

Welcome to the premier of Healthier Solutions by Marie!

I'm so glad you have taken a moment to visit and check out the first of the monthly Healthier Solutions newsletters!

I have been interested in health and nutrition for as long as I can remember, and I love helping people by focusing on healthier, holistic solutions to their health-related concerns. Now, a great way to do both!

We all want to feel healthy and attractive regardless of our age. We want to be able to enjoy the activities we love for many years to come. We want our living spaces to feel welcoming and safe. We want to feel at peace with who we are and with where we are in our lives.

Holistic nutrition and health encompasses all these aspects of our lives and more! The focus on the whole person is one reason so many are drawn to the natural healing arts. But, these days there are so many new articles to read, so much conflicting information, and so much to keep up with, it becomes *overwhelming!*

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Trust me to give you the information you need to make informed decisions about your own health and lifestyle. I learn about new research, products, and discoveries every day.

It is important to me to be able to pass healthier solutions on to you!

Knowledge is power, and it will allow you to improve the quality of your life, present and future, regardless of your age! It is never too soon to protect your health, and it is never too late to improve your well-being either!

Please help me make this *your* newsletter by sending me your comments & concerns, and questions!

Live, Love, Laugh, and Be Well!

Marie

I Think You Should Know ...

- * At the 2007 meeting of the American Society of Clinical Oncology, it was announced that a fermented wheat germ extract, sold in the US as *Ave*, was shown to inhibit breast cancer tumors better than the drug *Tamoxifen*, and without any apparent side effects.
- * People who eat one cup of active culture yogurt a day have significantly less staph and strep bacteria in their throat and nasal passages, and contract these infections less often.
- * When grapefruit seed extract was used to disinfect the hands of surgeons, it turned out to be a more effective antiseptic than the soap usually used.
- * Statin drugs have been shown to be useless in lowering cholesterol in women.
- * Pregnant women who consume 3-4 nitrate/nitrite containing hotdogs each week, give birth to children who have higher rates of brain tumors.
- * A full body CAT scan may deliver as much radiation as 1,000 X-rays.

Avandia

I am very concerned about the serious side effects of many medications that are prescribed and used by millions of Americans. While all physicians should warn their patients about these side effects, many of them do not, while most are unaware themselves. Pharmaceutical companies go to great trouble to keep their products on the market, regardless of potentially deadly side effects.

Avandia is one such product. It is used to treat type 2 diabetes, and a recent report on 42 studies published last year in the *New England Journal of Medicine* concluded that *the use of Avandia increased the chances of heart attack by 43%! Worse, the risks of death from any cardiovascular cause increases by 64%! Over one million people take this drug every day. The only change that occurred was a black box warning added to the label.*

You can be sure that if a natural herb product had even a 1% chance of causing this, it would be jerked off the market in an instant! If you are taking this, or know someone who is, please talk to your physician today about getting off of it as soon as possible!

There are safer medications, but more importantly, significant healthier solutions for reducing your blood glucose level and diabetes-related complications. Watch for information on these healthier solutions in the April newsletter.

The information contained in this newsletter is not intended as diagnosis, prescription, or treatment for any illness or disease, physical or mental, nor is it intended to be a substitute for regular medical care from a licensed physician.

The Truth About: Before and After

Far too often, the events of a single day transform into a frame of reference that we forever after refer to as “**before** —, and **after** —”. Our life is moving predictably along its familiar path when suddenly, one day, everything *stops*.

Our world is turned upside down and the pieces of our life and soul are scattered about like so many leaves being blown around by an unwelcome wind.

Our days are consumed by the exhausting tasks of making decisions that we never imagined facing. We weep, we pray, we question, we get angry, and ultimately, we learn. We move from blind, terrified confusion, to the ability to face our new reality one day at a time. We become hungry for knowledge that will help us find our way.

Virtually everyone I have ever met who has gone through one of these events finds a remarkable and peaceful calm after their storm. The truth is that these events force us to take a hard look at our lives. We make changes that we realize we should have made sooner. The consequences of our poor choices become apparent. Life is sweeter, the sun shines brighter, and priorities are adjusted to bring greater joy and satisfaction to our lives. The health of our body and soul finally receives our undivided attention. We may discover our spiritual side, and the move toward a healthier lifestyle is greeted with open arms and open minds. The desire to share what we have learned with others often leads us down new paths of self-discovery. Life is good again!

Life after a major health crisis is never the same.

We are never the same.

We become better “after” versions of our “before” selves.

We learn what matters.

We help others through their own storms.



Check It Out

Anyone who knows me, knows I love to read!

