



Spring 2011

Spring is finally here. The cold winter has decided to leave and issue in a bright colorful world of flowers and green grass. It's time to be outdoors enjoying the sunshine and letting our skin convert cholesterol to vitamin D3. D3 is more than just bone health, it is crucial in regulating our immune system. I take it daily in addition to being outside. You can come by and pick up vitamin D3 at my office and I can test you to the amount your body requires.

Many suffer from hay fever from all the billions of tiny pollen floating in the air. Those who are affected recognize the symptoms of itchy eyes, sneezing and irritability that comes with this time of year. Spring is a miserable time for those who like being outside, but can't because of the upper respiratory allergies that occur. Dr. Fereydoon

Batmanghelidg, M.D. explains that asthma and allergies is a sign of cellular dehydration. Normally, tears and mucus, secreted from the eyes and nose, wash the pollen and irritants away. But when the body is dehydrated, there isn't enough moisture to wash these pollutants away, which triggers inflammatory reactions.



Your blood is like ocean water and the trace minerals found in natural salts, help the blood maintain its natural ocean-like quality. A little natural salt, not the commercial salt, helps to hydrate the blood and body even better than pure water. So, the first step is to

increase your intake of water. I use Himalayan Pink salt or a sea salt, which I have at my office. Just a pinch will do.

Dr. Batmanghelidg recommends 1/2 ounce of water per pound of body weight per day, but he indicates that asthma and allergy sufferers may need 3/4 of an ounce of water per pound of body weight per day. Also avoid all beverages that dehydrate the body which include tea, coffee, caffeinated sodas and energy drinks, artificial sweetener and alcohol. They are all diuretics. **DRINK YOUR WATER.** For those of you who need help desensitizing yourself to pollen, one way is to take some bee pollen. It's the "hair of the dog" approach or a holistic approach. PRL (Premier Research Labs) has wonderful bee pollen, free of fungus and viruses. It's not just for allergies, but for a

great source of energy and nutrition.

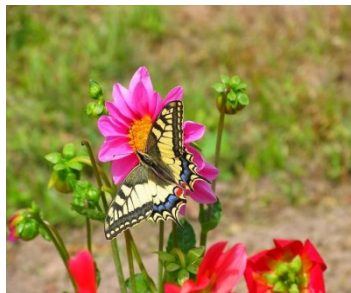
Histablock, by Nature's Sunshine, can reduce allergic reactions. It is a natural antihistamine formula that can be effective, not only for respiratory allergies, but also for food allergies and allergic reactions on the skin. It works like all antihistamines, by slightly drying the mucus membranes. So stay hydrated. Vitamin C is also a good natural antihistamine. But you will need a fairly large dose (2,000 to 4,000 milligrams per day). Mix it in your water and drink it throughout the day. You can pick Histablock and Vitamin C at my office.

Spring for me, represents new beginnings, new hope, and new joys. I can let go of the old thoughts and know that it no longer serves me. I look eagerly towards new opportunities, directions and creative thoughts. I am no longer cocooning deep within but bursting forth with joy and happiness. For those who know me, I had to move suddenly and it cut deep. But now I have a new home, a large garden, and a new attitude. I have used EFT on myself to open me to

new opportunities. I welcome new friends to join our ongoing class and learn how to let go of old "stuff" and joyfully bring in the new beautiful you. Please look at the following website to show you how it works.

www.tryitoneverything.com

So if your old thoughts or patterns are getting in your way of your inner happiness, please contact me for more information on times and dates of our classes.



I had the opportunity to talk in depth to a colleague about the importance of working on the emotional issue of health before you can truly tackle the physical issue. Those of you who understand how our body works in conjunction with our emotional health, recognize that our physical problems are a reflection of what is going on in our emotional state. It isn't obvious at first, until you truly look at why you are not feeling well and why you cannot seem to overcome your illness

without the help of prescription drugs.

If you are at least curious as to how easy it is to truly feel well and happy, I encourage you to call me for your consultation so you too can find your feet back on the path to health and happiness. It will be my pleasure to assist you on your journey to wellness and harmony.

Feel free to pass this newsletter on to others you feel might enjoy or benefit from it.

To your health, Susie

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