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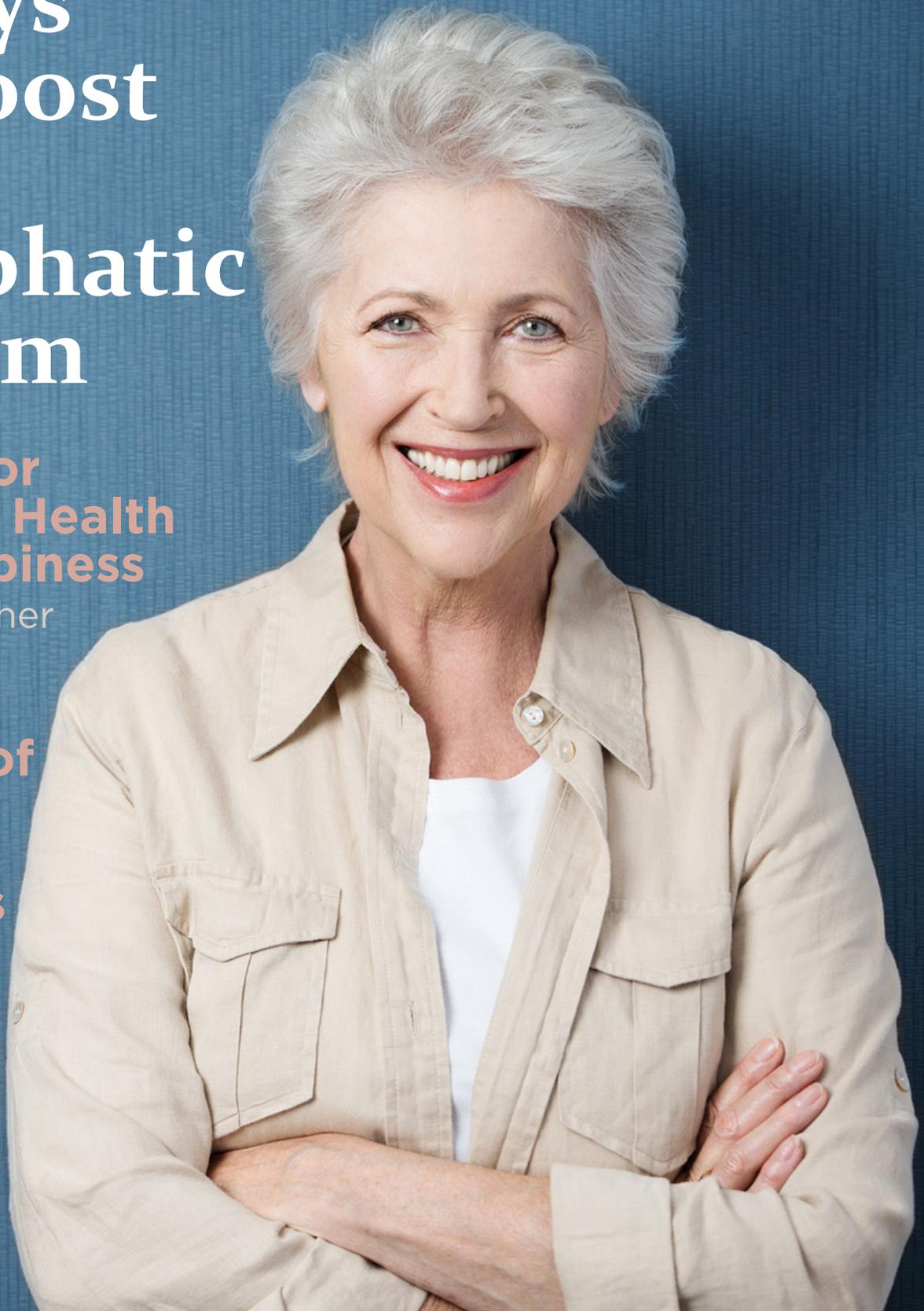
8 Ways To Boost Your Lymphatic System

**10 Tips for
Pursuing Health
and Happiness**

by Rob Fischer

**The
Science of
Cooking:
Keep the
Nutrients
in Your
Food**

by Jessica
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Can you imagine what would happen if your city's sanitation department went on strike? Trash would start to pile up, a stench would permeate the air and rotting debris would create a breeding ground for bacteria and germs. Unfortunately, this stinky picture is what happens inside your body when you don't show your lymph a little love.

The role of the lymphatic system is to carry lymph fluid, along with any waste materials it picks up, away from body tissue. The vast lymphatic network is constantly cleansing your body to keep you from getting sick.

Furthermore, the multiple toxins we are exposed to every day build-up from the foods we eat, the pollutants we breathe, the products we put on our skin and the water we drink. Therefore, it is important to make sure your body's built-in garbage collector is up for the challenge.

The build up of toxins in the body is one of the major contributing factors in the development of disease. If not removed, toxins create inflammation and harm. However, if the lymphatic system is working properly and toxins are removed from the body on a regular basis, disease processes can be stopped before they ever start.

How can you support the lymphatic system to help it perform its cleanup duties? This issue of *Home Cures that Work* will introduce you to indicators that show your lymph system might be sluggish and how to help it perform its cleanup duties. For example, simply getting out for a walk or performing a self-draining lymph massage are excellent ways to maintain a healthy lymphatic system.

Don't wait until your internal garbage collector is ready to go on strike. Show your lymph a little love with *Home Cures That Work!*

For your health,

Cheryl Ravey

Editor, *Home Cures That Work*



8 WAYS TO CARE FOR YOUR LYMPHATIC SYSTEM

by Dr. Scott
Saunders, M.D.

Supporting Your Lymph System to Prevent Disease, Infection and Cancer

Mary is a spry 78-year-old woman with her left arm significantly larger than her right. Several years ago, she was diagnosed with breast cancer. The surgeon removed her breast, along with most of the lymph nodes in her right axilla (armpit). Since that time, she has had swelling of the right arm, which bothers her, especially at night.

Two Circulatory Systems

Most people don't know that they have two separate circulatory systems in the

body: the cardiovascular and lymphatic.

The cardiovascular system basically moves blood throughout the body. The blood system is a closed system that keeps the red blood cells and most proteins inside at all times. The blood system allows only the plasma to leak into the tissues and around cells bringing nutrients such as sugar, oxygen, vitamins and minerals – everything a growing cell needs.

However, while most of the fluid is taken up into the veins after it feeds the cells, a significant portion is left behind. This fluid builds up over time and can create a lot of swelling. In order to get that fluid back into circulation, the body has a separate system of vessels – twice as many as the blood vessels – called the lymphatic system.