I have a wall of bookshelves in my house, and they are always overflowing with a wide variety of books, magazines, and other reading material. I have dozens of books about health, of course, dozens about food, and hundreds about every other topic you can imagine.

My idea of a great book is one that is as informative as it is entertaining. I don't mean that it has to be "educational". You can learn a lot from books that are primarily considered light reading.

Over the years, I have found that we absorb different things about a good book over time. I am often surprised, when reading a book for the second time—maybe many years later—that it isn't what I remembered at all!

Time changes everything; especially our minds!

Two of my shelves are reserved for special books—the ones I know I will recommend to others, and that I will want to read again. Both of this month's selections are from my special shelves. They are favorites of mine, and I hope you will feel the same!

**The more you know, the more you know
you don't know!**

French Women Don't Get Fat

THE SECRET OF EATING FOR PLEASURE

By: Mireille Guiliano

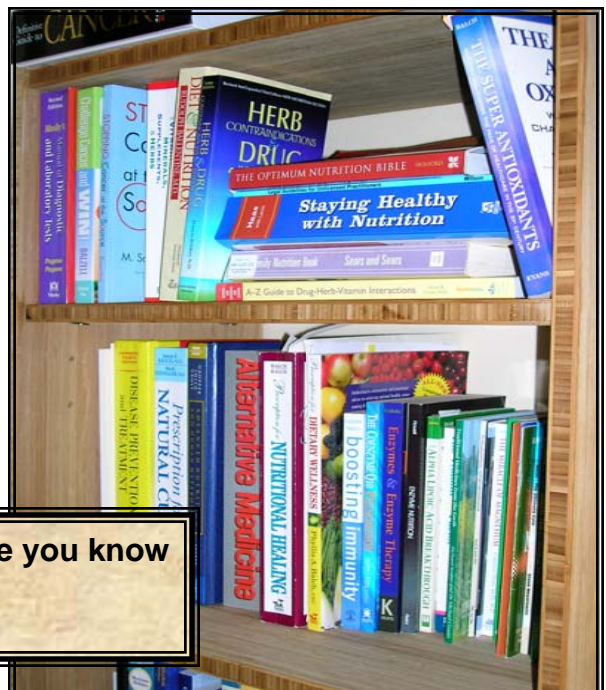
A fun, non-diet "diet" book for women that reveals some truths about why we are going about weight loss in the wrong ways, and how to change.

ANIMAL, VEGETABLE, MIRACLE

A Year of Food Life

By: Barbara Kingsolver

How would a year of eating only what you could buy locally or grow yourself change your life? An incredible new book from a popular author.



Indian Chai Tea

Spicy but sweet chai tea is especially good this time of year for days when you just can't seem to get warm, and want a special cup of comfort!

Chai Tea for Two

Bring 1 cup of water to a gentle boil and add:

1 cinnamon stick

6 cardamom pods, crushed

4 whole cloves

4 slices of fresh ginger root (or 2 tsp. candied ginger)

1/4 tsp. whole black peppercorns (trust me!)

Cover, turn down the heat, and let simmer for 10 minutes.

Add 1 cup of milk

3 tsps loose black tea (or 2 tea bags)

Bring back to a simmer for 2-3 minutes.

Add 2-4 tsps. of honey, strain into 2 cups
and enjoy! Delicious!

The spices may seem unusual if you are not familiar with Indian spices, but they are all worthy additions to your spice rack. This tea is best when made using whole spices, but you can use ground spices, too. Add a pinch at a time till you get the right spiciness!



All the spices in this healthy recipe are known for their healing powers. They really will warm you by increasing your blood circulation, while their antioxidant phytochemicals help keep you healthy. Ginger is a potent anti-inflammatory, and along with honey, is a recognized natural antibiotic. Honey is effective for soothing sore throats and coughs.

I like mine extra spicy, so I put everything together and simmer it for at least 20 minutes before straining. I often add more ground spices and honey after serving.

Throughout the world, many cultures of the historic past anointed and healed with essential oils with great success on an intuitive and spiritual basis, but they were not able to understand nor explain their remarkable powers from an intellectual or scientific viewpoint. The tools of today's technology are teaching us that essential oils are unique among all substances and hold many solutions to the unanswered and unmet challenges of medicine and health care as they exist today.

Applying essential oils is an ancient and effective modality for (1) First Aid, (2) Stress Management, (3) Pain Management, (4) Improving Your Quality of Life, and (5) Living up to Your Peak Performance. Aromatic science is a new field of research that is rediscovering the many health benefits of aromatherapy once lost in antiquity but now being verified by modern studies. "Improving Your Quality of Life" includes finding effective ways via oils for such things as diabetes, sinusitis, fibromyalgia, cardiovascular disease, arthritis, depression, cancer and a host of other chronic or terminal diseases.

