

Healthy Gems
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From the Desk of Carolyn Kling

Moving Into Excellence

Are you becoming all that God intends for you to be? Are you using your gifts and talents in the area of your expertise? Are you happy with the results of what you are striving for?

Ask yourself these three questions and if your answer is no on any one or all, then it's time to reassess your goals. (I am assuming you all have goals written, know where you are going, and have a plan of action as a road map for your life.)

We say what our "intention" is either verbally or in our hearts. If we are not taking steps to make what we "intend" to do happen, then it is just a wish. For instance, last July I kept saying I was going to go lift weights and do aerobics at the gym 3-4 times a week to keep physically fit. Well, it just was not happening on a regular basis, as I let everything else crowd out the time.

I finally realized it was just a wish and not my "intention" to get this done otherwise I would have made a way for it to happen. Now, exercise is a regular part of my schedule. It is no longer a wish, and my intention is now a reality.

What changed? I wrote down my goal, I realized I needed help so I hired a trainer to keep me accountable, and now I make that scheduled time a priority. It's simple once you get started on the right track.

So I'm asking you, "Do you need to make your wishes become intentions accomplished?"

I WAS BLEEDING , WAS I GOING TO DIE?

By David Ferdinand

In 1991, I felt that I was going to die. I had been having problems bleeding from my colon, losing weight, no energy, and didn't know what was wrong with me. Since I had no health insurance I would have to find a way to fix this problem and to trust the Lord to take care of this.

Being a type "A" personality, I have always had high-stress jobs, burning the work-candle at both ends. My concerns about dying came from death of my father in 1984 from a cancerous growth in his colon.

To find some answers, I started talking to my chiropractor and friends who had similar problems. I was on Barleygreen and eating a basically vegetarian diet with no red meat.

But in spite of my diet, all the stress with work and financial pressures was really affecting my health. Four years prior, I had stopped drinking coffee and changed my eating habits. All the poisons started coming out of my system. This was also an extremely stressful time in my life, which had starved my body from getting any nutrition. I desperately needed to learn how to slow down and relax.

My wife and I continued praying about my health. In 1992, my weight was at 135 lbs, and my digestive system was shutting down. My wife's new job provided health insurance, and in June I was diagnosed with an extreme case of ulcerative colitis. After an endoscopy and colonoscopy, the doctor prescribed Prednisone (Deltasone), a steroid that treats the inflammation in the colon, but doesn't treat the root problem: no nutrition. Stress caused the wall of the colon to be covered completely with ulcerated and scarred tissue, so no nutrients could be absorbed. I was getting no nutrition. The medication stopped the bleeding and inflammation, so I got back on Barleygreen and began a nutritional program to rebuild my health.

By 1996 I started another high-stress project, opening an office in Minneapolis-St. Paul to do audio and video on the Internet. With a home in Nampa and an apartment in St. Paul, I flew all over the country working with clients. My health began to slide again. In November of 1997 I had a relapse of bleeding, constant diarrhea, and couldn't keep anything in my system. So by March of 1998 the doctor prescribed Prednisone again for a short time, then changed me to 100-mg./a day of MP6 (Purinethol), a new drug they were giving people with lymphoma and leukemia. MP6 had serious side effects, it started destroying my liver function. The serious nature of the drug required blood tests every 2 weeks for the first 6 weeks and then every month after that. The blood tests confirmed that something was affecting my liver. I had also become jaundiced.

November of 1999, my bilirubin count was at 4.2. A normal count is between 0 and 1.1. At one point it got up to 9. One day a person who worked at the lab that processed my blood results told me, "I'm not supposed to tell you this, but I thought you were being treated for cancer when I read your blood work."

Ron Price and I were talking about my health and he suggested Composure to relax my system and Aloe Gold to soothe the intestinal tract. I was also taking 2 tsp. of Barleygreen a couple of times each day. The doctor was convinced the nutritional supplements were causing the problems with my liver, so I stopped taking the supplements, and used only the prescription drugs. I agreed to this test as long as I could stop the drugs and then test the power of the supplements. The next blood test showed the liver problems persisted. Reluctantly the doctor cut the dosage of MP6 in half to 50 mg./day immediately and my liver started regaining function.

In the meantime, Carolyn Kling suggested I add Corbicula and RediBeets to help cleanse my liver and build my blood, and I started getting relief immediately. The results were evident in the regular blood tests. The first month after starting these products my bilirubin count went from 4.2 to 1.9. The next month it was 1.6 then 1.3. Each month the count decreased and I felt better.

