

## Do Sugar Cravings Have You By The Throat?

And What You Can Do About It.



[Carolyn Schropp](#) BS, NC,  
Functional Nutritional  
Consultant and Educator at  
HealthWalk

It's that time of year again when it seems like sugar is everywhere. For some of us the push and pull of holiday sweets starts at Halloween and lasts all the way through until New Year's Day. The craving for sugar can be a powerful urge. And the disappointing truth is that once we start to include sugar into our daily routine, it becomes more and more difficult to stop. As humans we've evolved to appreciate the instant energy sugar provides us, and food is a highly emotional topic, especially when it comes to sweets. We often associate sweet foods with love and acceptance. Scientists have looked at our brain chemistry to understand how food can directly affect our "feel-good" neurotransmitters like serotonin. There are many other physical causes for sugar cravings, too, like hormonal fluctuations, intestinal yeast, and stress, to name a few.

Some of my clients ask if sugar is truly addicting, but the answer differpag his depending on the individual. Sugar can certainly be addictive, but this is more of a problem for some individuals than others, because we all have different levels of neurotransmitters and receptors in our brains. These levels vary and change over time depending upon our genetics and lifestyle, what we eat, drink, and feel, where we are hormonally, whether we exercise, and how well we sleep.

Eating is so intimately connected with our biochemistry and our emotions. You may notice there's a pattern to when you crave sugar. For so many of my clients it is cyclical, occurring nightly after a stressful day at work, monthly just before their periods, or seasonally when the days grow short. Here are some common causes for sugar cravings.

Hormonal fluctuations- Just before menstruation, when estrogen is

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low and progesterone is on its way down, beta endorphin levels are at their lowest. These cyclical hormonal and neurotransmitter fluctuations may explain why many women who experience PMS also have sugar cravings.

Stress- Any stressful situation can lead to less than optimal eating habits. Stress itself increases cortisol levels, which initially dampen hunger. Once the stress has abated, our hormones of hunger ramp up and refuel. This can lead many women with stressful jobs and lifestyles to a pattern of nighttime cravings, overeating and unwanted weight gain.

A lack of sweetness in your life- Many things in life can affect our serotonin and beta endorphin levels- exercise, balance nutrition, rewarding work, a positive relationship, even a sunny day. The joy we find in our lives speaks to our biochemistry. So when we are lacking positive energy and happiness, it's not surprising that we seek to fill that void with sugar.

Insulin Resistance- When you are resistant to insulin (which can happen as a result of a long term diet high in refined carbohydrates and low micronutrients), glucose is not able to enter your cells and ends up staying in your blood as a result. This means your cells are starved for the fuel they need to operate, and signals are therefore sent to your brain to increase insulin. This results in cravings for sugar because even though you may be eating enough, your cells aren't able to access the food.

Intestinal yeast or systemic candidacies - Yeast thrives on sugar. If

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**Mark Hinds**  
Founder and CEO,  
HealthWalk™

## Founder's Message

Dear HealthWalk Family and Friends,

November - cold weather, colds and flu season and the beginning of the holiday season including **Thanksgiving**. It's a time when many different aspects of life come to the fore. To manage and thrive with the multiple and oftentimes competing demands on your time, energy and attention, you need to be as healthy as you can be.

First we have to be aware of what is supporting our health and what is depleting our mental, physical and emotional resources so that we can address the issues. To further that goal we are doing a series of timely healthcare podcasts with **Natalie Pace**, the founder and CEO of a socially conscious internet based financial news organization, to help more people learn about the current health issues and how to regain, maintain and enhance their health. Each HealthWalk practitioner will speak about how the mind, body and spirit are integrated in health and wellbeing and offer tips on how you can improve your health.

