

Heart Thoughts How to Identify and Prevent Heart Disease



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A shockingly large number of Americans succumb each and every day to cardiovascular disease. It tops the charts as the leading cause of death at an impressive 28% according to the Center for Disease Control, CDC. These deaths are largely from heart attacks (myocardial infarctions) but include other heart disease related conditions as well. Nearly half of the people who have had one heart attack suffer another within a year. Faced with these facts and statistics, it is no wonder that an entire month, February is designated as American Heart Month to promote education and awareness about heart health issues.

Modern society tends to gaze into the gene pool for explanations for the maladies of humankind but consider this: Paul Dudley White who was the cardiologist for President Dwight Eisenhower (who suffered several heart attacks), said that when he graduated from medical school in 1911, he had never even heard of a heart attack. The following year in 1912 the Journal of the American Medical Association published an article detailing four cases of an unusual event which they called "coronary thrombosis." So in less than 100 years, heart disease has gone from an obscure occurrence to the leading cause of death. How did this happen?

Very simply, the 20th century happened. And by that I mean that the food supply became more processed (and increasingly more so), the environment became filled with more toxins and our means of transportation became more passive as riding in cars took the place of walking or riding horses. The consequence is that our bodies became more vulnerable to pathogens and our bodies' natural abilities to fight those pathogens were compromised by the environment, diet and lifestyle. With the introduction and

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widespread use of antibiotics, strains of micro-organisms morphed into forms that we had less defense against.

Now in the 21st century, awareness and evidence is percolating that perhaps a return to more natural and holistic ways might give us possibilities for extended quality of health and life.

The first question we might ask ourselves is - "How can I tell if I am at risk for a cardiac event?" Many times, the first warning sign is a fatal heart attack- which won't help much. There are some indicators of potential heart disease in traditional blood tests such as high Homocysteine levels and high LDL's and as early warning signs of heart disease they are better than nothing. A better indicator is the presence of C-reactive Proteins in your system; ask to include it in the test in addition to your basic blood panel testing for heart disease. High blood pressure can also be an indicator of heart disease.

At [HealthWalk](#) we utilize other techniques and technologies which often can reveal an energetic weakness before it has a chance to develop fully as a "red flag" in the body. We offer [Digital Infrared Thermal Imaging, DITI](#), which can reveal arterial blockages and the presence of C Reactive Protein without an invasive procedure. [DITI](#) is an effective and FDA approved service to help diagnose pathology in the vascular, muscular, neural and skeletal systems. [DITI](#) can provide early detection of heart health issues and we can also offer the

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[Mark Hinds](#)
Founder and CEO,
HealthWalk™

Founder's Message

Dear HealthWalk Family and Friends,

Happy American Heart Month and Happy Valentine's Day! In the month in which we celebrate both our physical and emotional hearts, we at [HealthWalk](#) have planned several promotions to encourage you to proactively take care of your and your loved ones' hearts and overall health.

Heart disease is the leading cause of death in the United States for both men and women. Every 34 seconds a person in the United States dies from heart disease. More than 2,500 Americans die from heart disease each day.

Many more people are suffering from emotional heart issues which impact their emotional, mental and physical health. At [HealthWalk](#) we have the modalities to help provide you with the information, solutions and suggestions to guide you on the path to greater health and happiness.

[HealthWalk's Digital Infrared Thermal Imaging, DITI](#) is an effective and FDA approved service to help diagnose pathology in the vascular, muscular, neural and skeletal systems. [DITI](#) can provide early detection of heart health issues and we can also offer the solutions, supplements and lifestyle recommendations to support your path to a healthy heart. For American Heart Month, we are offering a 20% discount on all [DITI](#) services to give you even more incentive to take care of your heart and your loved ones' hearts.

We are also offering 20% discount on two heart health supportive supplements:

[ReGenesys™](#) - [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.


[Subrex™](#) is a potent broad based stack of 18 essential or less available amino acids optimized to help retard aging and heart disease, for balanced hormones, mental health, tissue growth and repair, enhance memory and immunity, control stress, improve sleep patterns and to increase serotonin levels in the brain. These amino acids can help reduce atherosclerosis due to its LDL lowering effects and also have immunity-enhancing effects by releasing Human Growth Hormone or HGH which improves muscle mass and injury and wound healing and supports heart and circulatory processes and combats fatigue.

For emotional heart issues we have [MindSoul Emotional Imprint Resolution™ CD's](#), [Attracting Love](#), [Eliminating Anxiety](#) and [Foundations for Life](#) to help the individual's own subconscious do the work necessary to facilitate the healing and shifts. When our minds and emotions are balanced, our immune system, mental and physical bodies are naturally more able to deal with the daily health challenges we face.

Living each moment fully, finding and giving gratitude for what is present is the best prescription for health and happiness. I and several members of our [HealthWalk](#) team was just at the premiere of [The Compass](#) a movie and story about the journey through life and the lessons we learn along the way. My co-Visioneer, [Marilyn Tam](#) was featured in the movie and in watching the movie we were again reminded of how in every incident we can choose to see the good in it or feel that we are at the mercy of circumstances. Our decision determines our perspective, our mood and ultimately our health. In this month of the Heart, all of us at [HealthWalk](#) send you heartfelt wishes that you choose to recognize the positive in every situation and use that knowing to guide your next steps on your path to vibrant health.

