

Live Blood Analysis Health News

April-May 2013

Volume 2 issue 1



RULES TO LIVE BY...
Express gratitude.
Keep promises.
Say "I love you".
Be gentle with others.
Speak the truth.
Share your love.
Laugh at yourself.
Use words of kindness.
Consider others.
Do your best.

In our next
installment we
will be looking at
fasting and
inflammatory
conditions



Every human being
is the author of his
own health or
disease.
BUDDHA

How can we improve any health condition we have?

Simply answered: alkalis your blood.

Our blood is our life force, bathing our organs and tissues, providing nutrients and oxygen transportation and waste removal. If our blood is unhealthy it will affect our organs and healing of any condition will take longer.

Now we have started putting extra stress on this transport system by altering its natural pH state. Ph is the scale to measure acidity and alkalinity.

A pH of 7 is neutral. A pH less than 7 is acidic. Blood pH should range between 7.35 and 7.40, but because we eat a greater amount of acidic foods-sugar, fries, preservatives, sodas, cakes, chips, pastries, breads, and little water, we take chemical medications (which are acidic) and are all exposed to high pollution thus we start to lower the pH and increase BLOOD acidity and this has a more serious long term affect on the body.

Acidity has been linked to pain, illness and even cancers and accelerates ageing and any underlying health condition.

People ask how do I know if my blood is acidic? **Its simple, if you have any health condition, your blood is acidic!**

Now it makes most sense that if you have any existing condition, if you improve the health of the blood you may assist in improving your illness. It is a fact that cancers cannot start in an alkaline environment, so if we improve the alkalinity of the blood, we can provide cancer **prevention**.

How can we best achieve this:

1. Have a blood analysis to assess the acidity and health of the blood.
2. Address bad eating habits: eat more salads, fruit, veg, healthy snacks, water
3. Take **SUPER NUTRI GREENS**: A nutritious and alkalizing formula in liquid form, which is easily absorbed

Immune system health care

Addressing the health of our Immune system, should be our priority: inflammation, allergies which incl: asthma, sinus, hayfever, eczema & dermatitis, continual fatigue, candida are all signs that our immune system is not functioning optimally, and most of these conditions we accept as "part of our life". Remember if your immune cells are slight-

ly acidic they will not produce the chemical messengers that regulate other immune cells to destroy invading bacteria and viruses.

Regularly take courses of olive leaf drops, alkalize your body, reduce sugar in take. For Colds and flues we have Immune-aid, Sinus formula, Cough formula all natural and safe for babies and children.



SUPER IMMUNE BOOSTING SMOOTHIE
150ml fruit juice (tropical blend, mango/orange)

1/2 guava (rich in vit C)
150ml-200ml yoghurt (plain or ayershire yoghurt- Woolworths)
1tsp hemp oil (optional)
15 drops Olive leaf
20drops Super Nutri greens (alkalanising herbs)
Place in a blender and mix for about 30seconds

OR add Olive leaf and Super nutri green drops to a bowl of vegetable soup or cup of ginger and lemon tea

Did You Know:

Live Blood Analysis is a good analysis to have 2-3 x yearly to ensure you are on the correct supplements

Vitamin C can help to alleviate stress levels and helps reduce other physical and emotional factors influenced by high stress levels take 1-3gr daily

Celery has a wonderful anti inflammatory actions, add more celery to your diet-and get a bottle of celery drops if you have arthritis and inflammation.

Research shows that poor sleep quality and short sleep durations are associated with high levels of inflammation.

Eat more spinach, spinach is a green powerfood and is highly alkalizing

Live Blood Analysis at To Your Health

Shop 69B,
Kenilworth centre,
Kenilworth

Tel: 021 671 24
69/70

Appointments must be booked in advance and if you book an appointment please be courteous and cancel if you are unable to make the appointment

To Your Health News

“Join Ashraf Banderker on Voice of the cape’s Morning Expresso : 6 May and 3rd June and Allison Le Roux 20th May and 17th June at 10am ”



“When you are totally at peace with yourself, nothing can shake you”
UNKNOWN



To Your Health
Shop 69B, Kenilworth centre, Kenilworth
Tel 021 6712469 /70
Trading times: mon-fri: 9am-5.30pm
sat: 9am-5pm
sun: 10am-1pm



Optimizing our digestion

Digestive disorders encompass a vast range of conditions: reflux, ulcers, heartburn, acidity, bloating, gas, constipation, irritable bowel, colitis, ulcerative colitis. Many digestive conditions we readily accept as part of living, but improving our digestion should be a priority as what we eat and how we digest our foods correctly will have an overall effect on our health.

A large portion of digestive problems are caused by the food we eat. We do eat a lot of highly processed foods, sugar, fast foods)

When the digestive tract is

healthy, it filters out and eliminates things that can cause damage, such as harmful bacteria, toxins, chemicals, and other waste products. And it absorbs the things that our body needs such as nutrients from food and it directly impacts our immune system.

Simple things to do: eat slowly, eat 5 smaller meals a day , opt for healthy snack options: fruit, dried fruit, provitas and cheese, drinking yoghurt and increase your WATER intake.

Digestive aids: Everyone can benefit from Probiotics and enzymes. Probiotics are essential for good digestive function. Make sure the brand you get it is a reputable make of Probiotic.

Formulas: Digesto 1: a blend of peppermint, ginger and fennel (well renowned digestive herbs) helps with Bloating, gas, wind, indigestion, take a few drops when needed to settle most digestive discomforts.

Foods to helps your digestion: plain yoghurt, paw paw, pineapple, raw honey –these provide digestive enzymes



A good fibre content helps keep your digestive tract healthy: add some psyllium husks to your diet daily! Mangoes, watermelons, blueberries, raspberries, grapefruit all contain naturally occurring digestive enzymes.

Cholesterol control: Butter or margarine??

Cholesterol is a waxy, fat-like substance. Your body needs some cholesterol, but it can build up on the walls of your arteries and lead to heart disease and stroke when you have too much in your blood.

Butter or Margarine?: Margarine is high in hydrogenated oils, which can aggravate and cause many health conditions: heart disease and in-

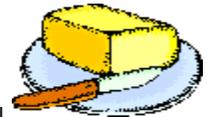
flammatory responses, to name a few

Butter is better, but in moderation due to its high fat content.

Solution: Make a better butter: Place in a blender: a brick of butter and add a cup of organic, unrefined seed oil (available at To Your Health, oils such as sesame, grapeseed, almond, pumpkin seed or sunflower.)

Mix until smooth, place in a sealed container and refrigerate. This better butter will be soft to spread and is so healthy in essential fatty acids.

This is just one small dietary change to make. Did you know that 99% of all cholesterol sufferers can control their cholesterol with diet alone! Why are we so lazy to do so?



Baked pumpkin seeds– a highly nutritious snack!

To preserve the health benefits of the oils found in pumpkin seeds, eat them raw or roast them on a baking sheet, coat them with some olive oil and bake on low heat in the oven (about 110 degrees Celsius) for 15-

20 minutes. Toss with a sprinkling of sea salt and enjoy.

You can also dry roast them in a frying pan and add a little soya sauce when done.

Pumpkin seeds are alkalizing, rich in magnesium and zinc

and they’re a good source of blood-building and energy-boosting iron.

A good fiber source to assist in bowel regularity and they have an anti inflammatory action beneficial for inflammation. A good healthy snack option!