Please log in to the shows to hear the upcoming shows and the ones we have done at:  
**HealthWalk Blog talk radio show** dates, website and call in information:  
<http://www.blogtalkradio.com/NataliePace>

And of course our November specials are designed to further support you in being healthy and vital. We have two specials to support you during this time of particularly high stress: **20% discount** on:

HealthWalk's **ReGenesys™ 20% off**  
Enzyme Energy System™  
90 Capsules Bottle - **\$20.99** (Regularly \$25.99)

300 Capsules Bottle - **\$47.99** (Regularly \$59.99)

HealthWalk's flagship product ReGenesys supports alleviation of inflammation, pain, promote healthy tissue growth, support neurological functioning and give you enhanced energy and normal sleep patterns. ReGenesys contains beneficial enzymes, calcium, magnesium, boron, malic acid and adaptogens to support all bodily and DNA functions. ReGenesys is supportive of normal neural function, protein and carbohydrate breakdown and is especially useful for fatty acid, cholesterol and hemoglobin synthesis. It is effective in breaking down proteins, aids absorption of nutrients, fights inflammation, inhibits fibrin synthesis, and reduces circulation problems such as thromboembolic diseases, peripheral vascular disease, peripheral arteriosclerosis and ischemia. It speeds healing and reduces post operative swelling.

HealthWalk's **HydroMag™ 20% off**  
**HydroMag Charger Pad** - **\$19.99** (Regularly \$24.99)  
**HydroMag Coaster** - **\$27.99** (Regularly \$34.99)  
**HydroMag Cup Holder** - **\$27.99** (Regularly \$34.99)


An important factor in increasing nutrient uptake is the consumption of good water. HydroMag™ is a water application product that re-structures water molecules to its natural state which then help raise the body's pH - alkalizing and causing the red blood cells to become more efficient. When the cells are well hydrated, the toxins are released from the cells and flushed out of the system.

We look forward to seeing you at our **integrated health and wellness center** here in Carlsbad or to connecting with you online [info@healthwalk.com](mailto:info@healthwalk.com) or by phone 760-929-1520. Have a **healthy happy season** with many reasons to give thanks!

And as always with thanks and

To your vibrant health,

**Mark Hinds** and **Marilyn Tam**

Founder and Co-Visioners, HealthWalk 

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your intestinal bacteria are out of balance, they are less likely to keep yeast like candida in check. An over growth of yeast in the intestines or system can lead to increased cravings for sugar. At [HealthWalk](#) we can work with you to keep these organisms and cravings in check.

Here are some suggestions for a healthy middle ground between no sugar and sugar binges:

Balance your diet- Nourish your body with a balanced diet, full of healthy fats, quality protein, complex carbohydrates, fruits and vegetables. [HealthWalk](#) offers personalized nutritional counseling and support based on your individual needs and our [Vital Hematology \(live blood analysis\)](#) and naturopath can analyze your overall health so that there is a comprehensive plan to support your wellbeing.

Incorporate a high quality multivitamins and minerals complex, preferably in liquid or powder form for greater and easier absorption by the body. Good quality whole food vitamins and minerals supplement(s) are essential to cover your nutritional bases, especially in our society of fast food and industrial farming. [HealthWalk's](#) apothecary has excellent ones and our [Functional Nutritional Consultant](#) will help you make sound choices and customize a plan that works for you.


Mix protein with pleasure- We indulge ourselves in sugary treats once in a while. Combining these treats with some nuts or other high quality protein will help balance the sugar and insulin surge and allow a gentler increase in blood sugar and insulin. With a less spiky sugar urge to the brain, you'll experience a less precipitous crash as well.



When you choose to eat sweets, enjoy each bite, savor the flavors and allow the messages to get to your brain before you eat more. Oftentimes when you pause for a moment you will find that you are already satisfied and have less desire for more.

Enhance the sweetness in your life- One of my favorite recommendations for my clients is to go have some fun! We get buried in our work or the day to day responsibilities of raising a family, taking care of elderly parents, managing a household. As women we rarely take the time to nurture ourselves. It is very important to your health to do so on a regular basis. Take a step back to see what makes you happy, and examine the things that are doing the opposite.

Craving sugar or binging on sugar is not usually a reflection of your willpower or your individual strength. It most likely has physical roots, and those roots can be restored to set the foundation for a healthy, lifelong relationship with sugar!