Functions of the Lymphatic System

The lymphatic system has three functions:

1. To bring fluid from around the cells back into the blood circulation
2. To remove bacteria, viruses,

other infections, and cancer

3. To remove waste from the cells

Mary's discomfort came because when the surgeon removed the lymph nodes it cut off the lymph vessels. Now her lymph system can no longer bring the excess fluid back to the heart so her arm just gets bigger as the fluid increases.

Thus, the primary function of the lymph system is to act as drainage of excess fluid that accumulates around the cells. This amounts to about 15% of all the fluid that comes out of the blood to bathe the cells. As we move around, this fluid is pushed through the lymph vessels, which have valves that allow the fluid to move only one way, towards the heart. There it enters the veins, and ends up back into the blood circulation. Amazingly, the vessels themselves also have muscles that contract and push the lymph through them.

Mary needs to wear a pressure sleeve to keep her arm from continuously getting larger. The extra pressure squeezes the fluid into the venous system to get back into the circulation. This doesn't get all of the fluid back, but it keeps her arm from becoming gigantic.

Even health care professionals ignore the lymphatic system; we take for granted the importance of this system – until it doesn't work. For example, in many areas of the world mosquitoes can inject a parasite that gets into the lymph system and completely blocks it. The area affected continues to get larger over time without stopping. After this happens, there is no way to clear the lymph system, even after killing the parasites. Without constant treatment the limb just continues to grow, causing a disease known as elephantiasis.

Another function of the lymph system is to aid the immune system in fighting infection. Lymph

nodes contain white blood cells that can detect and fight infection locally. They stop infections from spreading through the body by trapping disease-causing germs and destroying them.

Because the lymphatic system extends to the far reaches of the body, it also plays a role in telling the rest of the immune system where there is an infection.

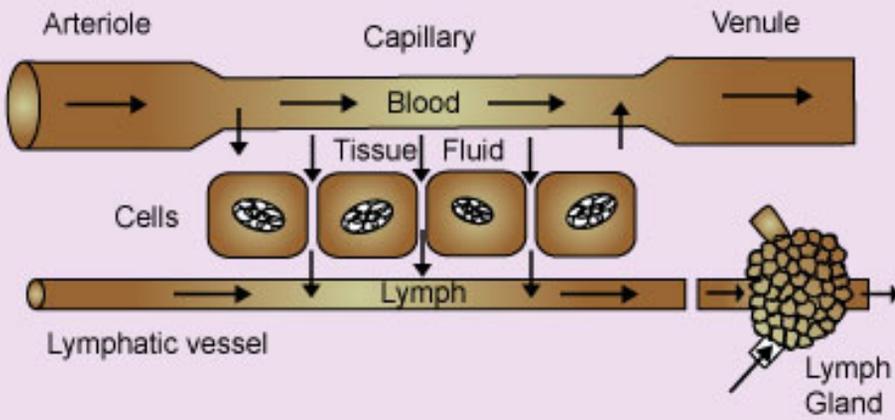
The lymphatic system is like the fire department in a city. If there is a small fire, the local fire station is well equipped to handle it on their own. However, if the fire is raging out of control, then the local station calls other stations to send more personnel and equipment to put out the fire. Each lymph node is like a local fire station, taking care of local infections, and getting help when an infection is out of control.

Cancer is another fire that needs to be extinguished. The lymphatic system is also important in preventing and destroying cancer cells. We all have cancer cells that travel through the lymph drainage system and into the lymph nodes, where immune cells eat the cancer and destroy it. This probably happens to everyone every day! When we are diagnosed with cancer, it is because this system didn't work properly.

Lastly, the lymph system cleans out the excess waste from cells. Lymph is composed of:

- Water
- Protein molecules
- Salts
- Glucose
- Urea
- Lymphocytes (white blood cells)
- Other substances

Since the blood vessels only take up fluids and salts, the lymph system has to take care of the larger molecules and debris left behind.



The lymph vessels are very porous, allowing proteins, bacteria, viruses, and cell parts to get into the lymph. Dead tissue and other foreign matter or invaders are removed by the lymph nodes. Other debris goes into the blood circulation and is removed by the spleen.

By the same token, the lymphatic system absorbs larger nutrients, like fat, from our digestive system. The lymphatic vessels transport fat to the veins of your chest, and the blood carries fat to be stored in adipose tissue throughout your body.

Therefore, the lymphatic system deposits fat directly into circulation, without going through the liver. This has incredible implications for toxicity. The fat is not detoxified by the liver before getting access to our cells.

All the blood from the intestines has to go through the liver first, before it can get to the circulation and the rest of the body. The liver is our primary defense against toxins because it can detoxify almost any molecule. However, since the lymphatic drainage from the intestines doesn't go through the liver, some toxins from your food may be able to get direct access to your body, brain, and organs.

The lymphatic system takes up all the constituents of blood, such as proteins and minerals. But by far the most important

component is the absorption of fat. Most of the fats from the diet end up in the lymph system and are dumped directly into the blood.

Lymphatic Issues

Now that you know what the lymphatic system is and what it does, you can guess what will happen if it isn't functioning well. Some of the problems associated with a poorly functioning lymphatic system include:

- Edema, or swelling
- Regional pain syndromes
- Toxic overload, including heavy metals
- Poor digestion
- Weight gain
- Headaches
- Rashes and skin problems
- Frequent infections, colds/ flu or skin infections
- Cancer, especially lymphoma or Hodgkin's Disease

Caring for Your Lymphatic System

1. Exercise

Body movement is the essential ingredient to getting your lymph moving. The muscles in the lymphatic vessels help the lymph move along. But walking, running and using your own muscles causes the majority of lymph to flow.

Breathing is also important. When you suck

in air, you also suck lymph into your heart (maybe this solves the mystery of a sigh). Regular deep breathing, as with exercise, not only helps you get more oxygen, it assists in lymphatic detoxification of your body.

2. Sweat

One way to assist the lymph system is by sweating. Many people sit in a sauna, steam room, or sweat box to open their pores and let out toxins. However, this is not always necessary. Movement itself helps the lymph to flow. Exercising to sweat also helps remove toxins. Thus, you can “kill two birds with one stone” by doing regular exercise – enough to sweat.

3. Intestinal cleanse

The intestines need time to repair, which occurs when we aren't using them. Almost every “cleanse” program is a modified fast of some kind. Some restrict you to “lemonade” for thirty days, such as the “master cleanse.” Others use herbal teas, juice, water or broth.

One of the most important things to clean out is glycogen, a stored form of sugar. Therefore, I prefer broth, water or herbal teas to cleanse because they don't contain sugar and won't add to the glycogen stores. It has been shown that fasting shuts down the lymphatic system in the intestines and rebuilds it in 3 days.[1]

Thus, I usually recommend at least a 4-day cleanse once or twice per year.

