Discover Alexandrite, A Symbol of Power

As an alternative health practitioner I use a holistic approach in my work, which often suggests wearing or using semi-precious stones. Used holistically, these stones may be used to help address physical, mental and emotional ailments.

There are four birthstones for the month of June: Pearl, Moonstone, Turquoise and Alexandrite. Alexandrite is the focus of this month’s discussion. Alexandrite is a symbol of power and may be used as a guardian stone. Alexandrite is also known as a purifier and a means to create a joyous inner transformation. It enhances luck in love, and brings grace to the wearer. Alexandrite is known for its color change phenomenon, wherein the stone will change color from green hues to reddish brown when viewed under varying light sources. Due to this ability, it allows you to see the duality in a situation and enhances the heart – mind link, which creates a dispassionate, yet intuitive perspective.

Alexandrite helps you to reestablish who you really are through its regenerating and realigning abilities. It strengthens willpower and is helpful when assessing the emotional state of self and others.

Alexandrite helps you to hear your inner voice. It brings inspiration and joyousness to life. Alexandrite teaches how to work smarter, not harder! It also assists in balancing the yin and yang of the body.

Take a peek at some of my energetically enhanced jewelry, which is not only beautiful to wear, and is one of a kind, but has the ability to help you heal and transform.
In celebration of June, my birthday month, I offer you this gift voucher of 20% on all Jewelry purchased during June 2013!

Use CODE: Birthday

Order in person, by phone or e-mail only. (Sorry, but online ordering won’t be able to support the special.)

See the Jewelry Collection

You may also visit me on etsy to see the latest designs!

Enjoy!
Dr. Kyoichi Nakawa, Director of Isuzu Hospital in Tokyo introduced a new term in the Japanese Medical Journal on December 4th, 1976. The term is Magnetic Field Deficiency Syndrome. The following contains some of the clinical research contained in his report:

Electro-pollution is an electrical source that jams, alters, or interferes with normal bio-energetic functions such as cellular communication, sleep cycles, brain wave patterns and circadian rhythms. The earth’s resonant magnetic field is also altered by sunspot activity and moon cycles. Statistical evidence demonstrates that this phenomena affect human and animal behavior. As early as 1929, scientists began to study what dowsers, indigenous people, and animals have always been aware of, which is, that we are sensitive to geopathic stress—subtle fields of electro-magnetic disturbances in the earth’s field. Even then, scientist Gustave Freiherr Von Pohl demonstrated a definite connection between the electromagnetic condition of sleeping places in German houses and their occupant’s rate of cancer deaths.

Electromagnetic fields (EMFs) are extremely low frequencies below 300 hertz or cycles per second. In a report drafted by the Environmental Protection Agency it was recommended that EMFs be classified as a Class B carcinogen — a “probable human carcinogen” and joined the ranks of formaldehyde, DDT, dioxins and PCBs.

If natural health and wellness interests you, then download my free e-book “Is Your Body System in Crisis?” It will help you to understand the natural alternative health solutions available to you now. You may download it immediately at http://eepurl.com/sFOyn or at www.QuantumWellnessInc.com

What Are The Effects of Electro Magnetic Radiation?

When electromagnetic waves pass through the human body they alter the energy patterns of the human body and cause them to go into an oscillating energy pattern.

European studies corroborated by physicians, physicists, and dowsers produced correlations between geopathic stress and degenerative diseases, such as multiple sclerosis, rheumatism, arthritis and cardiovascular dysfunction. In the April 24, 1991 issue of Whole Health America, Dr. William Adey an American cancer researcher, asserted this. “Electronic Smog” can block the brain’s electromagnetic signals to the cells, thereby undermining the body’s disease fighting ability and thus promoting tumors.

Oscillating energy must be neutralized in the human body or the dissonant energy wave may cause cellular damage. EMFs, as with most toxins in the body, will go to the weakest part of the body. This will cause damage at the deepest level. The body’s electrical system is the natural shield against all stressors to the human body. When the natural shield is down, susceptibility to harmful virus and bacteria is increased.

