



Optimum Health and Nutrition

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Volume 1, Number 1

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Upcoming Events

The 7th Annual Women's Wellness Weekend

Online Store

[Essential Oil Diffusers](#)

[Natural Soaps](#)

[Therapeutic Grade Essential Oils](#)

To place an order use code:
929991

Holistic Resources

[Total Wellness Self-Help Resources](#)

Young Living

Energize, Fortify, and Replenish with NingXia Red®, the naturally delicious, nutrient-infused wolfberry drink

To place an order use code: 929991

Book of the Quarter

In an era when many people are reevaluating their diet, this whole foods encyclopedia takes an integrative approach to personalized nutrition.

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Mind/Body Connection

Dear Rae,

Welcome to our premier online edition! We are pleased to present you with articles, tools and tips for a healthy living. For this quarter we are focusing on cleansing and eliminating the toxins and free radicals that harness our body. Today, we live in a very toxic world. Our air is polluted, our water is undrinkable and our food is less wholesome. A poor diet combined with a lack of dietary fiber make maintenance of a healthy colon virtually impossible. To have a well functioning immune system the colon must be as clean as possible.

I have had the distinct opportunity of receiving a colonic from [1863 A.D.](#) The results were a relaxed more energetic me- Many thanks to my colleague, Sonia! Make an appointment for a colonic today, you'll feel the difference. To find a qualified Colonic Therapist visit:

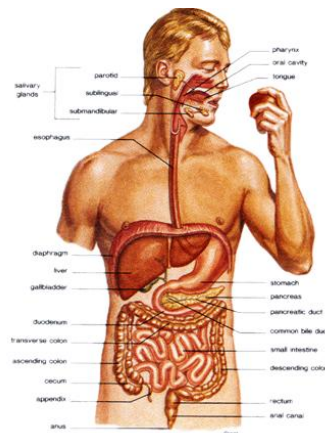
[Information, Tips & Inspiration For A Happier Healthier Life](#)

Next quarter we will discuss and feature the Benefits of Pure Essential Oils.

Sincerely,

Taras NK Raggio, M.P.A., HHP

The Benefits of a Colonic



The Digestive Process

Digestion begins once food is broken down by the teeth, tongue and saliva and passes through the esophagus to the stomach. Once food enters the stomach the break down continues. Slight amounts of chemical processes occur while food is being broken down in the stomach, most pertaining to protein, by the enzymes in the stomach.

Once food has been broken down in the stomach it passes to the small intestine where further breakdown occurs by specialized enzymes and helpful bacteria. In the small intestine the useful particles are then absorbed into the bloodstream where they are used by the body, while the remaining elements are ultimately expelled as waste.

Did you know?

That the term "Aromatherapy" was first coined in 1937 by French cosmetic chemist Rene Maurice Gattefosse, Ph.D. He first discovered the healing properties essential oils when he burned his hands while working in a chemical lab. Unsure of what to do he doused his hands in *lavender oil*, which stopped the gasification of the tissue. Following this treatment he began healing the next day.

Toxic Build Up

Living in the modern world the human body is subject to toxins and chemicals that it was not designed to deal with. Processed sugar, flour and other grains as well as preservatives found in most foods cannot be properly broken down during the digestive process and their residue becomes first mucus covering in the intestines and then a hard material that blocks proper vitamin and mineral absorption. Overtime this hardened build up becomes thicker and thicker inhibiting the body's ability to extract the important elements of food, causing lower energy levels due to a deficiency in vitamin absorption into the bloodstream, as well as a lower metabolism.

The hardened build up also causes an increased risk of health problems. Due to the fecal build up in the intestines the body is unable to expel waste in an effective manner, causing constipation and increased levels of chemical and toxic build up within the system. Increased levels of toxic build up raises the chance of possible diseases and life threatening illnesses.

Internal Cleansing Products

Internal Cleansing Products use varied formulations of vitamins, minerals and herbs to help improve the digestive process and break down the hardened fecal build up that has occurred over time. When the body takes in herbs like Golden Seal, Apple Pectin and Aloe Vera and chemical similar elements the chemicals are broken down in the stomach and passed into the intestines where they breakdown the hardened fecal matter that is blocking proper mineral absorption.

Once the fecal build up is broken down it is then simply flushed from the system as a normal bowel movement. Most adults have an amazing amount of hardened fecal build up in their systems, and it can take up to 30 days of continued use of an internal cleansing product before a majority of the buildup is effectively flushed from the body. Anyone over the age of 18 needs one internal cleansing per year for proper digestive health.

Other Important Information

The liver, kidneys, and gallbladder all serve important roles in the digestive system and can become clogged with unwanted buildup. It is important to flush these parts of the digestive system as well. 1863 A.D. Internal Cleansing Program offers a three in one package for colon (intestinal), liver and kidney detoxification and the system is extremely safe, efficient and comfortable. Or jumps start a healthy lifestyle with [Young Living's® 5-day Nutritive Cleanse program](#).

Recipe of the Quarter



Chilled Avocado Soup with Yogurt

Ingredients

1 large avocado, peeled, pitted, and cut into large pieces
1/2 cup unflavored yogurt
4 thin slices avocado
1 teaspoon grated onion
1 cup hot chicken broth
3 tablespoons freshly squeezed and strained lemon juice (or to taste)
3/4 teaspoon curry powder or to taste
1 small garlic clove, crushed (optional)
Salt and ground white pepper to taste

Directions

1. Combine the avocado, chicken broth, 1 tablespoon of the lemon juice, curry powder, onion, garlic (optional), and salt and pepper. Blend until smooth. Cool.
2. Stir in the yogurt until thoroughly mixed.
3. Taste and adjust the seasoning.
4. Pour into individual soup bowls, cover, and chill.
5. Garnish each serving with an avocado slice dipped in the remaining 2 tablespoons lemon juice.

Serves 4

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Valentine's Day Special

Save 15% on a reduced fee for service when you schedule an appointment for three sessions of Therapeutic Aromatherapy or Life Coaching.
(Valid from 02/01/2007 to 02/28/2007)

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