4. Detox

The liver is the most important organ for detoxification. Remember, everything from our intestines (that isn't in the lymph system) goes through the liver first. The liver makes a lot of lymph as well. A good detox program gives the liver what it needs:

- Vitamins

- Minerals
- Amino acids
- Anti-oxidants

Optimally, this is done on a regular basis by eating nutritious foods to continuously remove toxins from your body.

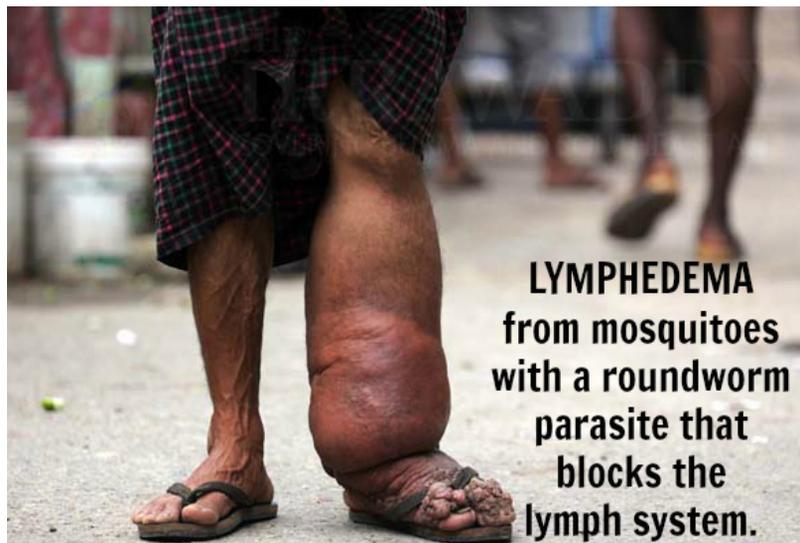
5. Avoid toxins

We often consider toxins come from factories and ground water. But we forget that 99% of the toxins come from our own cells as they make energy, proteins, and other metabolic processes. The importance of the lymphatic system is to drain these out. We can overload the system by taking in excessive foods such as processed foods and chemical foods.

6. Good nutrition

Many think they are going to get healthy by taking a magic pill, but we know in our heads that this doesn't happen. Good nutrition is about choosing good food, including things we may not like. Not that we need to eat broccoli religiously, but it is highly nutritious to eat regularly.

Supplements are often given for lymphatic detox. These may be helpful on a temporary or occasional basis, but they do not take the place of good nutrition



LYMPHEDEMA
from mosquitoes
with a roundworm
parasite that
blocks the
lymph system.

from food. Good nutrition basically:

- Keeps oxidative damage to a minimum
- Helps the immune system function well

All this is a very important part of the lymphatic system.

7. Massage

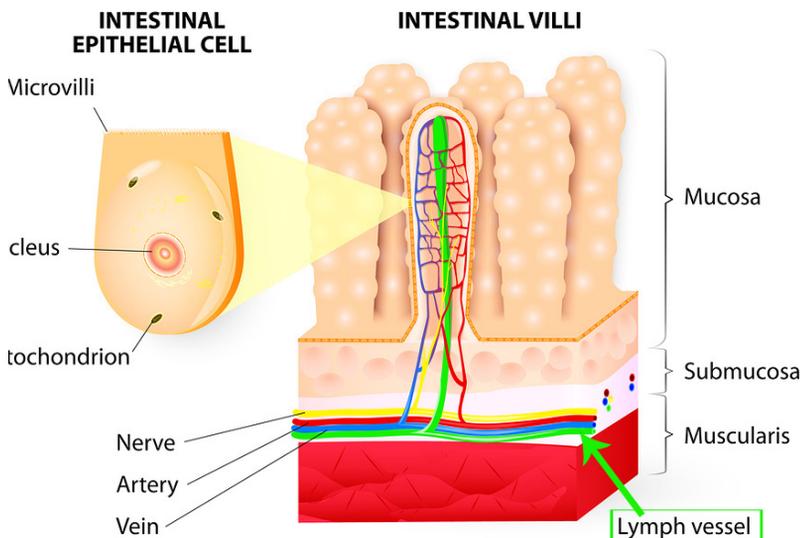
A massage therapist who is an expert in the lymphatic system can do wonders for lymphatic circulation. Chronic tension in the muscles can block circulation of lymph and cause swelling and pain. Also, there is a specific type of gentle lymphatic massage that induces lymphatic flow. This is important for those who are blocked by cancer, infections, or inflammation.

8. Balance

Achieving balance is the key to health. With the lymph system, balance comes from the same things as all health:

- Good food, but not too much
- Good exercise, but not too much
- Stress reduction, but not too much
- Good sleep, but not too much

Even though the lymphatic system is twice as big as the blood circulation, it is often left out of the discussion on health. But this collection of vessels is extremely important for removing toxins from around all the cells of your body, as well as preventing infections and cancer. If you take care of your lymph system, it will take good care of you by protecting and defending your body.



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HOW TO SELF-DRAIN YOUR LYMPH SYSTEM

8 Effective Ways to Keep your Lymph Circulation Moving

by Rob Fischer

Recently, a couple we know experienced a blockage in their kitchen. Neither well of their kitchen sink would drain. Instead, a smelly, greasy, green-brown sludge surfaced in both sides of the sink. This rancid cesspool-like substance just sat there stagnating.

Not until they cleared a blockage further down the drain did the system start to function and flow properly again.

Now, imagine the problems that can arise when your lymph system becomes plugged or backed up. It too is designed to carry waste away, but when it's not functioning properly, the consequences are far more serious than a clogged sink!

Actually, your lymph system functions more like a highly sophisticated waste water treatment plant than merely a drain. The lymph system is crucial for maintaining a strong immune system, for healing, and warding off disease. The lymph system moves impurities and toxins out of your body and into the blood. The blood then transports these toxins to the liver and kidneys for purifying and elimination.