Continuous unprotected exposure to EMFs can result in an inability to concentrate, chronic fatigue, headaches, nausea, forgetfulness, loss of memory and lethargy, as well rashes, dizziness, eyestrain, backache, and immune and central nervous system disorders. Birth defects, leukemia and cancer may result in some extreme exposure cases. Note that children are more susceptible to EMFs as their immune systems are still maturing.

Sources of Electro Magnetic Radiation

The threat of chronic low-level electromagnetic radiation may be found in a variety of sources. EMFs are measured in milli-gauss (mG). You should avoid fields that are above one mG. You can measure EMFs using a gauss meter in areas both inside and outside of your home.

Outdoor sources to test are power lines, transformers, radar domes and microwave towers. Some indoor sources are electric blankets (20mG), TV (100mG), blow dryer (1400mG), electric shaver (1600mG) and electric can opener (4000mG). Be sure to measure devices when they are running and when they are off. Some appliances continue to draw current even after they are turned off. Microwave ovens, electric ovens, and toasters are also a concern.

EMFs pass through walls so check with a Gauss meter for appliances in the next room. Cell phone and cordless phone use should be avoided, minimized, or neutralized. This is especially important for a child. Scientists have discovered that a call lasting just two minutes
can alter the natural activity of a child’s brain for up to an hour after. Doctors believe that altered brain activity in children could lead to psychiatric and behavioral problems or impair learning abilities.

The Earth is a giant magnet with north and south poles, which generated a 4 gauss measurement several years ago. It is felt that the most beneficial gauss strength of the Earth is between 7.4 and 12. Today the gauss reading of Earth in most areas is between 0.4 and 0.7. Some believe this is due to human invention and intervention. Humans are at 1 gauss, so if we are walking on a planet that is at 0.5 gauss, we are constantly being drained. That, coupled with the daily bombardment of EMFs, puts our bodies into a constant mode of stress.

What Can Be Done?

We have come to rely on many of the items listed in this article and we cannot change the energy of the earth, so what is the solution? We need to better protect ourselves from these damaging forces. Fortunately, there are some simple steps you may take as well as devices that can protect you and aid in the attainment of a healthy body.

Some easy things you can do today are:

- Avoid sleeping under an electric blanket or on a water bed. If you must, unplug them before retiring.
- Eliminate wires running under your bed
- Eliminate all electronics from your bedroom
- Remove your jewelry while you sleep
- Quartz analog watches radiate pulsating EMFs along the acupuncture meridians. Switch to a mechanical style watch which runs based upon movement or one containing a protective device.
- Eyeglass frames should be made of plastic with little or no metal in them. If they are metal, they can serve as an antenna to focus the radio and cellular phone waves directly into your brain.

But what about the wireless router that is sending waves around your home? And think about your cell phone, which is always on and connected? A holistic solution to these unnatural influences is the ipict® technology or Information Polarity Interference Chip Technology contained in memon® devices. This technology embodies a concept derived from quantum physics.

What Is ipict® Technology?

Assume you are able to trace information from manmade vibrations that disturb the natural polarity, store them on information layers and have them activated through the natural principle of resonance. (Resonance is “same activates same”, such as two tuning forks of the same frequency activating the other when one is vibrating). However with ipict®, the activated wave has a phase shift of 180° and simultaneously it provides the natural information patterns to the energetic wave. The result will be the polarity of the manmade energies will behave like natural energies. All stress will be neutralized and the energy will now be nurturing to our body.

For every force in the universe, there is an equal and opposite force. The memon® devices are a counterforce against low-level radiation from electromagnetic fields.

Erika and Hans Felder of memon® describe it as follows:

“memon® environmental technology recreates natural living requirements in your surroundings. The quality of the air is optimized and the dust in the breathing air (which normally goes deep down into the lungs) is reduced. The negative impact of the geopathic fault zones, e.g. underground water, e-smog and radiation levels are energetically neutralized. The water quality is improved to a level of water quality as in nature, for more wellbeing and vitality.”