To your vibrant health,

[Mark Hinds](#)

Founder and Co-Visioneer, [HealthWalk](#) 

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solutions, supplements and lifestyle recommendations to support your path to a healthy heart.

Through [Galvanic Skin Response biofeedback testing](#), we can detect the energetic state of the internal organs and find the source of stress in the body. [G.S.R.](#) measures through the conductivity of the skin, the autonomic nervous system responses to stress. A stress profile is determined by looking at responses of the meridians, vertebrae, teeth, and organs. [G.S.R.](#) can also look at food, environmental, chemical, viral, bacterial, and fungal stressors. With [HealthWalk's](#) different modalities we can give you the information, suggested solutions and products to enhance your health.



“What is the number one cause for heart disease?” There is a mounting body of evidence that infection is the major reason for heart disease, with infection in the mouth leading the pack. Researchers have found that people with gum disease are almost twice as likely to suffer from coronary artery disease. Under the microscope, gum tissue and heart tissue are virtually indistinguishable.

Another aspect of this point is the teeth; beyond the gums, an additional risk is when there is infection or abnormalities in the teeth. Minor infections in the teeth can go on for years without much awareness or any action being taken. This creates a chronic inflammatory process in the body which will ultimately take its toll on the heart. Although it may seem strange, one of the best things you can do for your heart is to take care of your teeth.

At [HealthWalk](#) we are dedicated to working with you to provide the most comprehensive picture of your health so that you are empowered with the knowledge and solutions to achieve and maintain vibrant health. 

What Can I Do To Prevent A Cold Or Flu?

By [Diane Kusunose](#), P.T., B.T.

[Galvanic Skin Response](#), [Cold Laser Therapy](#), Homeopathy, [HealthWalk™](#)

It is a challenge to stay healthy this time of year! It seems wherever we go we encounter someone who is sick. We hear deep coughing in the movie theatre behind us. The store clerk is sneezing before handing you your change. Someone with the flu was just using your shopping cart before you. Your kids get whatever is going around the school and bring it home to YOU! What can we do to protect ourselves?

Here at [HealthWalk](#), we provide you with both general health concepts and the specific remedies and supplements for your personal needs to boost your immune system. We also have the solutions and support should you have a cold or the flu. What does your body need in support? Is it spleen support or lung support that will help you with this cold?

Our nutritionist at [HealthWalk](#) has written in this month's newsletter about the general protection and illness prevention for immune support and health maintenance. I will be discussing possible solutions for cold/flu prevention and how to abort or minimize any acquired symptoms using homeopathic remedies and supplements. These are useful self-help concepts but it may be best to come in quickly at the onset of symptoms for an appointment for [Galvanic Skin Response Biofeedback](#), [GSR testing](#) to determine exactly what you need for support to recover quickly.

Prevention of the flu may be greatly enhanced by taking a homeopathic remedy called [Oscillococinum](#). You can get this at [HealthWalk](#) or any Health Food Store that carries homeopathic remedies. It can be taken once/week during cold and flu season to prevent the flu. If you have been exposed to someone who has the flu, you can take one vial every six hours to include a total of three doses to prevent getting it yourself. If the flu is already in progress, take two doses/day until symptoms decrease.

Aconite is another homeopathic remedy you can take in a 30C or a 200C potency if you have been exposed to someone with a cold or flu. Aconite is helpful to boost the immune system so take it when you first encounter someone sick and/or at the onset of your symptoms to help you recover more quickly.

Always keep in mind the great anti-inflammatory, anti-viral, and anti-bacterial effects of Vitamin C! This can be taken in large amounts at onset to boost the immune. Five thousand milligrams/day

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is a great start. Vitamin C is eliminated out of the body and does not accumulate in any way to be harmful. Ascorbic acid Vitamin C is recommended since it is easily absorbed.

A liquid vitamins, antioxidants, phytonutrients and minerals supplement is another powerful means to enhance your body's natural defenses. At HealthWalk we carry Passion 4 Life which has all the above plus greens, enzymes and a proprietary immunity blend. A liquid complex is readily available for the body to absorb and utilize quickly and efficiently.

Other supplements of immune support include Allicidin (garlic) and Oil of Oregano before or during an illness. Herbal remedies include Echinacea, Golden Seal, Burdock Root, and Olive Leaf extracts to help you fight off viruses and prevent bacterial progression.



HealthWalk's [Rupronol™](#) is made from the extract of over 90 constituents from specially grown olive trees and at 18% oleuropein it is among the most potent olive leaf extracts available. Olive leaf is a natural anti-viral and anti-bacterial and also has phenolic acids, flavonoids and antiseptic astringent features which help to thwart viral replication.

