

November 2018 News Letter.



Start your day with Oats. These two videos clearly show the benefits of natural organic oatmeal. I eat it two or three times a week. Moderation is key. Remember, you can have too much of a good thing. I buy Bob's Organic Scottish Oatmeal and soak the raw oats overnight in the refrigerator with low sugar rice milk or almond milk. Sometimes I soak the oats with my oxygenated water adding a splash of sugar free coconut milk.

What Happens To Body When You Eat Oatmeal Every Day! 4 mins.
<https://www.youtube.com/watch?v=UmAUkwG9OuY&list=WL&index=305&t=137s>

What I Eat In A Day: Dr Barnard & Other Vegan Doctors. 9 mins.
<https://www.youtube.com/watch?v=kjZUQb19fWg>

If you have not read my power of words article explaining how to oxygenate your drinking water, here is the link.
<http://www.namesdoctor.com/power-in-words.html>