The memon® line contains products that range from personal devices like cell phone and Bluetooth neutralizing chips to whole house devices, including your water system, swimming pool, spa, heating system and your automobile … most especially your hybrid automobile which is great for the environment, but potentially harmful to the passengers. Just attach memon® to the system in question, and you are protected for 20 years! Protect yourself and bring your life back into balance with this innovative technology.

To learn more about the products described in this article, please contact me at office@quantumwellnessinc.com or visit www.QuantumWellnessInc.com

To your health!
Emerald, The Stone of Successful Love

As an alternative health practitioner I use a holistic approach in my work, which often suggests wearing or using semi-precious stones. Used holistically, these stones may be used to help address physical, mental and emotional ailments.

Emerald, the May birthstone is a symbol of unity, patience and inspiration. It enhances domestic bliss, loyalty and unconditional love. It accentuates partnership and friendship. Emerald green is often associated with the heart chakra and the emerald stone is known for opening the heart chakra and calms the emotions.

Emerald banishes negativity and allows positivity to come forth. It balances the physical body with the mental and emotional bodies. It enhances psychic abilities and stimulates gathering of wisdom from higher planes. Historically, emerald is said to protect from enchantment and to foretell the future.

Emerald strengthens the heart for abundance, growth, peace, harmony, patience, love, fidelity, and honesty.

Emerald provides the strength to overcome life's obstacles. It can heal the negative and stimulate recovery from misfortune. It helps one to enjoy all that life has to offer.

Emerald strengthens memory and enhances wisdom. Clarity to discern and discover the truth is also associated with this stone. Things that were hidden may suddenly come to light. This stone may be beneficial in an office or team environment to create a harmonious environment.

Take a peek at some of my energetically enhanced jewelry, which is not only beautiful to wear, and is one of a kind, but has the ability to help you heal and transform.
See the Jewelry Collection

You may also visit me on etsy to see the latest designs!

To Your Health,

Nancy

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Posted in Jewelry | Tagged abundance, birthstone, chakra, clarity, emerald, gemstones, health, heart chakra, honesty, jade, jewelry, kyanite, love, memory, NancyWharton, patience, truth, wisdom | Leave a reply

Do You Want To Train Harder and Recover in a Fraction of the Time?

Posted on May 3, 2013 by NancyWharton

What’s In Your Water?

Most people in general do not drink enough water. They believe drinks that are tasty and highly sweetened will do the same thing as water. But nothing else hydrates like water. In fact, nothing hydrates like ionized water.

There is a new sports drink available from your own kitchen tap… innovative, smart, super antioxidant and super rehydrating. It’s called ionized restructured water and it’s not sold in a bottle anywhere. This water is available only from your own tap. Similar to glacier or high mountain stream water, it’s ionized alkaline water made in your own kitchen or gym or training quarters!
The New York Yankees use ionized alkaline water during training and their games!

Teams that implement this new technology train harder, longer and recover in a fraction of the time. They see more flexibility and fewer injuries.

“Running tap water through a water ionizer creates a miracle that can help put your body into a position of health you never imagined you could achieve.” From Bob McCauley’s ‘The Miraculous Properties of Ionized Water.’ It’s electrically charged with many extra negative hydrogen ions and alive with electrons, which your body craves. It’s a liquid antioxidant, which is why we can call it the best substance that you can ever put into your body.

Read ‘What Every Athlete Needs to Know About Restructured Ionized Water’ by Wade T. Lightheart. Mr. Lightheart is a three-time national bodybuilding champion from Canada and has authored multiple well-respected training books. He says, “Adding restructured ionized water to your current regimen will amplify your results and make you less likely to crash and burn... I guarantee it.”

The Building Blocks of the Body

Besides the proper hydration, the body requires amino acids, which are building blocks of protein that help develop, build and maintain solid muscle tissue. They are especially beneficial in times of physical activity, stress and recovery. Twenty amino acids are needed by the body to make proteins, 12 of which the body manufactures. The other eight essential amino acids must be supplied in the diet. The eight essential amino acids in Nature's Sunshine Products (NSP) Free Amino Acids are formulated to meet the Food and Agricultural Organization/World Health Organization (FAO/WHO) amino acid pattern that helps ensure the most efficient use of amino acids by the human body. L-Carnitine in this formula helps transport fatty acids into the mitochondria, where they are burned for energy. Magnesium acts as a cofactor to help activate enzymes necessary for carbohydrate and amino acid metabolism.

