



Balance & Nutrition

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Tips to Fight Flu

The Flu season has hit and at full force! And, like every other flu season the Flu shot will be heavily promoted as the “miracle cure.”

No one wants to be running fever, to snuffle and bark at the same time. But should you really go for the flu vaccine and have your children vaccinated too?

For BioSalus, vaccines are not health products and the flu shot is no different. If you ask your doctor or pharmaceutical company if flu shots work, chances are, they won't be able to give you a convincing answer.

Numerous studies have exposed the fact that flu vaccines simply DO NOT work and worse, expose you to adverse side effects which include life-threatening allergic reactions, arthritis, Alzheimer's disease, autism (in children) and a paralyzing autoimmune disease known as Guillain-Barre syndrome.

Now, why would you take something that doesn't work and can actually make you sick?

Avoiding the flu, even during the middle of the flu season, is not as difficult as many people think. Forget about the flu shot, you can stay flu-free by taking control of your health. Here are Dr. Smith's top tips that will help you beat the flu:

1. **Get enough Vitamin D**—Lack of Vitamin D is likely cause of seasonal flu viruses. A recent large-scale study showed that people with low vitamin D levels were more prone to colds and bouts with the flu.
2. **Take a Probiotic supplement and eat plenty of Probiotic rich fermented foods**—protect your gastrointestinal system because 80% of your immune system, your body's natural defense against disease, is located in your gut.
3. **Eliminate or drastically reduce your sugar intake**—sugar is a natural enemy of your immune system.
4. **Get enough sleep and rest**—Listen to your body. Take a break when you need to because your body will easily succumb to the flu virus if you're always fatigued.
5. **Manage your stress levels**—A stressful lifestyle rarely leads to a healthy body. You can't separate wellness from emotions. How you deal with stress directly affects your state of health.
6. **Supplements to help fight Flu**—Olive Leaf extract and Garlic have antiviral, antibacterial and immune boosting properties, and raw garlic is more therapeutic than cooked garlic. Elderberry ease cold and flu symptoms, is also has antiviral and immune boosting properties. And Zinc reduce the length and severity of cold symptoms. Always consult your practitioner before taking any dietary supplements as some have contraindications with other medications or supplements.

Benefits of Turmeric:

- Anti inflammatory
- Antioxidant
- Antibacterial
- Antiseptic
- Anti tumor
- Anti aging
- Detoxifies liver
- Sleep aid
- Boosts immune system
- Used to treat: cancer, arthritis, depression, heart burn, stomach pain, joint pain and crohns

Miracles of Magnesium

Healing is a matter of time, but it is sometimes also a matter of opportunity
-Hippocrates

Take Care of your body it's the only place you have to live
-Jim Rohn

You don't hear much about magnesium, yet an estimated 80 percent of Americans are deficient in this important mineral and the health consequences of deficiency are significant. One reason could be because Magnesium, like vitamin D, serves so many functions it's hard to corral.

According to the NIH office of Dietary supplements large dietary surveys of Americans "suggest that substantial numbers of adults in the United States fail to get recommended amounts of magnesium in their diets."

Magnesium and calcium work together, and an imbalance can wreak havoc. "If we consume too much calcium without sufficient magnesium" says Carolyn Dean, MD, ND, author of *The Magnesium Miracle*, "the excess calcium isn't utilized correctly and may actually become toxic, causing painful conditions such as arthritis, kidney stones, osteoporosis and calcification of the arteries, leading to heart attack and cardiovascular disease."

Ideally the diet should contain equal amounts of each mineral, as it did in the days of cavemen. But in today's diets, the calcium to magnesium ration ranges between 5:1 to 15:1. Doctors who advise patients to take high dosages of calcium without corresponding uptake of magnesium is one contributing factor. And another is the addition of calcium but

not magnesium to dairy products, cereal, orange juice and other "fortified" foods. Calcium levels are regulated and controlled by magnesium. The three critical hormones that control calcium levels, parathyroid hormone, calcitonin and vitamin D, are activated by magnesium. Without adequate magnesium, the body deposits calcium in improper areas such as the gallbladder, joints, kidneys and arterial beds. This leads to gallstones, joint degeneration and bone spurs, kidney stones and arteriosclerosis. Along with Calcium needing magnesium you also need to be balanced in vitamin D and K2. These four nutrients perform an intricate dance together, with one supporting the other. Lack of balance between these nutrients is why calcium supplements have become associated with increased risk of heart attacks and stroke, and why some people experience vitamin D deficiency.

