



# Balance & Nutrition

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## Let us Introduce ourselves

BioSalus Naturopathic Health Clinic welcomes you to a natural path of wellness utilizing alternative health care methods which help individuals achieve and maintain optimal health and disease prevention. We utilize a wide range of natural therapies designed to restore health through individualized programs that encompass and treat the whole person. Whether you are an individual who suffers illness or someone who simply wants to maintain your current health, BioSalus is here to help you achieve your wellness goals. When it comes to your health, why wait? We can help!

## Upcoming Events

### GET YOUR DETOX ON!

Sluggish? Tired? Fatigued? Can't find the energy to make it through your day? If what you've tried isn't working, we can help! It's time to knock out your toxins and kick off some new health habits. De-stress, lose weight, and rejuvenate! Come, bring a friend, and get your fight back with a FREE detox challenge seminar sponsored by BioSalus Naturopathic Health Clinic, LLC with special guest speaker Mark Sherwood, founder of 4E foundation and health educator for Designs for Health.



Mark your calendars for October 3rd @ 7:00 pm at Green Acres Market Café, If you have any questions please call our office

### Benefits of Cinnamon

Contains fiber, calcium, iron and manganese

- Regulates blood sugar
- Reduces Cholesterol
- Reduces arthritis pain
- Effective for menstrual pain
- Infertility-balances hormones
- Effective against H. pylori bacteria



## Milk is for kids?



*“Never cry over spilled milk, because it may have been poisoned.”*

—W.C. Fields

### Milk Pain

It is currently estimated that one third of the worlds population is now sensitive to cows milk. Milk has a fat in its structure called arachidonic acid. This particular fat creates pain. If you crave milk add sesame seeds or almonds to your salads or oatmeal. Substitute flax for fat cravings, Chicken, fish or turkey for protein need. Your pain will happily subside if milk is the cause. Try it for a month!

**Dairy milk has become a major target of criticism over the past few years due to its long lists of negative side effects. More and more health practitioners report that patients are allergic to dairy products or suffer from food intolerance to milk-containing foods.**

It is currently estimated that up to one third of the worlds population is now sensitive to cows milk. Milk has a fat in its structure called arachidonic acid. This particular fat creates pain. So along with causing health issues we are finding that it is also causing pain.

Eczema, asthma, migraine, constipation, hay fever, arthritis, stomach trouble, lymph edema, heart disease and testicular cancer are all linked with high consumption of dairy products.

Could it be that cow's milk is meant only for calves just as cat's milk is meant for kittens? Would we consider feeding our babies with, for example, dog's milk instead of human breast milk? The ratio of nutrients contained in dog's milk does not suit human requirements. Yet the same applies to cow's milk. Cows milk contains three times as much protein, and almost four times as much calcium as human mothers milk. These amounts are unsuitable for the human physiology at any age. Cows milk is designed to contain the exact amount of calcium and protein necessary to feed a calf that will end up being at least 3-4 times larger than the human

body is. If we gave breast milk to a calf, it would not grow strong enough even to survive. By contrast, human babies require more carbohydrates in the beginning stages of their lives than calves do. For this reason, in comparison to human mothers milk, cows milk contains only half the amount of carbohydrates. Calves on the other hand require much more salt than human babies do; naturally, salt content in cows milk is three times higher than in human milk. It is for a good reason that most of the original populations living in other countries don't regard cows milk as a food fit for human consumption.

Babies who are fed with cow's milk tend to look puffy, bloated and fat. It is not uncommon for 1-year olds to have gallstones in the liver as a result of drinking, and not digesting, cow's milk. Many of them suffer from colic, gas, and bloating, which makes them cry and develop sleeping disorders. Other problems include tonsillitis, ear-infections, breathing difficulties, excessive mucus discharge and drooling from the mouth. So why do we feed our babies cows milk?

Most people wouldn't drink milk if they weren't influenced by the myth that milk is essential for the bones. Osteoporosis and osteoarthritis are basically metabolic disorders that are caused by severe congestion and an unbalanced diet, and almost never by insufficient calcium intake.