Breaking Track and Field Records

Additionally, Chinese cordyceps is best known as the supplement that members of the Chinese women’s track and field team used in training before they broke several records in 1993 and 1994. Team members tested negative for using illegal substances, and their coach revealed that the athletes’ diets were supplemented with a Chinese “caterpillar fungus.” A natural Chinese supplement, cordyceps benefits several body systems, including the circulatory, immune, respiratory and glandular systems. Cordyceps has properties similar to those of ginseng and is traditionally used to help the body build strength and endurance. In traditional Chinese medicine, cordyceps has been used to benefit the glandular system in both women and men. In addition, cordyceps supports the kidneys, aids the upper respiratory tract and may help the body maintain proper blood viscosity.

Not An Athlete, But Still Need Energy?

Still want a delicious post work out beverage that isn’t just water? Or maybe you just need more energy to get you through your hectic day? Then Solstic Revive and Solstic Energy may be for you. These drink powders are not just for athletes. They work great for mom’s, children and business and professional people alike. Solstic drink mixes help anyone needing the 3pm pick me up, without the jittery feeling that coffee gives you. And the drink powders support your adrenal glands, where too much coffee will deplete them.

Solstic Revive replaces electrolytes lost through exercise or stress, while supporting joint and cartilage health. It provides amino acids for muscular support and who doesn’t need that? It boosts your energy and endurance.

Solstic Energy reduces physical fatigue while increasing mental clarity and focus. It helps mobilize fat stores to be used as fuel. It increases exercise endurance and stamina, and it provides the energy to get through the day while boosting metabolism. Overall it is a great “pick me up” without dyes, processed sugars or the habit-forming side effects of the most popular ‘energy drinks’ that are on the market.

We urge you to learn all you can about the leading technology of ionized Kangen water and the ‘beyond organic’ herbal supplements of Nature’s Sunshine Products.
Is Your Pain Holding You Back?

Posted on April 7, 2013 by NancyWharton

Do You Have Inflammation?

Pain can be life altering, whether it is acute or chronic. All pain comes from inflammation of some type. You may think, yes I have pain, so what? Scientific research tells us that undetected, systemic inflammation can lead to heart problems, Alzheimer’s, diabetes and many degenerative diseases. With every bite of food that you eat, you could be feeding inflammation or you could be promoting a healthy, non-inflammatory environment in your body.

Why Foods Can Be Inflammatory

Sugary foods and carbohydrates that turn to sugar quickly (pasta, bread, pastries, bagels, etc.) are low fiber foods that cause insulin production and when we ask the body to keep producing more insulin, it promotes an inflammatory state. Trans fats (partially hydrogenated oils) are artificial fats that upset body chemistry. Processed/packaged foods are usually full of trans fats, sugars and refined carbohydrates. Deep frying foods oxidizes the fat, which create toxic compounds that increase inflammation. Soda, which is full of sugar, and diet soda which is full of chemicals have been linked to metabolic syndrome and insulin resistance. Any food which creates a reaction is producing an inflammatory response. Many people react to gluten, a protein in wheat, and to proteins like casein in dairy. Omega 6 fats (vegetable oils) are essential in the diet, but when too many are consumed in proportion to the omega 3 fats they block the anti-inflammatory omega 3 pathway. Fast food has added sugar, fried fats, trans fats, salt and hidden calories. Eating out often at...
restaurants can be the source of many hidden inflammatory ingredients.

If you are interested in learning about how to help your body heal naturally, then you may be interested in my free e-book “Is Your Body System in Crisis?” It will help you to understand the natural alternative health solutions available to you now. You may download it immediately here.