Your body contains at least twice the amount of lymph fluid as blood, but unlike your

blood, there's no organ (the heart) to pump lymph fluid and keep it moving.[1] Instead, it relies on muscle contraction and manual manipulation to move the lymph fluid.[2]

Your lymph system is equipped with numerous lymph nodes that act as filters along the way. Sometimes these nodes become blocked and swell. Researchers estimate that as many as 80 percent of Americans have sluggish lymph systems.[3]

Symptoms of a Sluggish Lymph System

When your lymph system becomes sluggish or blocked, it can have a profound impact on the rest of your body. It becomes a breeding ground for bacteria and disease. Because lymph cleanses nearly every cell in your body, symptoms of chronic lymph blockage are diverse but can include:[4]

- More extreme allergies
- Food Sensitivities: A Hidden Epidemic
- Frequent bacterial and viral infections
- Joint pain
- Headaches and migraines
- Menstrual cramps
- Arthritis
- Fibrocystic breasts or breast tenderness
- Sinusitis
- Loss of appetite and GI issues
- Muscle cramps
- Swelling of tissues

- Fatigue
- Mental fuzziness
- Mood swings
- Depression
- Parasites
- Skin breakouts and acne
- Cellulite

Causes of a Sluggish or Blocked Lymph System

The lymph system can become blocked or stagnant as a result of:[5], [6]

- Inactivity
- Illness
- Surgery or injury
- Toxic buildup
- Dehydration

8 Ways to Improve Lymph Drainage

To keep your lymph circulation moving right along, you need to know the most effective ways to keep yours pumping.

1. Physical exercise

The body has a built-in need for activation. Remember, without an organ to keep lymph fluids moving, they require muscle contraction. Regular physical exercise is one of the primary ways your lymph system keeps flowing well.[7] Vigorous exercise such as rebounding [jumping

on a therapeutic mini-trampoline] is reported to increase lymph flow by 15 to 30 times.

2. Breathing

As odd as it sounds, besides physical movement, breathing deeply is another chief means by which you maintain a healthy lymph system. Deep breathing through the diaphragm creates pressure and expansion that helps pump the lymphatic fluid. When paired with a simple movement of the arms and hands, it is an effective way to encourage toxin drainage from the lymph.[8] (When you exercise, you accomplish both of these at once!)

3. Massage

Physical manipulation of the lymph system is highly effective in relaxing toxins and lymph congestion. Since lymph does are close to the surface of the skin, it only requires a light touch – not deep tissue work – to activate the lymphatic system.

You can either have a professional provide a lymph massage, or you can perform this yourself. This process, sometimes referred to as “lymph milking,” involves rubbing (milking) the large neck muscles in front and back of your head. Always rub down towards the heart. [9] You can also massage other areas of your body that contain lymph nodes: under your



arms, the crook of your elbow, the sternum, etc.

4. Drink plenty of water

Dehydration is one of the most common causes for the congestion of lymph fluid. Lymph fluid is 95 percent water, so your lymph system needs plenty of water to keep things flowing smoothly.[10]

The best lymph-moving rehydration technique is to sip hot water every 10-15 minutes throughout the day. If by the end of that day you are experiencing a dry mouth and are now thirsty for this once tasteless sip of hot water, this is a good indication you are dehydrated and your lymph is congested. If this happens, try this rehydration therapy: sip hot water every 10-15 minutes for 2 weeks straight.

In addition to sipping hot water as part of the lymph-moving rehydration technique, try to drink 1/2 your ideal body weight in ounces per day for two weeks as well. For example, if you weigh 140 lbs, drink 70 ounces of water (almost 9 glasses) per day.

5. Herbs

A number of herbs are known to improve lymphatic health. Some of these de-stagnating herbs include: red clover, cleavers, manjistha, bupleurum, rehmannia, and butcher's broom extract.[11]

6. Dry brushing

This is a common practice in Ayurveda medicine in which you take a brush with stiff bristles and brush your skin (always towards the heart) before you shower or bathe. Dry brushing stimulates the lymph system and sweat glands, opens pores, and removes dead skin cells.[12]

Brush long sweeping strokes starting from the bottom of your feet upwards, and from the hands towards the shoulders, and on the torso in an upward direction to help drain the lymph back to your heart.

7. Eat raw fruits and vegetables

Raw fruits and vegetables contain natural enzymes that help break down toxic buildup, thus aiding the lymph system.[13]

The fiber in these foods also cleans you out and helps prevent your digestive system from being overtaxed. Raw vegetables and fruit usually have a high water content, which helps purge your lymphatic system; without adequate hydration, lymphatic flow slows. Cucumbers, lemons and watermelon are examples of hydrating foods.

8. Avoid processed foods

Processed foods are full of pesticides, preservatives, sugar, food dyes, artificial ingredients and other toxic additives that contribute to toxic buildup in your system. [14] Since your lymph system is working hard to cleanse your body of toxins, it makes sense to reduce the amount of toxins that are going into your body.

We don't typically hear much about the lymph system especially when it continues to do its job masterfully. But since so many of us experience health issues that can be traced back to a sluggish or blocked lymph system, perhaps it's time to give our lymph system a cleanse.

Thoroughly cleansing the lymphatic system is the key to long-term and efficient weight loss, great health and living without pain.

Sources: [1] Michelle Schoffro Cook, "11 Ways to Boost Your Lymphatic System for Great Health," Care 2, nd, <http://www.care2.com/greenliving/11-ways-to-boost-your-lymphatic-system-for-great-health.html/1>. [2] Marcelle Pick, OB/GYN NP, "The Lymph System and Your Health," Women to Women, nd, <https://www.womentowomen.com/detoxification/the-lymph-system-and-your-health-2/>. [3] Marcelle Pick, OB/GYN NP. [4] Marcelle Pick, OB/GYN NP. [5] Marcelle Pick, OB/GYN NP. [6] The Chalk Board, "Detox Your Lymph: 10 Holistic Treatments for Your Lymphatic System," 2/24/2015, <http://thechalkboardmag.com/detox-your-lymph-10-holistic-treatments-for-lymphatic-system/>[7] Marcelle Pick, OB/GYN NP. [8] Marcelle Pick, OB/GYN NP. [9] Dr. David Williams, "Exercises to Help Drain your Lymphatic System," 6/29/2015, <http://www.drdauidwilliams.com/lymphatic-system-drainage-exercises/>. [10] The Chalk Board. [11] The Chalk Board. [12] The Chalk Board. [13] The Chalk Board. [14] WikiHow, "How to Cleanse the Lymph System," nd, <http://www.wikihow.com/Cleanse-the-Lymph-System>.



The Science of Cooking: Keep the Nutrients in Your Food

by Jessica Sanders

How to Cook Your Food Without Losing Priceless Nutrients

Did you know that heat from cooking can breakdown 15 to 30 percent of vitamins in your vegetables? Boiling steals another 10 to 20 percent, including up to 15 percent of minerals, according to

ConsumerReports.org

It's true that some amount of breakdown is good, such as in the case of eggs. When cooking eggs, a process called denaturation happens. When heat is applied to an egg, the egg proteins unfold, bump into each other and then bind together. You can watch this happen as egg whites turn solid.

If it weren't for this protein "breakdown" process, the avidin protein (found in raw

eggs) would bind to the B vitamin biotin during digestion, causing it to be unavailable for absorption. Biotin is good for energy production and essential for healthy nails, hair and skin. Cooked eggs, particularly the yolks, are excellent sources of this vitamin.