You can find out more at [www.Healthwalk.com](http://www.Healthwalk.com) where there is an array of articles, recipes, natural supplements, nutritional counseling and more. Please contact us at [HealthWalk](#), we look forward to seeing you and helping you to become healthier, happier and more vibrant. 

## The Power of Listening and How to Learn How to Use it to Your Advantage

By [Dr. Dennis Maness](#), [HealthWalk™](#) [MindSoul Division](#)

Everyone can hear, few know how to listen. There are times we need to listen to not only the words but listen to the way in which words are being said. We can take a simple sentence such as "He didn't hit his nose." This sentence can be interpreted five different ways, depending on where you place the emphasis. Now imagine, your best friend tells you "He didn't hit his nose" and you only heard the statement. You probably misinterpreted what your friend had to say.

Listening is an art; a learned art form. We teach this in our ADHD and Productivity programs here at [HealthWalk](#) with great results.

In order to listen, we have to know what and who we are listening to. Are you listening to a person or are you reading? Are you listening to an authority or the village idiot? Next, we realize we are listening to words that are either spoken or read. Every word has a single meaning. That single meaning combined with other adjectives, verbs, nouns, conjunctions become a single meaningful statement. Every word has a direction. The direction combines with the meaning of the combined words. Now, we realize listening requires attention.

Whether you are listening to an authority or reading, the principles of listening remain the same.

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When you have something important to say to another person, would you want to talk at them or communicate with them? When given the choice to talk to someone or communicate with someone, of course you want to communicate. Talking is an exchange of words; communications is an exchange of thoughts. Don't lose me on this one, remember, organized words lead to a meaning that is understandable and that makes sense to the person you are communicating with or the reader of your words.

When words impact your brain, they arrive at the dictionary in your brain so the words can be identified and the meaning in that grouping of words can be interpreted to its particular message. When a meaningful and understandable group of words hit your brain, they enter as a thought and you are able to map or link them to memory chains.

Communication encapsulates the words into a meaningful thought the receiver understands. I want to teach you to listen or read in groups of thoughts, not words.



Did you know you can see more words per second than you can hear? That is a fact you can take to the library! A great writer can make words come alive on a page, and before we know it we are vacuumed into the story and are reading two or three times our average speed. Unfortunately, far too few textbooks, informational and educational

material are written with such passion, so we return to our old habits of reading from word to word.

Too many people read slowly because they are trying to read with their ears or for many, they feel the need to restate what the author is saying. We can only hear about 250 words a minute. An average communications reader can see up to six pages or 2400 words in a minute. It is only when we communicate with the story that we are able to fly through the pages with comprehension and retention.

Reading in thoughts is a system of absorbing groups of words at a time as you scan a page. We have developed an exercise which you can do at our website [www.healthwalk.com](http://www.healthwalk.com). (On our home page "[HealthWalk's Think Faster Game](#)").


Listening is a developed skill. It is learning to tune out surrounding noises; it is learning to tune out surrounding movement and above all to tune out multiple competing thoughts.

Words have a life of their own. When spoken, words can evoke emotions such as anger, fear and can cause hurt and pain; words can affect ones self esteem, motivation and productivity.

Unfortunately, we have programmed ourselves to listen to negative words more so than positive words, to listen to negative stimuli versus positive stimuli. Psychologically, we have entrained our brains to coast; to function in neutral, allowing our brains to go with the flow. Far too many will work twice as hard to find the easier solution - not necessarily the best solution which may work to their detriment.

At [HealthWalk](#), we teach you to develop this skill of brain management. With [MindSoul Brain Technology](#) Neuro-Sound therapy we non-invasively map your brain frequencies to determine the current condition. Then we provide the protocols which help balance your brain frequencies. After only a few sessions, you will have learned how to manage your brain instead of your brain managing you. We teach you to lower anxiety, increase mood and handle the tough times. We teach you to accept positive stimuli and manage the negative stimuli.