Why Foods Can Be Anti-Inflammatory

Once the body has experienced a trauma, cellular debris is created and causes a series of inflammatory events. Some of the inflammatory substances that are produced include prostaglandins and cytokines among others; nutritional proteolytic enzymes attack cellular debris before the cascade. Other nutrients like ginger, boswellia, spirulina and more can block the production of the inflammatory substances by affecting regulating enzymes called cox-1 and cox-2, or by impeding other aspects of the reaction. Some things like fatty fish and fish oil actually make anti-inflammatory substances. Almonds and walnuts are high in omega 3s and are a wise choice rather than say peanuts or cashews. Spices like rosemary, thyme, oregano, basil, cayenne curcumin and marjoram all have scientific studies documenting their powerful anti-inflammatory properties when it comes to inflammation. Eating organic whole foods is important to create an anti-inflammatory state in the body.

Unhealthy Inflammatory Foods

- Sugar
- Refined or excess carbohydrates
- Trans Fats
- Processed/Packaged Foods
- Deep Fried Foods
- Soda (regular and diet)
- Any food that you have found causes a negative reaction in your body
- Excess Omega 6 intake (most likely in the form of vegetable oils)
- Fast Food and Restaurant Food

Healthy Anti-Inflammatory Foods

- Organic fruits and vegetables
- Raw unsalted nuts
- Olive oil
- Wild game or lean organic meats
- Wild caught fatty fish
- Omega 3 containing foods
- Clean filtered water (We use Kangen water)
- Organic green tea
- Herbs

What Can I Do If I Want To Help My Body Overcome Inflammation Naturally?

Total FLM contains natural cox-2 inhibitors combined with ginger, quercetin, boxwellia, curcumin and strong anti-oxidants and nutrient support. By slowing down cox-1 and cox-2, this decreases the chances they will cause a problem in the inflammatory pathway. This formula is a great addition to any anti-inflammatory protocol.

Total Green is a protein powder packed with healthful greens (spirulina, chlorella, parsley, sprouts, etc.), antioxidants, phytochemicals, herbs, cox-1 and ox-2 inhibitors, nourishing vitamins and minerals, and lots of ingredients to support a normal response to the inflammatory process. Total Green is whey-based; whey contains GMP’s or glycomacropeptides that have been named by researchers as being more anti-inflammatory than sulfasalazine (which is a drug used in the treatment of inflammatory bowel syndrome). Not everyone who is allergic to dairy is allergic to whey, however if sensitivity to whey exists, then the protocol should be continued without the whey powder. If there is no reaction to whey, it is one of the best things to include in the protocol. Making a shake with Total Green can rest the gut and allow the body to calm and heal.

Total CMO contains a nutrient known as cetylmyristoleate, which is a fatty acid known to interfere with the aberrant immune response creating inflammation in the body. In fact it appears that CMO reprograms immune cells, which have been given a message to destroy healthy cartilage tissue. Unlike glucosamine sulfate or chondroitin sulfate, which support tissue regeneration by providing building blocks, CMO is addressing the underlying problem of immune attack due to misguided programming. Many supplements can help produce replacement cartilage for what is destroyed by T-cells, but they are not stopping the destructive immune process itself. If destruction outpaces repair, the inflammatory condition just worsens.

The answer is to change the immune response from the beginning step, before an inflammatory condition prevails. Once the immune attack is addressed, it affects the vicious cycle of pain and inflammation, allowing the body to heal itself so you can feel great again!
Gut Reactions

Posted on March 25, 2013 by NancyWharton

What is Leaky Gut Syndrome?

There is a new awareness of one of the oldest immune weapons we have – our own gut lining! The lining of the intestine is not only meant to absorb food, but to also act as a barrier to keep out invading pathogens such as virus, bacteria, alcohol, pesticides, insecticides, aspirin, and various other environmental toxins. In addition, the gastrointestinal lining makes up a major part of our immune system by furnishing secretory IgA and white blood cells to attack foreign invaders.

So what exactly is Leaky Gut Syndrome? A healthy digestive tract breaks down food and absorbs through the intestinal wall molecules like vitamins, minerals, amino acids and simple sugars. When the digestive tract’s lining becomes too permeable or the space between the cells are wider than normal, that allows toxins and allergens to pass through the gut lining and into the bloodstream. This in turn creates an inflammatory response from your body that can cause a wide range of symptoms.