Similarly, when cooking tomatoes, the heat breaks down strong cell walls, making more lycopene available. The nutritional breakdown gives your body a chance to access and absorb more of this phytochemical with antioxidant properties. Lycopene is a naturally occurring pigment linked to the prevention of cancer and other chronic diseases. Turning up the heat on tomatoes adds disease-fighting power!

However, this is not always the case. Many other foods lose much of their healthy nutrients when cooked too long on high heat or in water.

Foods high in water-soluble vitamins, like vitamin C and B, are most vulnerable to losing nutrients when cooked, while fat-soluble vitamins are often better preserved. Water soluble vitamins "leak" from foods when

they come into contact with water. This is clearly visible when boiling beetroots or green vegetables. Any contact with water will reduce the water soluble vitamin density of a food, including when washing them, but losses become significant when heat is added.

While eating a mostly raw food diet would eliminate this issue, it's not possible for many people. The cold, hard-to-digest nature of raw foods puts a damper on their body's digestive fires.

Luckily, you don't have to go on a raw diet to get the most from your foods. While cooking will always destroy some nutrients, you can modify how you prepare your food to preserve as many vitamins and minerals as possible and keep your food vitamin packed.

To do so, you need to minimize one or more of three things every time you cook—

- Temperature
- Time
- Amount of water

All of these things leech vitamins and break down nutrients from your foods. Reducing these factors allows you to lock in both flavor and nutrition, preserving their disease fighting potential.

Various cooking styles allow you to minimize these factors. See which ones are best and worst for your foods.

Steaming

Best for minimizing time and amount of water needed

Steaming is the best way to maintain nutrients in nearly all vegetables. Why? Because the food isn't immersed in water (which leeches vitamins), or exposed to high heat

in a pan (which breaks them down). This cooking method allows you to maintain the natural crunch and flavor as well.

The key to making your food nutritious and delicious with this cooking method is enhancing the ingredients after they're cooked. Use dips, vinegars, seasonings or sauces to make your steamed veggies come to life.

Tip: If you don't have a steamer, create your own by putting a small amount of water in the bottom of a pan. Place a colander on top, add the ingredients to the colander, and then cover with a pan lid.

The best foods for steaming are high in fat-soluble vitamins A, E, D and K:

- Carrots
- Broccoli
- Cauliflower
- Zucchini
- Potatoes

Try Steaming:

Simple Cruciferous Side Dish – 1 serving

Ingredients:

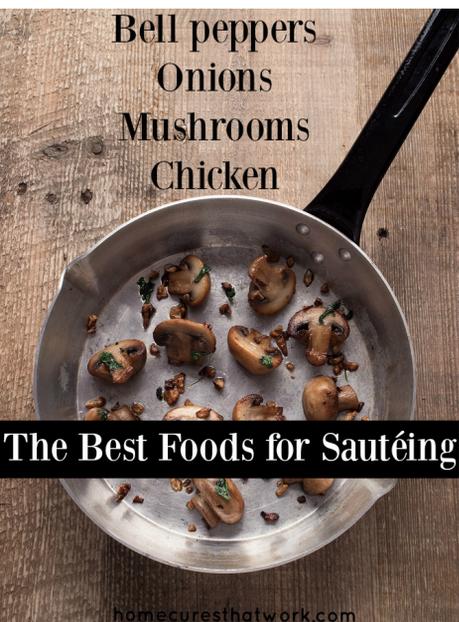
- 1/2 cup broccoli
- 1/2 cup cauliflower
- Salt, pepper, garlic powder (to taste)
- 1 tablespoon red wine vinegar

Directions:

1. Chop broccoli and cauliflower into small florets and cook them in your steamer.
2. Remove after 8 to 10 minutes and place in a bowl.
3. Top with salt, pepper, garlic powder and red wine vinegar.
4. Mix and serve with the protein of your choice.



The Best Foods for Steaming
Are High in Fat-Soluble
Vitamins A, E, D and K



The Best Foods for Sautéing



The Best Foods for Braising

Sautéing

Best for minimizing amount of water needed

Sautéing is one of the most popular ways to cook because you can create a delicious dish quickly and easily. However, sautéing your vegetables for too long, in an extremely hot pan, strips your foods of their nutrients.

Sautéing is one of the worst offenders in cooking-related nutrient breakdown.

Still, you can maintain most of the nutrition in your foods if you adhere to a few simple rules:

Use pans that are wide, rather than tall, which allows every item in the pan to cook at the same time. This way, you don't overcook some ingredients (losing most of their vitamins and minerals) and not others.

Remove all moisture from your foods. Moisture will cause them to steam rather than sear in the pan, requiring you to leave them in for longer.

Add food to the pan when it's already hot, reducing the time the food needs to be in the pan.

Keep a close eye on the pan so you can remove foods from the heat immediately when they're done.

The best foods for sautéing don't need a lot of time to cook thoroughly:

- Bell peppers
- Onions
- Mushrooms
- Chicken

Try Sautéing:

Quick Chicken and Veggie Tacos – 1 serving

Ingredients:

- 1 small chicken breast
- 1/2 cup bell pepper strips
- 1/2 cup onion, sliced fajita style
- 1/4 cup black beans
- 1 tablespoon taco seasoning, split
- 1/2 cup salsa, split
- 5 tablespoons olive oil, split

- 1 or 2 corn tortilla(s)
- Salt and pepper to taste

Directions:

1. Wash chicken and rub with 1/2 tbsp. olive oil, 1/2 tbsp. taco seasoning and salt and pepper to taste. Set this aside.
- Add the rest of the olive oil to your pan, let sit for 2 to 4 minutes, depending on how fast your stove heats.
2. Add the bell pepper and onion, along with the rest of the taco seasoning and salt and pepper to taste.
3. Let cook for 5 to 7 minutes, add half the salsa and cook for another 2 to 3 minutes.
4. Remove vegetables and put your chicken in the pan—cooking it after in the same pan will provide extra flavor from the vegetables and ensure the pan is hot enough to cook quickly.
5. Cook 3 to 5 minutes on each side, remove and cut into strips.
6. Keep the pan hot to heat your corn tortilla; just 1 to 2 minutes on each side.
7. Top the corn tortilla with chicken, vegetables and the rest of the salsa.

Braising

Best for minimizing temperature

Braising (frying lightly and then stewing slowly in a closed container) is a great way to impart a huge amount of flavor using low temperature. While it does require cooking in liquid, which tends to leech nutrients from foods, you can use that liquid in the final dish, ensuring that you still get the benefits.

When cooking meats, for example, this liquid will contain amino acids and proteins from the dissolved gelatin. These nutrients support bone health and aid in liver detoxification.