We teach you to listen; not just hear. We teach you to use your whole brain to apply your new knowledge to access memory, lower anxiety and how to stay well. Our goal is to entrain your brain and teach you to manage it long after you have left our office.

Call us today at 760-929-1520 to schedule your appointment for [HealthWalk's MindSoul Brain Technology](#) Neuro-Sound Stimulation Therapy. You and your brain will be glad you did - and so will all the people that you listen to. 

# Breast Health and the Bra

## Is Your Underwear Making You Sick?

By [Dr. Anna Walden](#), ND, DNM, MH, CBT,

HealthWalk™ [Vital Hematology](#) Department

A woman's face and form is cherished not only by herself but by society in general. Humans have followed fashion through the ages to enhance or downright alter physical appearance in order to achieve a particular type of beauty. We have crammed square toes into pointed shoes with high heels, and cinched waists and torsos into impossibly small sizes and shapes. And this particular invention, the corset has caused many women misery over centuries by exerting unnatural pressure on the soft organs, the circulatory system, and the ability to breathe. It is no wonder that women fainted so often "back in the day."

Although the corset was eventually rebelled against and forsaken; its near relative, the brassiere, has not loosened its grip in more ways than one. Any time there are constrictors of any kind on our bodies, the circulatory and lymphatic system are affected. The nutrients are brought to the tissue by vessels which range in size from obvious to microscopic. Our blood is carrying nutrients to our cells and also carrying back waste products. Bathing the cells is the lymph fluid which also contains cellular waste as well as nutrients, proteins, hormones, fats and sugars.

It is imperative that the lymph fluid is free flowing and not be allowed to stagnate. Otherwise the cells would be living in their own waste products unable to receive the necessary oxygen and nutrients. This fluid has been delivered through the capillary walls and can also return the same way. But not all of it. There is a significant portion which wends its way back into the bloodstream by another path. And that path is the lymphatics. There is a series of valves which keep the lymph moving away from the point of origin. The blood in the veins have the heart to propel it on its way.

Lymph fluid has only passive help in its journey. The main mechanism to circulate the lymph fluid is from movement of the muscles. Lymph circulation also gets assistance from inhalation and from any kind of physical motion. This delicate system is what keeps us from swelling up. So any time there is pressure on the surface of the body, these systems are compromised. The research of David Moth demonstrated that even the lightest bras placed pressure on the lymphatic system.

So might this have a connection to more serious conditions such as cancer? We know that the incidence and mortality of breast cancer is highest in North America and northern Europe. The next highest is southern Europe and Latin America, and the lowest in Asia and Africa. Researchers Singer and Grismaier observed the Maoris of New

Zealand who have integrated with modern mainstream life of their country had the same incidence of breast cancer as the other women in the population. However the aboriginals of Australia have practically no breast cancer. These women are not integrated into westernized society and do not regularly wear bras. They learned that women from Japan and Fiji and many other cultures significantly increased their chances of developing breast cancer when they started wearing bras.



The *European Journal of Cancer* published a study which discovered that premenopausal women who do not wear bras are less than half as likely to get cancer as those who regularly wear a bra.

A study done by Singer and Grismaier involving 4,500 women of our own culture and their bra wearing habits showed some amazing findings. Three out of four women who wore their bras 24 hours a day developed breast cancer. For women who wore their bra more than 12 hours a day, the chance of getting breast cancer was 1 in 7. For those who wore their bras less than 12 hours a day, the number plummeted to 1 in 152. For those who rarely or never wore a bra the incidence of breast cancer was 1 in 168.

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Until further research is done, one thing is clear. There is significant evidence that many hours of wearing a bra can have a long term affect on the health of the breast and health in general. Why not play it safe and reduce the risk by reducing the hours of constriction?

