

Back to the Garden

Restoring the health God gave us “In the beginning...”

Fitne\$\$ on a Budget

Excerpts from *SuperHealth* by
Dr. Steven Pratt

Walking is the most common form of physical activity; it costs nothing, it can be done any-



where, and it reconnects us with the environment with the sounds and smells of nature.

Get a pedometer (available at most sporting goods stores) and

aim for 10,000 steps a day (which is about five miles). You may find out you're already doing quite a bit of walking. If the pedometer says that you're getting under 5,000 steps a day, then you're living a sedentary lifestyle. If the pedometer says that you're getting 7,500 to 10,000 steps, then you're somewhat active. If it tells you that you're getting 10,000 to 12,500 steps, then you're leading an active lifestyle. And if you're getting 12,500 or more, that's even better—you're very active.

Begin with 15 minutes of walking four to five days during the first week. Walk the kids, the grandkids, walk your parents, walk your dog. Stop taking technology shortcuts. Instead of

sending an email or picking up the phone, walk to chat with your office colleagues. Instead of using the remote, get up and change the channel. Park your car a little farther away from the store or the building and walk a little longer.

A 2008 Australian study of more than four thousand physically active adults showed that TV viewing time was positively associated with the risk of developing metabolic syndrome. In other words, even people who exercise need to cut down on the time they spend sitting still. The best advice is to cut down on TV time and computer time and get moving...walking, gardening, even doing household chores with the TV on in the background.

Model Healthy Behavior by Andrea Frank Henkart, Psy.D.

A recent study by the American Red Cross revealed 287 contaminants in fetal cord blood—that is the blood the mother passes to her baby through the placenta. Some of the contaminants include mercury, gasoline byproducts, pesticides and flame retardants. These chemicals are very toxic to the developing endocrine system and can ham brain devel-

opment and function. Some are linked to cancer and birth defects, while others may be the cause of a dramatic rise in autism. Once they leave the womb, children may be exposed to toxins that leach out of their toys. Some of these have been linked to infertility and learning disabilities.

To start your children on a

lifetime of eating nutritiously, practice what you preach. Eat fruits and vegetables in front of your kids. Eliminate as much junk food from the family diet as possible. Take your vitamins and antioxidants with your kids. Be sure that you and your children drink plenty of water rather than soda and empty calorie drinks. Establish healthy routines early and stick to them.

A solid exercise and nutritional program is among the most important ways to reduce stress.

Dan Colbert's Famous Salad Dressing

- 1/4 C. balsamic vinegar
- 2 Tbsp. Frontier's Mama Garlic seasoning mix
- 1 clove fresh garlic, minced
- Juice of one lemon
- Pinch of sea salt
- 2 Tbsp. purified water
- 2/3 C. extra-virgin olive oil

Pour the balsamic vinegar into a glass salad dressing cruet, and add the remaining ingredients in the order listed. Refrigerate. Makes one cup.

Tip: Dressings prepared with olive oil may congeal when refrigerated. Let dressing reach room temperature before serving.

**One sign that
our air isn't all
it should be...We
shouldn't be
able to see it!**



Don't Let Toxins Claim Your Health

By Dennis Harper, D.O.

If you saw the movie *Jurassic Park*, you'll remember how scientists extracted the DNA from mosquitoes that had been encased in amber. While the movie is fictional, researchers *have* been able to extract air bubbles encased in the same amber. When they tested the bubbles, they found that the air had oxygen levels close to 40 percent. Currently, our oxygen levels are only around 19 per-

cent. In some cities, the level of oxygen is around 13 percent. When it gets to 9 percent, we can no longer survive.

When you have excess toxins in your system, your body responds in two ways. First, fat production increases to hold the toxins in the fat to protect the rest of your body. Your body will also retain fluids in an effort to dilute the toxins.

The human body has the innate capacity to heal itself, and cleansing is the best way to aid in the effort to regain health. By doing an internal cleansing, you rid your body of the toxins naturally, allowing fat production to slow and reducing fluid retention. A periodic cleanse helps restore the balance in your body, increases metabolism and reactivates your body's fat-burning mechanism.



A Federal Case Against Tomatoes

Did you know that tomatoes are really a fruit and not a vegetable? That's because, botanically speaking, a tomato is the ovary, along with its seed, of a flowering plant...hence, it is a fruit.

But back in the late

1800s, when U.S. tariff laws imposed a duty on vegetables but not fruits, the truth about tomatoes was called into question. The U.S. Supreme Court settled this controversy in 1893, declaring that the tomato is a vegeta-

ble, along with cucumbers, squashes, beans, and peas, using the popular definition that classifies vegetables by use, that they are generally served with dinner and not dessert! The case is known as *Nix v. Hedden*.



**Water is the single most
important nutrient for our
bodies**

Drink Early, Drink Often

If you're going to have a heart attack or stroke, it's more likely in the morning between 6 a.m. and noon, and particularly in the first hour after waking. This may be due to the fact that blood pressure rises in the morning, stress hormones kick in as you rise and get ready for the hectic day ahead,

and/or because platelets are "stickier" at this time of day and more likely to form blood clots.

Get some liquid in your body first thing in the morning. Drink a cup of green tea, a glass of purple grape juice mixed with water, a glass of pomegranate juice mixed with

water, or just plain water.

After kick-starting your day with liquid, keep up the momentum. Drink at least five 8-ounce glasses of water daily. Then you can indulge in two 4-ounce servings of 100% fruit juice and four cups of white, green, black, oolong or rooibos tea.