This style of cooking also creates tender meats and perfectly cooked vegetables, which

makes your final dish even more delicious.

The best foods for braising can stand up to the hot liquid for long periods of time:

- Beef
- Chicken
- Apples
- Brussels sprouts
- Root vegetables
- Squash

Try Braising

Braised Beef and Onions – 8 servings

Ingredients:

- 2, 2-lb. boneless beef chuck pot roasts
- 2 teaspoons allspice
- 2 teaspoons salt
- 1 teaspoons pepper
- 5 lb. onions
- 6 large garlic cloves, chopped fine
- 2 tablespoons fine chopped parsley
- 5 cups dry red wine
- 1 cup beef stock

Directions:

1. Preheat oven to 400 degrees, pat meat dry and cover with a mix of allspice, salt and pepper.
2. Put half of the onions and garlic in a 13- by 9-inch roasting pan, arranging the meat on top. Place the remaining onion and garlic over the meat.
3. Fill the pan with red wine and stock, cover with tin foil and braise for 2 hours, turning the meat after 1 hour.
4. Remove meat from the pan, let rest, and serve topped with pan juices. You can also make a beef gravy using this recipe from The Food Network.*

Note: To get a thick, crunchy crust on your meat, sear it quickly in a pan before braising.

While some foods are more nutritious after being cooked, such as tomatoes, it's more common that foods lose their nutrients. By reducing their exposure to high heat, eliminating water, and decreasing time, you can still enjoy cooked foods without breaking down quite as many vitamins and minerals.

Just remember that if you start with plenty of fresh vegetables and are reasonably careful in their preparation, you will receive a sufficient supply of all the nutrients they provide.

Now head to your kitchen and experiment; see how you can make your favorite foods both delicious and nutritious.

*Adapted from Epicurious

6 Reasons to Body Brush

by Rob Fischer



A Healthy Habit to Support Your Skin Health, Circulation, and Relaxation

I have to admit, when I first heard about body brushing, I suspected it might have begun as a medieval practice in penitence. Additionally, the following childhood riddle also came to mind: “Why did the man hit himself over the head with a hammer? Because it felt so good when he stopped!”

All kidding aside, evidence indicates that body brushing is really good for you and experience suggests that you’ll love it once you begin.

Of course, the difference between brushing as an act of masochism and brushing as

pleasurable personal hygiene has a lot to do with the brush. You don’t want to run out to your garage to find that heavy-bristled scrub brush you use to clean the wheels on your car. Instead, invest in a body-brush especially designed for this purpose.

Many suggest buying a long-handled body brush for reaching those hard-to-get places. Also, look for a brush with bristles made of natural materials. In order for a body brush to do its work, it needs to be somewhat stiff, but still feel good when you brush the tender areas of your skin.

6 Body Brushing Benefits

Here are 6 great benefits from body brushing:[1], [2]

1. To exfoliate your skin.

This is a fancy way of saying that body brushing helps remove dead skin cells and other detritus from your skin. This helps clear clogged pores allowing your skin to breathe. Old skin cells left on the skin can begin looking dry and scaly and lead to blemishes. When dead cells are exfoliated,

new cells form more quickly. Skin not only looks healthier, it actually becomes healthier as dead skin is removed from clogged pores.

A huge benefit of skin brushing is a drastic improvement in the appearance of the skin itself! Brushed skin improves as new cells form more quickly, and the skin takes on a smooth luster that is noticeably brighter than the dull appearance of old, dry, and often wrinkled skin. Women especially note much softer skin after dry brushing for a couple of weeks.[3]

2. To stimulate your lymphatic system.

Your lymphatic system eliminates cellular waste and toxins from your body. In order for this process to perform properly requires constant and adequate lymph drainage. But the lymph system can become sluggish or clogged when toxins build up. This can cause inflammation and make you sick.

Since there is no organ to pump lymph fluid through the body, movement (exercise) and manual stimulation provide two of the best ways to keep your lymphatic system flowing freely. Dry brushing can help encourage blood flow through elimination channels to clean out the metabolic waste that can build up in the tissues and lymph nodes.

3. To increase circulation.

Dry brushing your skin increases capillary action and enhances circulation in your skin. This means that more oxygen is getting to the cells in your skin and organs. This has a cleansing and rejuvenating effect. Increased circulation also facilitates detoxification.

4. To relieve stress.

It's no secret that stroking the fur on a dog or cat is very calming and stress-relieving for you (not to mention for your pet). When you brush your skin with long, gentle strokes, you experience the double benefit of both doing the

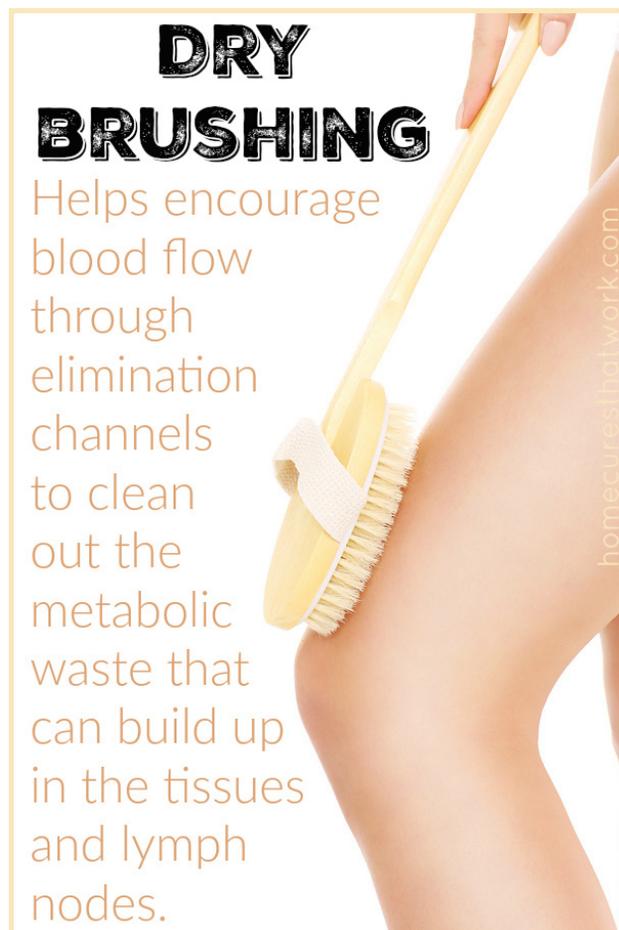
stroking and being stroked! Add dry brushing to your self-care routine for a little self-love!

