



Balance & Nutrition

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Lets Get Healthy Workshops

We will be doing “ Lets Get Healthy Workshops” every month in hopes of teaching others to use natural ingredients for our daily use in life and eliminating the chemical toxins. We will help you to replace one at a time all of the chemical based products you have in your household. Toxins are in most if not all of our cleaning products, beauty products and food.

Great food, fun and fellowship with like minded friends. We can make a difference one product at a time.

Less Expensive and Non Toxic!



Upcoming Events

November 7th at 7:00 pm— “Extinguish the Flames of Chronic Inflammation” Seminar with guest speaker Tim Pate, Functional Food Educator with Numedica

November 21st at 7:00 pm—Lets get healthy workshop on making homemade laundry soap without the chemicals. All supplies, snacks and drinks will be provided with class fee, RSVP space is limited.

December 5th at 7:00 pm—”Stress Busters” Seminar, we will be focusing on how to reduce stress naturally during the holiday season with mini massages, yoga techniques, and natural remedies to break the stress.

December 12th at 7:00 pm—Lets get healthy workshop on homemade lotions, great gifts for teachers, friends and family. All supplies, snacks and drinks will be provided with class fee, RSVP space is limited.

“Get Your Detox On”



Our first monthly seminar was a great success! We are looking forward to many more and appreciate all those who came out to support us at Green Acres Market in Jenks. Mark Sherwood shared his knowledge with enthusiasm which had everyone wanting to detox. If you missed the seminar and would like to receive the information shared please contact our office and we will get it mailed to you or you can come by our office during office hours. We are already planning next months seminar on “Extinguish the Flames of Chronic Inflammation” with guest speaker Tim Pate, Functional Food Educator for Numedica. Mark your calendars for November 7th at 7:00 pm, location to be announced.

Benefits of Ginger

Source of magnesium, potassium, vitamin C, Omega 3 and Omega 6

- Anti-inflammatory
- Eliminates intestinal gas
- Antioxidant activity
- Thins the blood
- Prevents motion sickness, especially sea sickness
- Boosts immune system
- Relieves nausea and morning sickness
- Excellent for colds/flu
- Helps digestion
- Lowers cholesterol
- Relieves rheumatoid arthritis pain
- Prevention of diabetic neuropathy
- Migraine relief

Flu Shot season has begun....

A healthy outside starts from the inside

-Robert Urich

Homeopathic Flu drops are an alternative to the flu shot. They are non-evasive and very effective. Great for all ages infant to senior!

At our office flu drops are available as well as kits to combat the flu.

Be prepared before the flu strikes in your household!

Smiling is infectious. You can catch it like the flu. Someone smiled at me today, and I started smiling too.

-Anonymous

The annual marketing campaign pushing people to receive flu vaccinations is in full force. CVS Pharmacies is offering a 20% off shopping pass if you purchase a flu vaccine.

In an add CVS has posted senior citizens over the age of 65 are being targeted to get the "high-dose" flu vaccine.

The FAQ at the CVS website defines the "high-dose" flu vaccine: "Containing four times the amount of antigen (the part of the vaccine that causes the body to produce antibody) in regular flu shots, high-dose flu shots, along with the additional antigen produced, are intended to create a stronger immune response." The name of this flu vaccine that is marketed for seniors is called "Fluzone." You can find it being marketed to seniors at all the major pharmacies in the United States. Package inserts for flu vaccines show a multitude of side effects, including death, and yet they are marketed the same as over-the-counter drugs with no prescription needed. Why?

Because in the United States vaccines enjoy complete immunity from lawsuits in the market place. If you are injured or die from a vaccine, you or your family cannot sue the manufacturer of the vaccine. This law enacted by Congress, was upheld by the U.S. Supreme Court in 2011.

Therefore, they are marketed with the same marketing techniques as any other high-profit product. With the baby boomer generation moving into their senior years, today's seniors are seen as an especially lucrative market.

