



## Health and Nutrition Update #6 October 1, 2007

For the past several months, as we have been responding to the needs of various people who sincerely want to be healthy in order to live productive lives for the Lord, we have witnessed some extraordinary results. **Many of these people like you have not only asked to be on this monthly update, but more importantly, have contacted us for what essentially becomes a consultation visit to discuss their specific needs.** As an extension of our ministry efforts, it brings us great joy to be able to share the results of our research into the vital areas of health and nutrition. **We wish all of you would call!** It is extremely encouraging when we hear back from those who have actually taken some of our advice and received positive results.

For the most part, if you are genuinely interested in this subject matter you typically fall into one of three categories. The first interested group is those who are well read on this and related topics who want to know more about the subject matter. These people read enough to know that maintaining health and nutrition is a life long objective. Getting any additional information on the subject is always welcome if not for them personally, but for those they love and care about. **Hopefully, these people are taking some of the sound advice they are receiving and acting upon it.**

The second group of people is those who are already critically challenged in the area of health who are looking for solutions. **Many of these people are already under a physician's care and are concerned about being on prescription drugs. Many tell us that they want to be "drug free" once again.** Whether it is the ongoing cost of the drugs or potential side effects, the crucial desire is to do something to avoid the use of prescription drugs. When these people discover that there are alternative solutions through proper nutrition, diet, and exercise, they are definitely open to change their routines. After all, they innately know that what they are currently doing is not eliminating the underlying problem, but rather simply masking it. Of course, one of the great hurdles that have to be overcome is the indoctrination that has come down through the years of simply listening to what the established medical industry has propagated. **However, once the light has come on that there is a nutritional alternative to prescription drugs that simply treat the symptom rather than cure the cause, people are increasingly willing to change.**

Finally, the most prevalent group of people has both the growing knowledge about health and nutrition and the need for alternatives due to current problems associated with their own bad health or the health of a loved one. For the most part, these people take minor illness for granted. These people tend to be lethargic, lacking in energy, overweight, dealing with digestion problems, constipation, swelling of joints, depression, or any number of ailments that people assume are just part of life. However, as they are becoming not only more educated on the subject of nutrition and the benefits of supplementing their diets, **and MOST IMPORTANTLY doing something about it**, we are receiving wonderful testimonies of improvement in health.

After taking supplements, one lady in less than two months is sleeping better, has more energy, notices perceptible changes in chronic inflammation to the point of eliminating anti-inflammatory drugs, and is losing unneeded weight. Another lady after a month is no longer concerned about indigestion problems to the point of forgetting to take a drug that helps her with indigestion symptoms. One man has a genuine decrease in blood pressure issues that have plagued him for years with the thought that within a matter of time, the prescription drugs can be eliminated.

**What you begin to discover is that when you give the body what it needs to fight disease or, in other words, the nutrition it requires to have a balanced immune system, what God has created the human body to do actually works.** The primary problem attributed to the imbalance as understood by most in the health and nutrition or wellness industry is the sad state of the typical American diet. Sadly, as study after report after treatise have described, the nutritional value of our food has declined precipitously in the past thirty to forty years. Let's face it. The depleted soils producing mineral and vitamin deficient fruits, vegetables and grains, the processing of foods, the chemicals contrived to preserve foods, the hormones injected or consumed to inflate weights on animals are well known scientific facts. The problems are exacerbated when you consider the proliferation of the use of pesticides, herbicides, and bioengineering to enhance quantity. The list of problems is

voluminous, as many people are **finally** recognizing that our foodstuffs are not what they used to be in years past. This is a serious situation that when ignored will eventually result in a breakdown somewhere in the body.

In order to avoid the inevitable problems of poor health maintenance, it is highly recommended that everyone take a serious look at what they are eating on a daily basis. It is at this point that many people have challenges because as creatures of habit, most people do not want to change their diet unless they absolutely have to change it for some health reason. People enjoy the convenience and the relatively low cost of different foods that have evolved in our society. The thought of cooking "the old fashioned way" without using the microwave or the expediency of processed or pre-cooked foods is difficult for many. Then, when it is suggested that you begin eating organic or natural food without all of the preservatives, the problem of cost becomes another hurdle for many to overcome. **However, the fact remains that if you are simply going to eat the way you have always eaten and drink the things you have always drunk, then you are really not serious about maintaining optimal health for the long term of your life.** It becomes real clear that you might know the talk, but are unwilling to walk the walk.

Speaking of walking, one of the other critical components necessary for optimizing your health is some form of physical exercise. For many, the thought of exercising is tough to handle. But the fact remains that our bodies need physical movement beyond just the ordinary daily movements in order to retain good health. So for some who are not used to much exercise, we are recommending at least the addition of some walking or jogging or biking or stretching or whatever you can do to get your muscles working and work up a sweat. In future updates we will address some more diet issues and physical exercise programs for you to consider, **but at this point if we can first recommend a dietary supplement to get things started, the rest should come fairly easily.**

In this past month, we have really been learning a lot about enzymes and how critical they are for proper digestion. While we understand that they are available in supplemental form, we have been experimenting with a couple of drinks to interject fresh enzymes into your digestive tract.

Here are two wonderful recipes that are full of natural enzymes. Our modern diet has effectively reduced the digestive enzymes that we need to get from our food. **If you drink orange juice from a carton, it has been heated enough in the processing so there are no enzymes left.** By making your own orange juice or fruit smoothies, you are helping your body digest food the way it needs to.

#### **Margaret's Pineapple Colata Smoothie**

1 cup cut up fresh pineapple  
1 cup filtered water  
1 scoop vanilla whey protein powder  
1 tablespoon unrefined coconut oil

Mix all in a blender until smooth. This is a delicious drink!

#### **Margaret's Orange Colata Smoothie**

3 large organic oranges, peeled and cut in quarters  
1 cup filtered water  
1 scoop vanilla whey protein powder  
1 tablespoon unrefined coconut oil

Mix all in a blender until smooth. This will be full of pulp, but full of enzymes.

We trust that this update has once again been informative and helpful to you in your pursuit of good health. **Once again we would like to extend an invitation for you to call us so that we can hear what your specific needs are and tailor a diet plan, exercise plan and supplemental plan to suit your needs. We truly believe that we can help you with your health needs. The key is to have someone that you are accountable for the changes we know you want to make. We would love to be helpful in that way!**

**To Life (L'Chaim)!**

**Blessings,  
Mark and Margaret**

**P.S. Please call us at 407-933-2002. The sooner the better!**

<http://www.virtualinformationpack.com/vip/vip.asp?InvitationCode=286226225247>

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