5. To invigorate.

The combination of improved circulation, detoxing and stress-relief brought on by brushing your skin is very invigorating. In fact, many recommend not dry brushing just before bed due to its energizing qualities. On the other hand, some do recommend dry brushing as a stimulant before love-making. [4] (You'll just have to try it to find out!)

6. To reduce cellulite.

Because dry brushing helps remove toxins from the skin, many pros claim that dry brushing is an effective means for smoothing out the skin and ridding yourself of unsightly cellulite.



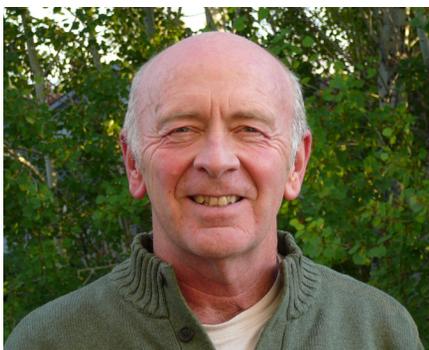
Tips on How to Dry Brush Your Skin

- You can brush most of your body. You might like to start with your arms and legs, then move to your chest, stomach and back. But avoid brushing your face, genitals, or irritated areas.
- Always brush toward your heart. This helps facilitate circulation and lymphatic drainage.
- Brush with long, slow, deliberate strokes and don't rush it. Apply firm but not painful pressure.
- For best results, dry brush daily as part of your normal personal hygiene regimen.[6], [7]

After the initial small investment in a good brush, dry brushing your skin is a wonderful, healthy habit that costs you nothing yet brings great rewards. While dry skin brushing won't be the magic bullet for any ailment or health worry, it can be a great way to support skin health, circulation, and relaxation. Why not begin dry brushing today?



Sources:[1] Dr. Joseph Mercola, MD, "Dry Skin Brushing: Benefits and How To," February 24, 2014, <http://articles.mercola.com/sites/articles/archive/2014/02/24/dry-skin-brushing.aspx>. [2] Bethany Wright, "Do You Body Brush? Four Reasons Why You Should," Kitchen Stewardship, May 13, 2015, <http://www.kitchenstewardship.com/2015/05/13/body-brush-four-reasons/>. [3] Wellness Mama, "What Is Dry Brushing for Skin?" nd, <http://wellnessmama.com/26717/dry-brushing-skin/>. [4] Catherine Saint Louis, "Skin Deep," The New York Times, December 15, 2010, http://www.nytimes.com/2010/12/16/fashion/16Skin.html?_r=0. [5] Krista Bennett DeMaio, "The Dirt on Dry Brushing," Shape, November 4, 2013, <http://www.shape.com/lifestyle/beauty-style/dirt-dry-brushing>. [6] Dr. Joseph Mercola, MD. [7] Bethany Wright.



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10 TIPS FOR PURSUING HEALTH AND HAPPINESS



by Rob Fischer

Creating Margin in Life for What You Want

The pursuit of health and happiness is woven into the fabric of the American psyche. Our Declaration of Independence lists life and the pursuit of happiness as “unalienable rights.” What we tend to forget, however, is that “liberty” is also listed among those rights. What that means is that we are free to pursue these rights, but they are neither owed us, nor handed to us. We must pursue them.

As a Time Magazine article recently pointed out, “Americans are free to pursue happiness

[and health], but there’s no guarantee we’ll achieve it.”[1] The amount of stress most Americans find themselves slaves to is solid evidence that we are not achieving a quality of life (health) or happiness that we desire.

The Key to Health and Happiness

Unfortunately, many of us have slipped into an entitlement mentality believing that values like health and happiness are owed us. Therefore, when deprived of these, we feel victimized and look for someone else to blame.

In his best-selling book, *Margin*, Dr. Richard A. Swenson, MD writes, “The conditions of modern-day living devour margin.”[3] As a result, we are like the strings on a piano that have been strung too tight, ready to snap.

We need margin in our lives in order to be free to pursue health and happiness. The key to achieving margin is to take personal responsibility. No one else can give you

margin. Only you can create margin in your life. So, when it comes to pursuing health and happiness, the buck stops with you and me. Are you up for the challenge?

Tips for Pursuing Health and Happiness

1. Check your definition of “happiness.”

How do you define “happiness?” If happiness means owning a new \$25,000 Harley Davidson motorcycle, what happens 18 months into your \$500-per-month payments when you lose your job? Suddenly, what was intended to bring you happiness becomes a millstone around your neck!

Or if you define happiness as going on a lavish cruise, what happens when a dental emergency occurs diverting the cruise funds to your teeth? Can you still be happy because you had funds set aside to cover your dental work?

Be careful how you define happiness. Don't set yourself up for stress, anxiety, or depression by setting unrealistic goals, or giving temporal things too much attention. Most people find deeper, richer happiness in things that are not temporal like relationships.

It's also important to understand that for many people, a sense of meaning and happiness in life overlap. Discovering one's “purpose” in life essentially boils down to finding those one or two things that are bigger than yourself, and bigger than those around you. And to find them you must get off your couch and act, and take the time to think beyond yourself and to think greater than yourself.

2. Invest in your relationships.

Relationships gone awry cause stress like nothing else in our lives. The stress of a divorce or other broken relationship can be all-consuming affecting your health, finances, emotions, productivity,

and happiness profoundly.

We tend to take relationships for granted. Instead, consider how you can make positive investments in your relationships daily. Enjoy others and be kind, caring and loving. Forgive and don't hold grudges.

Relational capital goes a long way toward the pursuit of health and happiness.

Also, take inventory of your relationship with God. Where do you stand with Him? Peace with God leads to peace with others. Actively pursue a growing relationship with Him. That's what He desires from you.[4]

3. Spend time daily in prayer and meditation.

We go through life so rapidly at times that we don't have time to come up for air. Slow down for 20 minutes (or you set the time frame) every morning or evening to reflect on your day and your relationships.

Praying (conversing with God) and meditating (reflecting) can help you weed out the unimportant and trivial and focus on what matters. You may also be amazed at the effectiveness of prayer and meditation to problem-solve.

4. Do nothing in excess.

Interestingly, conditions like gout were once only diseases of the rich. As one of the richest nations in the world, we lavish excess on ourselves. Especially the younger generations have no connection or experience with the Great Depression or going without the essentials of life.

As a result, we drink too much alcohol, we eat too much—and too much of the wrong things, we lounge around too much, we spend too much...you get the picture! We've

established a culture of excessive bad habits. Bad habits own you. You don't own them.

There is no freedom, health, or happiness by being owned by a bad-habit-master.

5. Get at least 7 to 8 hours of sleep at night.

Many foolishly view sleep as a necessary evil, or something only for the weak. If you find yourself boasting to others that you can get by on four or five hours of sleep at night, you're both fooling yourself and killing yourself.