So financial incentives like discounts on other products, as CVS is doing, is quite common in order to boost vaccine sales.

While vaccine rates in the U.S. among children are close to 90%, rates in other parts of the world (where pharmaceutical companies do not have immunity from the law for adverse effects) are much lower. So, in partnership with Walgreens, a non-profit organization (Shot@Life) buys up the vaccines and sends them to these countries for free (who doesn't want something for free, especially when you live in a poor country??)

This is a brilliant marketing plan for the pharmaceutical companies, as the U.S. government gives the organization buying the vaccines non-profit status, allowing them to receive tax deductible

donations to pay for the vaccines. Walgreens is probably a contributor to the program as a tax write off.

With legal immunity to market dangerous products, don't expect those doing the marketing and making the profits to warn you of the side effects. You need to find this information yourself, usually from the Internet.

For those pro-vaccine forces that warn people how dangerous it is to get information from the Internet, the information we are about to share is directly from the FDA website (at least at the time of this writing – they have been known to remove items from their website if it gets too much publicity and makes them look bad), and you can look it up yourself.

The high-dose Fluzone vaccine being marketed this flu season to seniors, which has four times the amount of antigens that the regular flu shot has, as well as the non-high dose version, had 23 seniors die during drug trials.

The package insert for the high-dose Fluzone flu vaccine is [found here](#) (for now). In the section documenting adverse effects, this is what is written:

Within 6 months post-vaccination, 156 (6.1%) Fluzone High-Dose recipients and 93 (7.4%) Fluzone recipients experienced a serious adverse event. No deaths were reported within 28 days post-vaccination. A total of 23 deaths were reported during the period Day 29–180 post-vaccination: (0.6%) among Fluzone High-Dose recipients and 7 (0.6%) among Fluzone 1 recipients. The majority of these participants had a medical history of cardiac, hepatic, neoplastic, renal, and/or respiratory diseases. No deaths were considered to be caused by vaccination.

This statement stating that 23 seniors died, which really should be headline news but is buried in a package insert on the FDA website, begs several questions:

1. By what basis can they conclude that "No deaths were considered to be caused by vaccination"??
2. If, as it is implied, the majority of these 23 deaths were caused by pre-existing conditions, why were there no deaths in the first 28 days? Shouldn't the deaths, if not attributable to the vaccine but pre-existing conditions, be equally spread out through all time periods?
3. How does the medical history for

these 23 seniors compare to the medical history of those who did not die? Were there any significant differences? The range of symptoms given in the package insert can very well cover almost all seniors during the flu season. And what about those who died that were not among the "majority" who had these pre-existing conditions? A majority could simply be 12 out of the 23.

Besides death, which is just one "serious adverse event," there were 226 other "serious" adverse events, for a total of 249 serious adverse events, out of only 3,833 participants.

If this does not constitute a dangerous drug that should probably not even be on the market, then I don't know what does. And yet, it is sold to unsuspecting seniors and others like candy at these drug stores.

One of these other adverse side effects (besides death) is Guillain-Barré syndrome, which has symptoms similar to polio. If you are brought into an emergency room with the paralyzing effects of Guillain-Barré syndrome (GBS), the first question the doctors will ask you is if you just received the flu shot.

The CDC would like you to believe that the risk of GBS from the flu shot is only one out of one million. But if that is the case, why is there a warning on package inserts of flu vaccines, and why is it the first question EMTs ask when dealing with GBS emergencies?

The package insert for Fluzone states: "If Guillain-Barré syndrome (GBS) has occurred within 6 weeks of previous influenza vaccination, the decision to give Fluzone High-Dose should be based on careful consideration of the potential benefits and risks."

I wonder how many vaccine sales people at these pharmacies give "careful consideration" to this adverse side effect, or any others, before injecting you?

***Be informed this flu season!
Educate yourself before vaccinating!***

Article written for Health impact daily news

What's in your condiments?