To establish a breast health baseline and to get an understanding of your current overall health condition, come to [HealthWalk](#) for a [Digital Infrared Thermal Imaging \(DITI\)](#) of your breast and body. The procedure is FDA approved, non-invasive, has zero radiation and your scans are analyzed by specially trained MD's certified by ACCT so that you have the most accurate assessment possible. At [HealthWalk](#) we have the technology, experience, supplements and products to support the wellbeing of your mind, body and spirit so that you and your body can be functioning at your highest potential. Please contact us through our website [www.healthwalk.com](http://www.healthwalk.com), by email [info@healthwalk.com](mailto:info@healthwalk.com), phone 760-929-1520 and come visit us in our integrated health center in Carlsbad, CA soon. 🍏

## Chappy's On Eagle's Wings Remembering What's Important

By Ron Ringo

I remember a great metaphor I once heard: *"It could be said that we are all in the construction business. In our human relationships, we have the opportunity to build bridges of trust and friendship each day, just as we have occasions to construct walls of enmity and fear. Sometimes it is easier to put up those walls, than work at a better relationship."*

Sir Isaac Newton said on the subject, *"We build too many walls and not enough bridges."* When we genuinely extend ourselves, not knowing whether our actions or kindnesses will be received as intended or our weaknesses accepted, we begin to build trust. It requires a great amount of courage and maturity to desire to build those bridges under such circumstances. Naturally, it is much more pleasant to do things for those who you know will appreciate it or who will respond in like manner.

But bridge building tests our mettle, enlarges our capacities and challenges our approach to life. Many now have experienced this first hand in Iraq and other wars. Many during these experiences learned and gained a grea-ter appreciation for their loved ones and things from home. When I returned home with many from Operation Iraqi Freedom, (OIF I) told me that they didn't want to take simple things for granted anymore. I heard that they had learned to be more patient. Life, and the people who we share it with, became a bit more precious to us because of these types of experiences.

In the glow of sweet reunions returning from war or other separations, hopes are high that old patterns would be abandoned, in favor of more loving behaviors at home. If you are one of those wondering why the good feelings of reunion can't last longer, or why resolutions to change can be so easily forgotten, perhaps there will be some words of comfort here for you.

In the book, *The Road Less Traveled*, (a book I highly recommend reading, by the way) M. Scott Peck talks about why the honeymoon period in a relationship always comes to an end. While we may think the honeymoon should last forever if we are doing everything right, the fact is, that real love begins to deepen and grow as we move beyond the "honeymoon phase" and get down to the business of helping and serving one another through the daily difficulties of life. Spouses return to work or school and must now enlarge their focus to include other responsibilities and goals. This is natural and healthy, but the lessening of closeness can cause us to feel lonely, fearful or rejected, but we don't understand why this is inevitable, and even necessary, for our personal growth and happiness.



Some people go from relationship to relationship seeking that euphoric feeling that exists in the beginning, but always passes. When it does, they move on thinking the love has died, when in fact, the real work of loving another hadn't yet begun.

Many of you, some who may have been away from a loved one, maybe had returned from a combat tour, went through hell and back, then came home to find even more heart wrenching difficulties awaiting you there. For others who were left behind, you carried heavy burdens and hung in there, only to feel unappreciated by the one who should have understood your sacrifices. You might be

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thinking, "What's it all for?" To patiently continue giving to those who may seem blind to the gift, takes courage, maturity and inner strength.

Those bridges that are built at home or with a foreign people require sincere efforts to responsibly reach out and try, again and again, even in the face of disappointments. Do we want to build walls or bridges?

You may be justified in feeling angry or bitter, sad or cynical, but what does that do for you? We've been told that one's anger or temper "is like a fire, it only gets destructive when it gets out of control." Someone once walked through the Holy Land, trying with all His heart to heal and bless and make a positive difference in the lives of those who would hear His voice. Yet many scoffed and scorned him and eventually crucified him. He was entitled to feelings of anger, hurt and betrayal, but chose instead to love. He fulfilled his mission and made a profound difference in the lives of those who did listen, and believed him. He loved them purely and forgave them freely, encouraging us to do the same.