TREATING SYMPTOMS VS. PERMANENT HEALING

Nurses (RNs) and medical doctors (MDs) practice within a philosophical paradigm referred to as "allopathy." They can manage your disease or condition for the rest of your life, but if you want true and permanent healing you must look elsewhere.

Suppose you have a fever, a cough in your chest, an upset stomach, a headache, and can't sleep. An allopath would prescribe something to reduce the fever, shut off your coughing reflex, neutralize the acid in your stomach, deaden the pain in your head, and put you to sleep. You might feel better, but you weren't healed of anything.

All of the symptoms listed would be warning indicators of a deeper problem, not the problem, itself. This would be like unscrewing the warning light bulb under your dash to turn it off instead of recognizing that you just need to stop your car and add some oil before the engine burns up.

Homeostasis is a state of perfect balance within the human body where everything functions as it should.

There is an intelligence within essential oils that knows about homeostasis. For example, the same oil, like lavender, can energize you when you need energy or relax you when you need to relax. Cypress oil can stimulate blood flow when you need to increase circulation or can slow it down if that is what you need. Meanwhile, both lavender and cypress oils can be working in your body in a myriad other ways to restore and maintain physiological, emotional, and mental balance.

All essential oils are antimicrobial to an extent, some more than others. This means that they provide a hostile environment to bacteria, viruses, mold, fungi, and parasites. However, being intelligent, they know the difference between dangerous microbes and harmless or helpful ones. We need cer-

Essential Oils, continued

tain bacteria in our bodies to digest, assimilate, and metabolize our food and utilize our vitamins and minerals.

Antibiotics are indiscriminate, having no homeostatic intelligence. They kill all of the bacteria in your body thus leaving you with a depressed immune system and in a state of weakness.

By contrast, essential oils kill only the harmful microbes while nurturing the friendly flora of our bodies. Hence, when you overcome a cold, flu, pneumonia, or other malady with the help of essential oils, your immune system has been strengthened.

NATURAL VS. SYNTHETIC

The formulas for many compounds found in essential oils can be duplicated in a laboratory and, to a chemist, they would be identical to their natural counterparts; but the chemical formula of a substance is not a complete description of that substance. Its origin and history are also relevant. For example, in the case of oil of wintergreen, the natural oil is harmless, with many healing properties, while the synthetic version does not heal and is, in fact, toxic. Both smell and taste like wintergreen, but they are not the same therapeutically. Furthermore, research has shown that the homeopathic properties of a substance, though chemically identical, are not the same energetically for synthetic compounds as they are for natural ones.

BE SURE YOU USE THERAPEUTIC GRADE OILS

One must be sure they are applying therapeutic grade oils and not perfume grade oils, which are cheaply produced and lacking in the therapeutic properties necessary to heal and enhance ones state of wellness. Oils with warnings on them about potential toxicity are probably not therapeutic and safe to use, except in massage, where they are diluted down to a 2-5% concentration in a neutral carrier oil. To insure that you are getting therapeutic grade oils, find a company that submits their oils for routine testing by independent laboratories, whose oils are from organic sources, distilled without chemical solvents at minimum temperatures and pressures, and are bottled straight from the still with no alterations or adulterations. Talk to others who are experiencing good results from their oils, and find out where they get them. As for me, I get all of my oils from Young Living.

Edited version reprinted from The Raindrop Messenger, a free e-line newsletter, with permission from Dr. David Stewart.

To learn more about essential oils please contact Jamie Hyatt, RN, FCCI .

www.youngliving.org/jamille

The Last Word

I hope you have enjoyed the premier issue of the *Healthier Solutions* by Marie newsletter!

I have enjoyed preparing it for you, and have so many great ideas for future issues!

The next *Healthier Solutions* by Marie newsletter will be available on April 1st.

Please check the web site home page for information on how to subscribe! You won't want to miss a single issue! Afraid you'll forget? Send me an e-mail and I'll take care of reminding you!

In the meantime,

Live, Love, Laugh, and Be Well!

Marie



Coming in April Spring!

Spring Cleaning Your Insides? De-Tox: What it Can and Cannot Do For You.

Spring Cleaning, Naturally!

Main Dish Salad

Lowering your Blood Sugar Levels

Ask Marie: Your questions, answered

And much more! Don't miss it!



Please send me your comments and questions. There is a Feedback link at the web site for your convenience. Or you can e-mail me directly at:

healthiersolutions@gmail.com