If you use commercially prepared ketchup on your food, you might as well be starting an IV of high fructose corn syrup, because that's primarily what glugs out of the bottle. Most bottled ketchups consist basically of overcooked tomatoes, water, and a large bolus of sugar, usually as some form of genetically engineered corn syrup. Many brands also add "natural flavorings," which are really flavor-boosting chemicals, one being MSG. Here is a fairly typical ingredient list, this one from Hunt's Regular Ketchup:

"Tomato concentrate, high fructose corn syrup, distilled vinegar, corn syrup, salt, onion powder, garlic powder, natural flavors"

Due to growing consumer concerns over the health problems of high fructose corn syrup, Con-Agra, manufacturer of Hunt's Ketchup, removed it from their ketchup in 2010. However, their

reformulated product was not a big hit, so they added it back in two years later. It's all about the bottom line!²

Just one tablespoon of commercially prepared ketchup typically contains four grams of sugar. And many people consume much more than one tablespoon at a time, which quickly builds up your daily sugar load. Like ketchup, sugar is added to nearly all processed foods, along with a lot of sodium and other flavor enhancers, and it doesn't take too long to exceed your maximum daily fructose limit (25 grams or less).

Ketchup is another condiment you can make in your own kitchen, which gives you the advantage of controlling the amount and type of sweetener, as well as the other ingredients. Homemade ketchup is much better in every respect than anything that's been bottled

commercially. Or, try fresh salsa instead of ketchup. Remember, you can cut down drastically on the amount of sugar a recipe calls for, as well as substituting more healthful sweeteners. Honey and/or stevia, or even a mixture of the two, are good choices.

If you are simply unable to make your own ketchup and feel you cannot live without it, I did find some organic brands that has half the usual amount of sugar. Check your local health food market.

You can steer clear of these types of products by either finding organic alternatives, or making your own.

We have added a recipe below as a healthy alternative to commercial ketchup you can purchase at the local grocery store.

"Failure is the condiment that gives success its flavor"

-Truman Capote

Homemade ketchup

Ingredients:

- 3 cans/jars of organic Tomato Paste
- ½ cup white vinegar or apple cider vinegar (this will leave a faint apple taste)
- 1 teaspoon garlic powder
- 1 tablespoon onion powder
- 2 tablespoons honey or cane sugar, or about ½ tsp stevia powder/tincture (or more to taste)
- 2 tablespoons molasses
- 1 teaspoon Himalayan or sea salt
- 1 teaspoon dried mustard powder
- A pinch of each of the following (to taste): Cinnamon, cloves, all-spice, cayenne



Instructions:

Put the ingredients in a blender or food processor and blend well. Put in fridge to let flavors meld overnight or at least two hours.

Keeps refrigerated for 2-4 weeks

BioBits



Tomatoes contain Vitamin A, Vitamin C, dietary fiber, potassium and B complex vitamins, antioxidants Lycopene, which is two times powerful as B-carotene in the destruction of free radicals. They help to prevent cancer, improves vision, prevents heart disease, fights against infection, reduces risk of hypertension, can dissolve gallstones.

Our bodies are our gardens, our wills are our gardeners

-William Shakespeare

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

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BUTTER-PECAN SWEET POTATOES

8 medium sweet potatoes (5 lbs.), or one per person
olive oil
course salt
2 T. butter, cut into small pieces
2 T. light brown sugar
1/3 c. pecan pieces
1/8 tsp. cayenne pepper

Preheat oven to 400 degrees. Peel potatoes and halve lengthwise; slice crosswise 1/2 inch thick. On a baking sheet, toss potatoes with olive oil (we brush it on both sides); season with salt.

Transfer half the potatoes to a second baking sheet; cook both sheets until potatoes are tender, tossing occasionally, 25-30 minutes.

Sprinkle with butter, brown sugar, pecan pieces and cayenne pepper, dividing evenly. Bake until sugar is caramelized and hard, about 10 minutes. Toss gently; serve immediately. Serves 8.

I got this recipe from the *Martha Stewart* website.