A story that was sent to me recently shares this message. *"Two friends were walking through the desert. During some point of the journey they had an argument, and one friend slapped the other in the face. The one who got slapped was hurt, but without saying anything, wrote in the sand:*

*TODAY MY BEST FRIEND SLAPPED ME IN THE FACE.*

*They kept on walking until they found an oasis, where they decided to take a bath. The one who had been slapped got stuck in the mire and started drowning, but the friend saved him. After he recovered from near drowning, he wrote on a stone:*

*TODAY MY BEST FRIEND SAVED MY LIFE.*

*The friend who had slapped and saved his best friend asked him, "After I hurt you, you wrote in the sand and now, you write on the stone, why?" The other friend replied, "When someone hurts us we should write it down in the sand where the winds of forgiveness can erase it away. But, when someone does something good for us, we must engrave it in stone where no wind can ever erase it."*

We need to do likewise with the things that we are going through. We would be wise to learn to write our hurts in the sand and carve our blessings in stone. We need to not value the things we have in our life, but value whom we have in our life! Though we don't always understand why certain difficulties often fill our days, we still have a responsibility to be kind to those with whom we spend our days.

When life keeps hitting you in the face with difficulties, I hope you'll remember Things can come and go, but your relationships with God

and with those He has given you are the most important. As Joshua in the Old Testament said: "As for me and my house, we will serve the Lord." May God bless your efforts.

As always, it is my hope that this message will help you to, "*mount up as on eagle's wings*", and renew a little of your strength to keep moving forward and find joy...

*But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not be faint. (Isaiah 40:31)*

Until next time, may God bless you and may God continue to bless our great nation... SEMPER FI.



Chaplain Ringo, is the Command Chaplain at MCRD H&S BN, holds a Doctorate of Philosophy in Counseling, and is a Certified Trauma Specialist.

Chaplain Ringo is a good friend and supporter of HealthWalk's. We are grateful that he is working with us on our integrated total health approach to enhancing and restoring our veterans' resilience for re-engagement and for their transition from the high operational tempo back to their families and civilian life. 🌱

## Glazed Beets and Arugula Salad



- 2 pounds organic red or golden beets (if out of season, substitute Turnip)
- 1 medium organic onion, cut into wedges
- 2 organic bay leaves
- 2 Tbsp organic honey
- 3 Tbsp balsamic vinegar
- 1 Tbsp olive oil
- 2 organic cloves garlic minced
- Sea salt to taste
- 1 bunch organic arugula, cleaned and dried
- Chopped organic chives as a garnish
- 4 ounces organic chevre soft goat cheese ( optional)

1. Clean beets and remove green tops.
2. Cook in water over medium heat until soft about 10-15 minutes, depending on beet size.
3. Remove beets, reserving juices.
4. Chop into small cubes, set aside.
5. Return juice to pot and add onion, bay leaves.
6. Over medium heat simmer the juices until reduced to a syrupy consistency.
7. Remove from heat, taste and season with honey and balsamic vinegar.
8. Pour juice over beets.
9. Add olive oil and garlic season with sea salt.
10. Arrange arugula on large platter.
11. Pile beets in center, sprinkle with goat cheese.
12. Garnish with chives. 🌱

## Homemade Cranberry Sauce



- 1 12- ounce bag organic fresh cranberries
- ½ cup organic cane sugar
- ¾ cup filtered water (we use [HydroMag](#) treated water)
- 1 Tbsp. organic grated orange peel

1. Combine all ingredients into a pot.
2. Heat to boiling.
3. Cook for about five minutes or until cranberries pop.
4. The cranberries must pop to release the natural pectin that will thicken your cranberry sauce.
5. Refrigerate for at least three hours before serving.
6. Serves 6-8. 🌱

# Berry Mango Smoothie



- 1 fresh organic mango peeled and sliced
- 1 cup organic frozen berries (raspberries, strawberries, blackberries, or blueberries)
- ½ cup filtered water (we use [HydroMag](#) treated water)
- ½ teaspoon organic flax seeds (garnish)

1. Process all ingredients into a [VitaMix blender](#) or food processor
2. Serves 1-2. 