In August, I had a second colonoscopy. I asked my wife to witness the procedure so she could verify the appearance of the colon wall. As the camera viewed the upper portion everything looked great, but the doctor said, "Just wait until we see the lower portion where the worst inflammation is." But, when she came to that area on the scope, the doctor said, "I can't believe this! This looks brand new, see the veins? I see no inflammation at all."

When the biopsy came back, it contained slight evidence of inflammation. However, from a medical standpoint, no inflammation was present and the doctor stopped the rest of the MP3. The results from my latest blood test just last week confirmed my liver is functioning well, biliruben count at .09 and now I am working on building my immune system.

We do not have to accept that a disease will persist for life when we supplement our bodies with the right nutritional needs. Have faith, pray, and don't forget to take your Barleygreen, Flora Food, Composure, Aloe Gold, RediBeets and Corbicula.

Digestion, Your Body's Transportation System

By Cathy McCrea

This month lets look at one of the body's transportation systems, the digestive system. This is the means the body uses to obtain and utilize fuel for energy. When our digestion is working well and efficiently, we hardly seem to notice except for an occasional hunger pang. But when our digestive system is having problems, we can be miserable. Here's a little quiz to check how well your digestive system is doing. Do any of these describe you?

Do you use antacids several times each week, like Tums or Maalox? Do you get heartburn after eating certain foods? Do you have acid reflux and have to limit what you eat? Do you get an upset stomach after eating rich, spicy, or milk-based foods? Are ExLax or Kaopectate becoming regulars in your medicine cabinet?

Just like an automobile or airplane, the body's digestive system is an amazingly complex system that is designed to work efficiently on the right kind of fuel. We all know how foolish it would be to put water in the gas tank of our cars, but how much importance do we place on putting the correct fuel into our complex machines, our bodies? Day after day, if we clog our system with fatty fried foods and nutrient-deficient processed foods, what kind of performance can we expect? If white flour, white sugar, and fats make up the bulk of our diets, maybe it's time to think about cause and effect. We often expect jet engine performance for years on water-based fuel.

Even if your body is sputtering and idling rough, it's not too late to get back into peak performance. While we are all getting resolved to be healthier in this New Year, let's set some health goals to clean out our system and start fueling up with the right foods.

Here's an easy three-step program to help achieve optimum performance. The three steps are eliminate, replenish, and supplement. First, eliminate things you know are not contributing to peak performance. You probably know what these are, without anyone telling you. Some of the list might include smoking, excessive alcohol, pop, coffee, other caffeine drinks, white flour, white sugar, fried foods, junk foods, etc.

Second, replenish your system with healthy foods and drinks. Resolve to eat a minimum of 5-A-Day of fruits and vegetables, with at least 3 servings being raw. The live enzymes that are essential for our digestion come only from raw or lightly cooked foods. If you are only eating a cooked food diet, no wonder you're having occasional breakdowns. Drink at least eight glasses of water each day. Most of us think we get eight glasses of water daily, but much of what we drink is pop, coffee, or other caffeine drinks, which just further dehydrate our system.

Third, supplement wisely. If you find that you need a boost in a certain part of your health, supplementation with natural products can help you jump start toward better health. For instance, if you are looking for improving digestive health consider supplementing with enzymes, a probiotic to boost the friendly bacteria in your body, psyllium fiber, and herbs for cleansing. It can be helpful to find a nutritionist to aid in sorting out what would be best for you.

If your digestive system seems to be jammed like a freeway in rush hour traffic, take some action today to optimize your performance. By making some changes each day, you can experience the benefits of a smooth-running system.

News and Notes

Congratulations to the following for their promotions:

Huel and Margie Haymon	Star Sapphire Directors
Dick Cutshall	Group Builder
Gina Pavlicek	Director

And we welcome three new Directors for Huel and Margie Haymon:

Rev. J. B. Kimball	Director
Gwen Jeane	Director
James Hanna	Director

Do You Know Your Data Sheets?

Many times we neglect the best source of information about the AIM products, the Data Sheets. Are you reading them regularly? Do you know the information in them so that you can highlight pertinent information as you give it out to new contacts? Make a commitment to review at least one Data Sheet each week, study it until you are very familiar with the information and can share it with others.