Common Signs of Magnesium deficiency:

- Numbness & tingling
- Personality changes
- Seizures
- Coronary spasms
- Muscle contractions and cramps
- Abnormal heart rhythms
- Eye & muscle twitching
- Migraines & insomnia
- Constipation

- Anxiety & depression
- Bad body odor
- High blood pressure
- Tooth weakness
- Osteoporosis/ostermalacia
- Atherosclerosis (hardening of the arteries)
- PMS & menstrual cramping
- Chronic fatigue syndrome
- Attention deficit disorder

Best sources of Magnesium:

- Seaweed
- Dark leafy greens
- Fermented vegetables
- Raw nuts
- Dried pumpkin seeds
- Flaxseed
- Almond butter
- Artichokes
- Pumpkin squash
- Watermelon seeds
- Sesame seeds
- Rice, wheat or oat bran

Best forms of Magnesium:

Magnesium glycinate is a chelated form of magnesium that tends to provide the highest levels of absorption and bioavailability and is typically considered when trying to correct a deficiency.

Magnesium citrate has laxative properties

Sources: Mercola.com and better nutrition June 2012

Honey for your Honey

Fun Fact: Mythological rumor has it that Cupid dipped the tips of his “love arrows” in honey before sending them flying toward unsuspecting by soon to be enamored victims

The amazing benefits found in honey have less to do with nutritional value and more to do with antioxidant and antimicrobial properties that are unique to this natural sweetener.

Honey is a great alternative sweetener for tea, coffee, smoothies or

English muffins. But did you know it has many health benefits? I researched honey and was surprised to find so many benefits beyond sweetening.

- Wound treatment—helps prevent infection, reduces odor, swelling and scars
- Soothing a sore throat—natural alternative to cough meds
- Preventing allergies—taking a few teaspoons of local honey per day before and during allergy season can prevent your allergy symptoms. This works on the basis of “like cures like” and the reason the honey should be local, local honey has higher likelihood to contain trigger for allergy season.
- Sunburn—apply thin layer to help heal
- Acne— apply as spot treatment at night
- Fight indigestion— 1 tsp or 2 to fight indigestion

Be careful about reading health books, you may die of a misprint

-Mark Twain

DIY Detox Bath Recipe

- 2 cups Epsom Salts
 - 2 cups Baking Soda
 - 2 cups Sea Salts
 - 1 tbsp Ground Ginger
 - 1 cup Vinegar
 - Few drops of favorite essential oil
- Combine all dry ingredients store in closed container at bath time add 1 cup dry ingre-

dients and 1 cup vinegar with optional few drops of your favorite essential oil.

Benefits:

Epsom salts draws toxins from the body, relieving aches & pains.

Baking soda balances an overly acidic system.

Sea salt soothes, healing open sores and blemishes.

Ground ginger increases circulation.

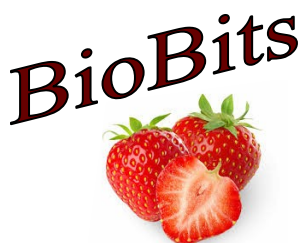
Vinegar soothes & softens the skin.



Strawberries contain fiber, potassium, folate, omega 3, vitamin C and manganese

Benefits: anti-viral, boosts immune system, anti-inflammatory, anti-cancer, anti-aging, regulates thyroid, whitens teeth naturally, regulates blood pressure,, promotes eye health, fights bad cholesterol, and promotes pre-natal health

Change your thoughts and you'll change your world
-Gail Lynne Goodwin



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

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Grilled Chicken & Strawberry Salad Wrap

Ingredients

- 2 whole Boneless, Skinless Chicken Breasts
- 1/2 cup Bottled Balsamic Vinaigrette
- 1 whole Package (12 Ounces) Mixed Salad Greens
- 12 whole Medium Strawberries, Hulled And Quartered
- 4 whole Green Onions Sliced (white And Light Green Parts)
- 1/4 cup Pecans, Chopped
- 4 ounces, weight Goat Cheese Crumbled
- 6 whole Large Whole Wheat Tortillas



Preparation Instructions

Place the chicken breasts in a large plastic storage bag. Seal the bag, leaving a small opening, then use a rolling pin to pound the breasts until they're a uniform thickness. Pour in half the balsamic vinaigrette, then seal the bag and marinate in the fridge for 1 hour.

After the chicken has marinated, grill it until it's done in the middle, about 5 minutes per side. Remove from the heat and set aside to cool slightly. Dice up the chicken when it's cool enough to handle.

Add the salad greens to a large bowl. Add half of the remaining dressing and toss it to coat the greens. Add more if it needs it. Add the strawberries, chicken, green onions, and pecans. Toss it gently a few times until it's all combined. Top with crumbled goat cheese and toss a couple of times.

Place an equal amount of salad down the middle of each tortilla. Roll up, then slice in half.

Serve wraps with chips and extra strawberries