What are some of the factors that may contribute to Leaky Gut Syndrome? Alcohol, caffeine, stress, antibiotic and anti-inflammatory medications, food additives, bowel infections and antacids to name a few.

When we stop to consider the damage that can be done by a leaky gut, it is not surprising the many diseases that are associated with...
Leaky gut syndrome: Celiac disease, food allergy, asthma, eczema, dermatitis herpetiformis, psoriasis, arthritis, irritable bowel syndrome, inflammatory bowel disease, chronic fatigue syndrome, pancreatic insufficiency, environmental illness, multiple chemical sensitivity, and more. Leaky gut syndrome may not directly cause the disease, however the action of it exacerbates the disease.

Symptoms of leaky gut can include: fatigue, arthralgia, myalgia, fever, abdominal discomfort, diarrhea, skin rashes, toxic feelings, memory deficit, and shortness of breath, among others.

The good news is the gut may be repaired with the use of nutrients that help to maintain and fortify the integrity of the intestinal lining, including:

- Glutamine – the main fuel that the intestinal cells need for maintenance and repair.
- Lactobacillus bifidus – the friendly flora which offset populations of bad bacteria.
- NAG (N-acetyl glucosamine) – the nutrient which can heal the extracellular tissue surrounding the intestinal cells and it has the unique ability to decrease the binding of some lectins to the intestinal lining, which can lead to inflammation. NAG is one of the few nutrients that has the ability to bind to the powerful wheat germ agglutinin (WGA) lectin, which can activate T cells and influence autoimmunity in susceptible people.
- Vitamins C, E, lipoic acid, zinc and ginkgo biloba are all antioxidants, which protect the lining from free radical damage.
- Cat’s Claw has the ability to cleanse the entire intestinal tract and help those suffering from different stomach and bowel disorders.
- DGL (deglycyrrhizinated licorice) increases the integrity of the mucosal cells.
- Slippery elm is a soothing, protective demulcent renowned for its beneficial effects on the gastrointestinal lining.

All of these products may be found in a single formula that has helped many people to heal their gut.

The Detox Connection with Leaky Gut

Detoxification of the entire body must also be done when addressing leaky gut, to decrease the toxic load that the body has been burdened with while the gut was not working properly. There are seven detox pathways in the body – liver, bowel, blood, lungs, lymph, skin and kidney. All must be addressed via the proper nutrients to ensure a slow, efficient, healthy removal of stored toxins, both environmental and internal.

Liver – Glutathione is an important detoxifying agent in the liver because it makes toxins water-soluble and draws them out of the body. In addition, antioxidant supplementation is necessary for antioxidant enzymes to protect the body from free radical damage. NAC is known to protect liver cells and red beet and chlorophyll help to detoxify the liver. Dandelion has been traditionally used to treat liver congestion and inflammation of liver and gall bladder.

Bowels – Plant substances high in fiber such as beet root, asparagus and broccoli facilitate optimal functioning of the bowel.

Blood – Chlorophyll is the main component of the plant’s blood, just as hemoglobin is the main component in human blood. Chlorophyll has long been used for its blood-cleansing and medicinal properties. Dandelion purifies the blood, by straining and filtering wastes and toxins from the bloodstream.

Lungs/Lymph – Mullein is important in the detox pathway of the lungs and lymph as it tones mucus membranes, reduces inflammation and facilitates expectoration.

Skin – Yellow dock is an herb that is helpful in skin conditions, especially those caused by blood-borne toxins. It has a natural iron content, which builds the blood.

Kidney – Dandelion works on four of the major detox pathways: kidney, blood, liver and colon. It can stimulate kidney function and is most valuable and perhaps the best widely accepted diuretic and liver tonic.
In summary, fortification of the intestines along with detoxification of the entire system will bring the desired healing result. To learn if you have leaky gut syndrome or about the products described in this article, please contact me at office@quantumwellnessinc.com. You may also visit www.QuantumWellnessInc.com.

If you liked this article, you may be interested in my free e-book *Is Your Body System in Crisis?* It will help you to understand the natural alternative health solutions available to you now. You may download it immediately here.

