



Balance & Nutrition

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Fresh New Place with Fresh New Faces

We are all moved into our new office and with our move we have partnered with two new faces. Help us welcome Dana Rowe with Relax and Wax and Christina Licon with Massage Matters. Christina's desire is to use massage to bring healing to bodies and minds through touch. She is in our office on Tuesday's and Thursday's. She also has an Owasso location for your convenience. Christina can accommodate a quick 15-30 minute chair massage or a 60-90 minute full body bed massage.

Dana Rowe is a seasoned esthetician with over 10 years experience. (which is what you want when you're getting ANYTHING waxed) :) Dana has a full menu of services from lip and eye to full bikini. She will make you feel completely comfortable in what CAN be an uncomfortable situation. Dana is in the office on Monday, Wednesdays and Fridays.

So now you can get healthy, balanced, destressed and cleaned up all in one office.

We are very excited to be sharing an office with these two ladies and hope you will make it a point to come see us at the new office anytime during regular hours. (Mon-Thurs 8am-4pm) or during our open house.

Benefits of GSE Grapefruit seed extract

- Very high in amounts of disease fighting free radical eliminating antioxidants and phytonutrients called bioflavonoids
- Kills bacteria, viruses, herpes, parasites, fungi and candida

Open House

We are planning an Open House to show off our new office and introduce you to the wonderful ladies that fill these offices with servants hearts. Please watch for an announcement with dates and times for this upcoming event.

OPEN HOUSE

Why You Should Avoid Eating Pork

Healthy is merely the slowest rate at which one can die.

~Unknown

You should take extreme precautions when including pork in your diet. This is because **pork consumption has been associated with diseases like liver cirrhosis, liver cancer, and multiple sclerosis (MS). Pork is High in Inflammatory Omega-6 Fats**

Many advertising campaigns are now urging people to eat pork, labeling it as a “healthy alternative to beef.” But this type of meat may actually be hazardous to your health. One reason is that most pigs are given a diet that increases the amount of unhealthy polyunsaturated fats (PUFAs), like omega-6 fats, in their system.

In the United States, pigs mostly consume grains and seed oils, which greatly increase their omega-6 content, as well as arachidonic acid, the highly inflammatory byproduct caused by the metabolism of omega-6 fatty acid.

The Weston A. Price Foundation says that 32 percent of the lard from the pigs who consume this type of diet is made up of PUFAs. However, pigs raised on pasture and fed acorns had at least 8.7 percent PUFAs in their lard, while those who consumed a tropical diet that is rich in coconuts only had 3.1 percent PUFAs.

“Too many PUFAs contribute to chronic inflammation, which causes all sorts of problems over the long-term. Inflammation is at the source of just about every chronic dis-

ease we see today,” says Dr. Mercola.

This is why consumption of PUFA-rich meat may be a great risk factor of liver disease. Studies show that feeding mice corn oil (rich in omega-6) and alcohol (which is metabolically similar to fructose) induces liver disease. Omega-6 fats have also been linked to cirrhosis of the liver.

Eating Processed Pork is Dangerous to Your Health

Another problem with pork consumption is that **Americans usually eat processed pork, which is preserved by smoking, curing or salting, or adding potentially harmful chemical preservatives.**

Dr. Paul Jaminet, a trained astrophysicist who co-authored the book *Perfect Health Diet* with his wife Shou-Ching, says that U.S. pork consumption is composed of:

Smoked ham (28 percent)

Sausage (13 percent)

Bacon (six percent)

Processed lunchmeat (six percent)

Other forms of processed pork (10 percent)

“Particularly problematic are the **nitrates** that are added to these meats as a preservative, coloring, and flavoring. The nitrates found in processed meats are frequently converted into nitrosamines, which are clearly associated with an in-

creased risk of certain cancers,” Dr. Mercola explains.

This is why the USDA requires ascorbic acid (vitamin C) or erythorbic acid to be added to bacon cure to help reduce nitrosamine formation. In addition, **cooking meat at high temperatures can also produce heterocyclic amines or HCAs, which are linked to cancer.** Processed meats are also smoked during the curing process – this also produces carcinogenic polycyclic aromatic hydrocarbons.