Milk is a highly mucus-forming food that can cause irritation and congestion throughout the gastrointestinal tract. If regularly consumed, milk can leave an increasingly hardening and almost impermeable coating on the inside of the intestinal membranes. This restricts absorption of nutrients, including the calcium, magnesium and zinc needed to form bones. It is virtually impossible to successfully treat people with natural medicines as long as they continue to clog up their digestive systems with milk or dairy foods; the medicines are not able to penetrate the hardened layer of mucus in the intestines.

The human body requires large amounts of bile to digest whole milk. Drinking whole milk regularly can eventually exhaust the liver's bile-producing capacity. Drinking low fat milk makes matters worse. Low fat milk requires less bile to digest the fat contained in the milk, yet milk protein cannot be digested without the naturally high concentrations of milk fat. Added to that, without sufficient bile, calcium cannot be properly digested or absorbed either. The large amounts of undigested milk protein increase acidity in the body and the unused crude milk calcium can cause calcification of joints, arteries and kidneys. This can make protein foods with lowered fat-content hazardous to health. Leafy green vegetables contain four times more calcium than whole milk.

## Is your deodorant Toxic?

Deodorant is an essential toiletry that most Americans have in their bathroom cabinet. Many do not know of the potential danger in using these toiletries. Commercial deodorants contain chemicals that are harmful to your body. There are six toxic ingredients that maybe hiding in your deodorant.

- Aluminum is a metal used to block the sweat from escaping the pores. It has been linked to breast cancer, prostate cancer and increased risk of Alzheimer's disease.
- Parabens are a family of preservatives and disrupt our delicate hormonal balance, which can lead to early puberty in children
- Propylene Glycol is petroleum based material used to soften cosmetic products. It can cause damage to the central nervous system, heart and liver.
- Phthalates are a class of chemicals linked to higher risk of birth defects. May disrupt hormones receptors and increase the likelihood of cell mutation
- Articosan is classified as a pesticide by the FDA and as a probable carcinogen by EPA.
- Triclosan is also classified as a pesticide by the FDA and also a carcinogen.

If you don't want to expose yourself to these harmful materials, you might want to try this natural homemade deodorant recipe.

See the recipe below as an example of a safe alternative to commercial deodorant.

**He who has health, has hope. And he who has hope has everything.**

~Proverb

## Homemade Deodorant that works

This great recipe contains essential oils and other natural materials that are safe to use on your skin. Thus you know exactly what goes on your body!

Best if stored in a container with a lid instead of a deodorant roll on container as it may melt into the bottle if not refrigerated.

- 1/4 cup Baking Soda
  - 1/4 cup Cornstarch
  - 5 Tbsp Coconut oil
  - 10 drops of your favorite essential oil
- Mix until creamy, apply pea size amount to underarm. Keep in closed container.



## BioBits



**Blueberries** There are lots of reasons to love blueberries - one of nature's miracle foods that is at top of every power food, super foods and super fruits list! They are low in fat, full of dietary fiber, full of phytonutrients, vitamin C and manganese. Blueberries health benefits your cardiovascular system, brain, insulin response, and cancer risk reduction.

*Dare to step outside the box and set the example for those who are afraid of change. It feels good to be the odd ball, doesn't it?"*

– Anonymous



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If you would like to submit a recipe, article suggestion or comic for a future newsletter please send submissions to [info@biosalushealth.com](mailto:info@biosalushealth.com)

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

# Office Visit 25% off

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## Homemade Salsa

Stopped buying the jar stuff once I tasted this homemade salsa.

Simple and delicious:

Chop 5-6 Roma tomatoes

1 small onion, chopped

1/2 cup fresh Cilantro

Mince 2 seeded Serrano or Jalapeño peppers

1 clove of garlic, minced

Add 2 tbsp. freshly squeezed lime juice  
salt and pepper to taste.

Mix everything together and let sit overnight for flavors to meld.