To your health!

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**Discover Aquamarine, The Stone of Courage**

Posted on March 19, 2013 by NancyWharton

As an alternative health practitioner I use a holistic approach in my work, which often suggests wearing or using semi-precious stones. Used holistically, these stones may be used to help address physical, mental and emotional ailments.

Aquamarine, the March birthstone, has been called the stone of courage. It calms stress and quiets the mind, removing extraneous thought. It harmonizes its surroundings and protects against pollutants. It clarifies perception, clears up confusion and is helpful for bringing unfinished business to conclusion. In ancient times it was believed to counteract negative forces and was carried by sailors as a talisman against drowning.

Psychologically, Aquamarine is used by those who are sensitive, to become more tolerant of others. It assists anyone who is overwhelmed by responsibility and encourages taking of responsibility for one’s own actions.

Physically, Aquamarine is useful for sore throats, swollen glands and thyroid issues. It harmonizes the pituitary and the thyroid, regulating hormones and growth. It strengthens the body’s cleansing organs and aids the stomach.

Emotionally, Aquamarine eases depression and grief. It reduces tension and worry.

Spiritually, Aquamarine aids in clairvoyance and sharpens your intuition. It may be used in meditation to invoke high states of consciousness. It has been used to shield the aura and align the chakras.

Aquamarine ranges in color from green to blue and reminds you of the most beautiful ocean or the blue of the ice of a glacier.

Take a peek at some of my energetically enhanced jewelry, which is not only beautiful to wear, and is one of a kind, but has the ability to help you heal and transform.
Have You Done Your Spring Cleansing?

The practice of cleansing the digestive system dates back to ancient Greece. In the United States, cleansing became popular in the 1920s and 1930s. Today, it is widely accepted that proper digestion is crucial for health. When digestion is efficient and complete, all of the food you eat is broken down and either utilized or flushed out as waste. When the digestive process is inefficient, partially digested food matter may be left behind in the digestive system. It is theorized that this buildup may produce toxins that can contribute to fatigue and a host of other undesirable symptoms. Sluggish digestion or debris in the bowel may also reduce the efficiency with which the body is able to eliminate toxins and waste products.

CleanStart is a comprehensive approach to cleansing the whole body. It contains laxative herbs to facilitate the cleansing of the intestinal tract. Soothing herbs blended into the formula help support gentle cleansing. Herbs that help rekindle the ability of the digestive system to properly handle digestion, absorption and waste elimination are also part of this product. Because the digestive system is not alone in the waste-elimination process, herbs for detoxifying the accessory organs (liver, gallbladder, pancreas) and the urinary system are incorporated into this formula. Blood purification is also an important aspect of body cleansing; hence, reputable blood-purifying herbs are also components of the CleanStart program.

The laxative herbs in this formula help remove toxic debris that build up in the colon.
Psyllium and fenugreek seeds are high in fiber and have a bulk laxative action, which helps support optimal gastrointestinal transit. 1 Cascara sagrada, yellow dock, buckthorn and Turkey rhubarb are high in anthraquinones. These substances act on the large intestines, stimulating colon peristalsis to promote elimination. 2,3

Marshmallow, licorice, aloe and ginger soothe the digestive system while cleansing. Marshmallow root contains mucilaginous polysaccharides that help protect and soothe tissues. Licorice and ginger are reported to have antispasmodic and gastroprotective effects. 4-6

Sarsaparilla, red clover, echinacea, burdock, Oregon grape, couch grass, milk thistle and dandelion are purifying herbs in this pack. They are recommended for periodic “spring cleaning” of the body. Their mild diuretic effects are beneficial in promoting the elimination of toxins via the urinary system. In addition, sarsaparilla, through its sweat-promoting properties, enhances toxin elimination from the lymph and circulatory systems. 7 Bentonite and sodium copper chlorophyllin are detoxifying ingredients.