Most Americans live sleep-deprived lives. This seriously jeopardizes our physical and emotional well-being, elevates our stress levels, reduces productivity, hinders creativity, and even harms our relationships. Which man are you?[3]

Whether you're suffering from Lyme disease or some other chronic illness, you may not have a choice in the fact that you're suffering, but you definitely have a choice in how you respond to your suffering. I encourage you to find hope in God and to establish patterns of positive thinking and speaking in your life.

Your thoughts and words are powerful weapons to assist you in your battle against your illness. Practice using these weapons and learn to wield them well!

The National Sleep Foundation impresses on us the need for around eight hours of sleep each night. Also, it's important to try to go to bed and get up at roughly the same time each day to establish your circadian rhythm.[5]

6. Practice only wholesome thoughts and reject negativity.

Our thoughts and words are very powerful tools. They either destroy or build up. Again, we must master them, or they will master us.



Take inventory of your thoughts and words for a day. What do you think about? How much time do you spend rehearsing an altercation before it even happens? How much time do you devote to replaying old tapes from an unpleasant exchange with another person? Scrub your mind of those thoughts and think about positive, wholesome things.

What is coming out of your mouth? Get rid of complaining, gossip, anger, foul or sordid language. Instead, speak kindly to others. Be courteous and gracious with your words. Express gratitude and positivity whenever possible.

7. Perform random acts of kindness.

The unhappiest people in the world tend to be those who think "it's all about them." Generally, the more we can take the focus off ourselves and tend to others' needs, the happier we'll be.

Make it a game to look for ways to bless

others each day. Especially do this in your family and with those you are closest to. We tend to take them for granted and often treat them more poorly than we would ever think of treating a stranger.

A random act of kindness could be something as simple as washing the dishes without being asked. Buy someone's coffee. Defer to someone else in traffic. Hold the door open for others, etc.

8. Develop healthy eating habits.

Eat primarily whole foods, avoiding prepackaged, processed and foods. Choose smaller helpings at mealtimes. Don't skip breakfast, lunch or dinner. Plan ahead so you're not eating junk food on the run two hours later than you'd normally eat.

Never let yourself get famished—or too full. When you're super-hungry, you choose the wrong foods and eat too much. Stop when you're comfortably full. You should never have to unbutton your pants!

Here is Barton Publishing's lean, healthy food platter to follow that combines raw and cooked food:

- Eat 35-50% protein and healthy fats.
- Eat 35-40% veggies. Go ahead and pile on the green stuff. For example, eat a salad BEFORE you have a slice of pizza.
- Whole grains should only be 5-15% of your total intake.
- Fruits should only be between 5-10% of your diet.
- Organic dairy products can be consumed up to 10% of your total intake.

9. Drink plenty of water.

No other beverage can substitute water. Drinking 8 cups of coffee does not equate to 8 glasses of water. Your body needs (craves) water to function properly. According to Medical Daily, as many as 75% of Americans suffer from chronic dehydration.[6]

Water is necessary for nearly all bodily functions. Symptoms of dehydration include:

- Fatigue
- Lightheadedness
- Rapid heartrate
- Elevated body temperature
- Muscle cramps
- Constipation
- Skin problems
- And fuzzy-headedness.[7]

10. Stay physically active.

Your body was designed to move! Regular physical activity is a great equalizer from a health and happiness standpoint. Exercising four to five days a week for at least 30 minutes helps us build other healthy habits in our lives like: eating properly, maintaining a healthy weight, drinking enough water, sleeping well at night, positive outlook, and so on.

Physical fitness has a profound impact on our life and therefore our happiness.

What are you doing to pursue your health and happiness? As a result of reading this article, what one thing will you do differently today?

HEALTHY FOOD PLATE



Veggies

Broccoli, Spinach, Squash, Carrots, Tomatoes, Brussels Sprouts, Kale, Asparagus, Sweet Potatoes, Peppers, Onions, Garlic, etc.

35-40%

Proteins & Fats

Grass Fed Beef, Free Range Chicken, Eggs, Wild Fish, Pork (sparingly), Beans, Legumes, Healthy Fats (olive and coconut oil), etc.

35-40%

Fruits

Apples, Grapefruit, Oranges, Peaches, Dates, Pears, Prunes, Mangoes, Avocados, Pomegranates, etc.

5-10%

Whole Grains

Brown Rice, Quinoa, Whole Rye, Spelt, Couscous, Buckwheat, etc.

5-15%

Dairy

Cheese, Raw Milk, Yogurt, Cream, Organic Butter, etc.

0-10%



Supplements

Chromium, Omega 3, Vitamin D3, Multivitamin, Selenium & Iodine.



Snacks

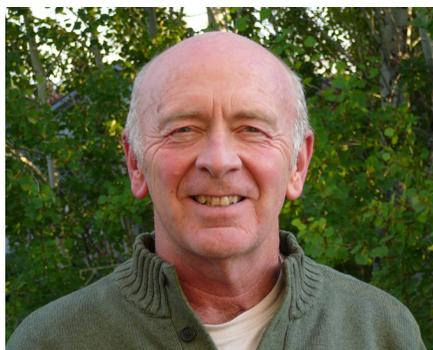
Nuts, Seeds & Dark Chocolate



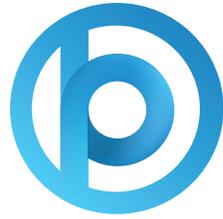
Water

8-10 glasses per day. Alkalized, Ionized, Purified, Filtered

Sources:[1] Dr. Joseph Mercola, MD, "Dry Skin Brushing: Benefits and How To," February 24, 2014, <http://articles.mercola.com/sites/articles/archive/2014/02/24/dry-skin-brushing.aspx>. [2] Bethany Wright, "Do You Body Brush? Four Reasons Why You Should," Kitchen Stewardship, May 13, 2015, <http://www.kitchenstewardship.com/2015/05/13/body-brush-four-reasons/>. [3] Wellness Mama, "What Is Dry Brushing for Skin?" nd, <http://wellnessmama.com/26717/dry-brushing-skin/>. [4] Catherine Saint Louis, "Skin Deep," The New York Times, December 15, 2010, http://www.nytimes.com/2010/12/16/fashion/16Skin.html?_r=0. [5] Krista Bennett DeMaio, "The Dirt on Dry Brushing," Shape, November 4, 2013, <http://www.shape.com/lifestyle/beauty-style/dirt-dry-brushing>. [6] Dr. Joseph Mercola, MD. [7] Bethany Wright.



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Diabetes	Hypothyroidism	Urinary Tract Infection
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OUR MISSION

We help people experience vibrant, amazing health through natural healing remedies.