Warning: Fresh Pork Is More Dangerous

Despite the connection between processed pork and diseases, Dr. Jaminet believes that liver cancer and other conditions are more strongly linked to consumption of *fresh pork*. This is because **fresh pork contains an infectious pathogen that leads to many diseases.**

Pigs consume just about anything alive, sick, or dead, making them a breeding ground for potentially dangerous infections. Even prolonged cooking of pork cannot kill the retroviruses and parasites that the meat harbors.

“While pork is arguably ‘good’ meat from a biochemical perspective, I believe there is enough scientific evidence to justify the reservations or outright prohibitions in many cultures against consuming it,” says Dr. Mercola.

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www.drmercola.com

“If you don’t take care of your body, where are you going to live?”

~Unknown

Whats the difference between stevia, truvia & purevia

If you don't know by now, stevia is a plant that grows in Brazil that tastes naturally sweet; therefore, it is dried out and ground up and is a great substitute for sugar, eliminating unwanted calories. It does have a little aftertaste, as if it was artificial, but it is not. Stevia is becoming easier to find in the mass market, and most vitamin shops and health food stores carry it in a box or in little packets that you can take with you to work, school or wherever it's convenient.

Truvia and PureVia are mixed with chemicals in a laboratory. It may come from something natural, but it's not natural anymore. Splenda tried to fool the natural sugar substitute "world" when they claimed in their tagline that it came from

natural sugar cane, but the other big artificial sweetener companies complained so much, even in court, that Splenda had to trash the slogan. After all, Splenda is a chemical concoction, just like Truvia and PureVia.

Truvia is cooked, altered or, in other words, GMO. Don't eat it. Don't drink it. Lump it in with sorbitol, sucralose and aspartame as something UN-NATURAL that you don't want swimming around in your blood stream, or sticking inside cleansing organs for long periods of time. Some research shows that artificial sweeteners may never get expelled by the human body, because they taste sweet, so the body tries to **ingest the lab concoction** and use it for energy, which is like a Trojan horse

slipping past the blood-brain barrier and doing chronic damage. Insert Obamacare, huge medical bills, chemo and radiation and you've got the main reason why Big Pharma is Big Pharma.

It is true that stevia is a plant that is native to South America, but what you may want to know is that **80% of all stevia comes from China now**, and if you trust China to safely produce any food "product," you have a lot to reconsider. China has proven time and time again, as the Health Ranger has documented thoroughly, that they cannot be trusted for quality. So you may want to think twice about stevia too.

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“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.” ~John F.

Easiest Homemade Vanilla Liquid Stevia

Ingredients:

- 1/4 cup water
- 2 1/4 stevia extract
- 7 tsp vanilla extract

Method:

1. Pour water into a small saucepan.

2. Warm over medium heat. Add stevia extract
3. Heat and stir until stevia is dissolved
4. Remove from heat. Add vanilla extract.

5. Pour into a small glass

bottle with dropper

6. Note: there will be a little too much to fit into the bottle. Just keep it in another bottle or conatinter and use it first.

7. Store in fridge for the flavor to last longer

“Early to bed and early to rise, makes a man healthy wealthy and wise”

~Benjamin Franklin

BioBits

Cucumbers

Rich in Vitamin C, Beta Carotene, Manganese and Silica

Benefits include:

- Natural remedy for tapeworms
- Helps brittle nails
- Reduces cholesterol and blood pressure
- Promotes digestion



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"An ounce of prevention is worth a pound of cure."
-Hippocrates, Father of medicine

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Avocado Strawberry Spinach Salad with Poppy Seed Dressing

Salad Ingredients (local, fresh, organic, & non-GMO)

6 cups fresh baby spinach
1 pint strawberries, hulled and sliced
1 avocado, diced (or you can double this to 2 avocados!)
4 ounces crumbled gorgonzola or blue cheese
1/4 cup sliced almonds, toasted
half a small red onion, thinly sliced
poppyseed dressing (recipe below)

Poppyseed Dressing Ingredients

1/2 cup avocado oil (or any oil, such as olive oil)
3 Tablespoons apple cider vinegar
2 Tbsp. honey
1 Tbsp. poppy seeds
pinch of ground dry mustard (optional)
Himalayan salt and pepper

To Make The Salad:



Toss all ingredients together with your desired amount of dressing until combined. Serve immediately.