Bentonite adsorbs toxins, facilitating their removal from the bowel. Sodium copper chlorophyllin is a green pigment found in almost all plants. It has been used to aid in the removal of various toxins via the liver and remains a key compound for improving the function of essential detoxification pathways. 8

Pepsin, capsicum, potassium citrate and lactobacillus help restore improved function of the digestive system. Anytime a deficiency of proteolytic enzymes exists, bits of undigested protein may remain in the body, causing difficulties. Pepsin supports efficient protein digestion and protects the intestines from foreign invaders. Capsicum is used to improve digestion and relieve occasional gastrointestinal problems. Potassium citrate plays a role in gastric secretion and enzyme reactions, helping to support digestion. Lactobacillus spores were thoughtfully blended into this cleanse to help re-establish the balance of these beneficial organisms.

CleanStart is a thorough, yet gentle cleanse that is perfect for just about anyone. The ingredients in CleanStart are incorporated into a capsule packet and a powder drink mix packet (available in Apple-Cinnamon and Wild Berry flavors) that make cleansing easy and convenient.

Ready to aid your intestinal system? Use my account number for a great savings on your Nature’s Sunshine supplements #523390. Not sure which product is right for you? Contact me and we can discuss the best way forward. If you liked this article, you may be interested in my free e-book “Is Your Body System in Crisis?” It will help you to understand the natural alternative health solutions available to you now. You may download it immediately here. To your health!

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The typical American diet is notoriously high in fat, but some fat in the diet is essential. Fat is a part of stored energy and is found in every cell in the body. It makes your skin supple, cushions your organs, aids in the body’s absorption of fat-soluble vitamins A, D, E and K and most of all it gives you the feeling of satiety after eating.

Of course, not all fats are equal. Unsaturated fats (monounsaturated and polyunsaturated) are beneficial in moderation. Monounsaturated fats are found in olive oil, peanut oil, canola oil and avocados. Polyunsaturated fat products are soybean oil, corn oil and sunflower oil and polyunsaturated fat is found in tuna and salmon as well as in nuts and seeds.

Saturated fat and trans fat are known to raise levels of LDL (low-density lipoprotein) cholesterol in the blood which is said to contribute to heart disease. These fats are found in animal sources, including fatty beef, veal, pork, poultry with skin, dairy products made from whole milk, coconut oil, palm oil and palm kernel oil.

The most dangerous type of fat is trans fat, which elevates LDL cholesterol levels and reduces levels of heart-healthy HDL (high-density lipoprotein), and is linked to elevated triglyceride levels and an increased risk of diabetes. Trans fat may be found in deep-fried fast foods and snack foods, commercial pies, cookies, crackers, margarine, and vegetable shortening.

Actual fat requirements should account for 20-30% of your diet. Carbohydrates and protein have four calories per gram, fat has nine calories per gram. Remember to eat more healthy or unsaturated fats – monounsaturated and polyunsaturated – than saturated ones.

While balancing out your fat intake you may find assistance in taking Nature’s Sunshine’s Fat Grabbers, which contains natural plant compounds that can help break down dietary fats and bind with components of the supplement such as chickweed, so the fat absorption is limited and the fat is eliminated from the body more easily. Guar gum and psyllium have been shown to reduce the amount of fat and cholesterol that can be absorbed from food. Also contained in Fat Grabbers is lecithin which breaks down dietary fat.
This month, I’d like to highlight the healing properties of Garnet, which has powerful energy and aids in regeneration. It re-energizes the chakras. Garnet inspires love and devotion and it is considered a stone of commitment. There are many varieties of garnet, but the Red Garnet is the most common color, which represents love. It can revitalize feelings and is attuned to heart energy. It controls anger, especially towards oneself.

Psychologically, Garnet releases deep behavioral patterns that no longer serve you, bypassing self-induced unconscious sabotage. It assists in sharpening your perceptions. It helps you to release useless ideas.

Physically, Garnet stimulates the metabolism and is a body regenerator. It aids in the assimilation of vitamins and minerals.

Take a peek at some of my energetically enhanced Jewelry, which is not only beautiful to wear, and is one of a kind, but has the ability to help you heal and transform.

See the Jewelry Collection

You may also visit me on etsy to see the latest designs!

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