

Vital Life News



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Happy New Year!

As we begin 2007, it is customary to pay attention to where we are and where we want to be. In order to function better, it is imperative to make changes in our lives. It is ridiculous to do the same thing over and over and expect different results.

I can help you reach your health and well-being goals by **reducing your pain** and thereby enable you to exercise more—and **get injured less!** I can improve your posture, which helps you **look and feel more confident** and **improve your energy and mental clarity.** This can in turn give you insights in business and **help you reach your other goals.** NUCCA (the technique

that I use) can also improve your immune system to allow you to **fight off colds and flues better,** as well as more serious health issues.

I encourage you to share this benefit with your friends and families. I would love the opportunity to take care of the ones you love, so they can live better lives, and perhaps longer lives with you!

Some of you have asked if I've moved yet, and the answer is no. You will be contacted regarding my move... I want you to know where I am!

In the meantime, take control of your health with NUCCA. Call me to schedule an appointment.



Increase your athletic ability with NUCCA!

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Special Points of Interest:

- *It is ridiculous to do the same thing over and over and expect different results—take control of your health with NUCCA!*
- *Drug companies misrepresent the safety of their drugs.*
- *Antibiotics have short-term and long-term side effects.*

Antibiotics for Bronchitis? Useless and Dangerous

Only a small percentage of cases of acute bronchitis are caused by bacteria, and therefore, only a few cases will respond to antibiotics.

Plus, there are side effects such as diarrhea, rash and abdominal pain. Thirdly, antibiotics create more resistant strains of bacteria. This reduces

the effectiveness of antibiotics in cases where they normally would be necessary.

With prescription drug advertisements on TV and in magazines, patients often demand drugs that are harmful or unnecessary. Medical doctors have little time to adequately educate them

leading to many unnecessary prescriptions being written.

NUCCA boosts the immune system to fight off pathogens (bacteria and viruses), thus aiding you in the battle to stay healthy. Do something that has positive side effects!

HealthDay, Nov 15, 2006

Adverse Drug Effects Hidden—On Purpose

Drug companies control their own research—but that is obviously a conflict of interest. For example, despite evidence that showed substantially higher death rates and increased kidney failure with use of aprotinin (a drug in this particular study), Bayer failed to acknowledge the study or its results when the FDA was determining the safety of the drug.

Furthermore, a study by another drug company was discontinued because of unfavorable data. An internal memo stated, “If the FDA asks for bad news, we have to give it, but if we don’t have it, we can’t give it to them.” It is fairly common for companies to only share

the studies that have favorable results.

Until we have external research for drugs, it is clear that we cannot trust the data, without even looking at the research methods (and the fact that safety cannot truly be determined until a drug has been on the market for a few years and data from the general population is obtained). The drug companies are in business to make money—not to make people well, or their business would dry up.

This said, it is important to know that in some cases, drugs are important, but if we can avoid them, we are better off.

Therefore, taking care of your

health through NUCCA, nutrition, exercise, sleep and general cleanliness is vital. Call to find out about how NUCCA can change your hormonal balance and help you to regulate your body naturally. Your body is designed to be healthy. A headache is not due to a natural deficiency of Tylenol!



“Your headache is not due to a natural deficiency of Tylenol!”

New England Journal of Medicine, 355:21. Nov 23, 2006.

Obesity and Diabetes are Growing—We Must Take Control!

Diabetes is increasing throughout the world, except in developing countries where “a traditional lifestyle has been preserved.” Obesity is also increasing; complications of obesity are 60% of the health care costs in Tonga. In the U.S. alone, the costs were \$123 billion in 2001. Ninety percent of Type 2 diabetes is attributed to obesity.

With these statistics, it is easy to feel overwhelmed with the extent of the challenge. However, lifestyle changes

NUCCA care helps improve your metabolism and energy level and reduce your stress.

can be made to help lose weight and reduce the incidence of diabetes. Society can make changes to encourage individuals to control their health through education, changes in school

meals, employee benefits, etc. However it is more effective to decide to control your health now, perhaps utilizing smaller support groups.

Exercising, eating the proper foods for your metabolism, maintaining a positive outlook, and NUCCA care to improve your metabolism and reduce stress can help jump-start your healthy lifestyle!

New England Journal of Medicine, 356:3. Jan 18, 2007

Lickety Split Chicken Soup

6 cups free-range chicken broth
1 Tbsp organic butter or coconut oil
1 med onion, diced
3 stalks celery, chopped
1 cup baby carrots, sliced in half
2 cups diced cabbage
2 cups frozen organic green bean cuts
2 cups clean, filtered water
1 1/2 lbs free-range chicken, roasted

1 Tbsp fresh or dried chopped parsley
2 tsp thyme leaves
1 tsp sea salt or Spike vegetable seasoning

1. Place large heavy soup kettle on medium high heat. Add butter and onion, celery, carrots and cabbage. Stir, cooking until vegetables start to give off steam. Add green beans and pour over 1/2 cup of the chicken broth. Cover and steam 4-5 minutes.

2. Remove cover, add remaining chicken stock, thyme leaves, salt and water. Cover and bring back to boil. Continue cooking 4-5 min.
3. While stock is simmering, cut up roast chicken into 1/2” pieces. Add chicken and parsley to soup. Heat 3-4 minutes more until heated through. Serve immediately.

Serves 4 Prep time: 15 min.

Dr. Mercola’s Total Health Cookbook