions and Stress' with Kate Baer, Director of the Mental Health Association of Sheboygan

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

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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Free newsletter
- www.mynsp.com/claudia Nature's Sunshine Products

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Herbs and Their Uses- Bonus Information

<http://herbs.lovetoknow.com/List of Herbs and Their Uses> &

www.learningherbs.com/image-files/hrs-chart.jpg

There are hundreds of herbs for medicinal use ranging from common culinary herbs to exotic tree barks, essences and oils. The safest way to work with herbs is to purchase commercial herbal preparations, tinctures and oils from a reputable herbal company. Aromatherapy, Homeopathy, Indian and Chinese herbal medicine, as well as European herbal medicine all offer unique pathways to learn more about herbs and their medicinal uses. Here are some of the most common herbs:

Name of HERB	USES
Aloe Vera	Astringent, Antibacterial. Soothes digestive tract, helps with burns & acne
Burdock Root	Cleanses liver and blood as a tea
Comfrey	Good for tissue healing, torn ligaments/tendons/bruises/inflammation
Cayenne	Stops bleeding; stimulates circulation; clears sinuses
Chamomile	Good for indigestion and relaxing as a tea; helps calm the body
Cilantro	Binds with heavy metals in the blood and carries them out of body

Name of HERB	USES
Cinnamon	Improves blood glucose levels
Clove	Pain killer
Dandelion	Very high in nutrients, diuretic and liver tonic properties
Echinacea	Antiseptic, Antibacterial, Antimicrobial, Antiviral, Antifungal properties Strengthens the immune system and helps with colds and respiratory infections. Combined with Goldenseal
Fennel	Good for digestion, tea increases lactation, eliminates colic
Feverfew	Tea helps with migraines
Garlic	Antifungal, Antibacterial, Cardiovascular benefits., may lower cholesterol
Ginger	Antimicrobial. Good for nausea, stomach pain, morning sickness, colds and flu, heart health, and motion sickness
Gingko	Helps with brain function, increases circulation to brain
Lavender	Used topically has Anti-bacterial, Antimicrobial and Pain Relief properties. Reduces stress and promotes sleep. Used in Aromatherapy
Lemon Balm	Good for fevers, nervousness, colds, flu, wounds/soreness, calming kids

Licorice Root	Good for sore throats, mucus congestion and coughs. Calms and relaxes
Milk Thistle	Very good for Liver support and protection
Mint	Peppermint helps with nausea, indigestion, and digestive issues
Mullein	Oil used for ear infections, tincture for coughs and colds
Nettles	Cleansing agent and a good source of vitamins and minerals, tonic as tea
Parsley	Good kidney tonic; diuretic
Red Raspberry	Reproductive Tonic; astringent
St. John's Wort	Helps with mood and depression
Sage	Antiseptic qualities, Good for laryngitis and mouth problems
Slippery Elm	Reduces irritation/ inflammation anywhere; makes everything slippery
Tea Tree Oil	Antiseptic, Antibacterial, Antifungal; disinfects wounds and insect bites
Turmeric	Anti-Inflammatory, may inhibit growth of tumors
Valerian Root	Good for insomnia, stress, anxiety, muscle cramps, coughs- really stinks!
Yarrow	Stops bleeding, acts as disinfectant, helpful for cramps

For More Information or to Schedule a Natural Health Assessment:

Call Claudia J. Bricks at 920-457-0525
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