Come in to HealthWalk to determine what support or combinations of support may be most beneficial for you. We have many supplement/herbal/homeopathic companies of pharmaceutical grade quality in our apothecary to get you started right away. Through [GSR Biofeedback testing](#) we can determine the combination of homeopathic and Bach flower emotional and other nutritional support needed by your body.

Emotional support is essential to accelerating and enhancing all physical illness recovery. HealthWalk's [MindSoul Emotional Imprint Resolution CD's](#), "[Creating Health](#)" and "[Healing The Luminous Body](#)" are available to further assist you with the emotional support needed to help prevent acute physical illness or if you are struggling with any emotional and/or on-going physical challenges.

A client came into HealthWalk with a chief complaint of feeling general weakness and fatigue for 3 days. She also had a pain in the lower abdomen and was very concerned and anxious that she may have eaten some bad raw meat. The client was tested with the [GSR Biofeedback](#) technology for stress in the body and for remedy balancing solutions. A combination remedy called Acute Rescue was the top homeopathic combination identified to support her emotional and physical acute illnesses. Oscilloccinum and the Bach flower remedy Olive was added per the [GSR](#) results for her specific needs. Allicidin was also recommended for her to take for immune support. [Cold Laser therapy](#) was used to reduce her abdominal pain during her first visit as well. She came in on a Thursday and on the following Monday she brought her husband in for [GSR testing](#) since he too had been suffering from flu symptoms as well. She no longer had abdominal pain and was feeling much more energetic with all symptoms residing.

Here at HealthWalk we can assist you whether you have acute or chronic issues of illness during this cold and flu season. Prevention is always best and we also have the solutions for assisting your body once you have symptoms as well. We provide solutions to boost the immune system so you can armor up against the cold or flu, stay balanced, and on your feet as we begin another busy year! 🍏

Staying Healthy During Cold And Flu Season

By [Carolyn Schropp](#) BS, NC,

Functional Nutritional Consultant and Educator at HealthWalk

Do you get sick during the fall and winter months? Washing your hands more often does help keep illness at bay. And there are many other factors which come into play toward keeping healthy. If you tend to catch colds or the flu, here are some tips that really work for keeping away bacteria, illnesses, and viruses.

1. Eat plenty of organic, pesticide-free fresh fruits and vegetables especially those in season in your local area. Choose local produce if organic produce is unavailable or is from a distant foreign location. Travel, time and processing depletes the nutrients of all foods. Vegetables and fruits are high in nutrients and antioxidants and phytonutrients which help thwart the development of disease and illness.
2. Avoid eating processed foods and refined sugars, including high fructose corn syrup and dextrose. Fall and winter months are a time when people tend to eat more sugary processed foods due to holiday activities and gatherings. One of sugar's and simple carbohydrates' major drawbacks

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is that it raises the insulin level, which inhibits the release of growth hormones, which in turn depresses the immune system.

An influx of sugar into the bloodstream upsets the body's blood-sugar balance, triggering the release of insulin, which the body uses to keep blood-sugar at a constant and safe level. Insulin also promotes the storage of fat, so that when you eat foods high in sugar and simple carbohydrates you're making way for rapid weight gain and elevated triglyceride levels, both of which have been linked to cardiovascular disease.

This includes foods such as crackers, chips, breakfast cereals, most breads aside from sprouted whole grain breads, bagels, cookies, desserts candy, fruit juice, soda pop, mayonnaise, ketchup, peanut butter and other related food items. A good rule of thumb to follow- if it is not a whole food, avoid eating it. Load up on real, raw, whole foods for snacks and meals alike.

3. Drink plenty of filtered water. HealthWalk's [HydroMag™](#) is a portable and inexpensive water application product you can use to have water that actually creates a higher alkaline state in the body instead of having to consume high alkaline water, along with providing you with better hydration. Keep a container with you throughout the day and sip frequently rather than trying to gulp down many ounces at once. Minimize the use of plastic containers, tap water, and bottled water. Tap water contains dissolved toxins and plastic contains phthalates both of which suppress the immune system and health. At HealthWalk we can analyze your immune system with the Comprehensive Wellness Panel (blood chemistry analysis). Once your blood chemistry profile is determined we recommend supplementation and a nutritional protocol to put the body back in balance and to stay in balance.
4. Take quality nutritional supplements to fill in the areas where your diet leaves off. Whole food based, natural and organically produced vitamins and supplements are a very good choice. HealthWalk takes the guess work out of what supplements to take. We offer personalized nutritional consulting tailored to each individual.
5. Moderate the intake of alcoholic beverages if you drink - one drink a day for women and two drinks a day for a man. Drinking excess alcohol can have adverse affects on appetite, blood sugar, blood pressure, cardiovascular function, metabolic processes and weight.

6. Get plenty of rest and do not overextend yourself. In today's demanding world, there are always more requests for your time and energy. If possible, say no to extra tasks or at least prioritize the important over the urgent so that what is most valuable gets done first. Stay home on a night where you might normally go out and rest, relax, catch up, and go to bed early. Go to bed by 10:00 p.m. retiring at this hour allows your body to heal and rejuvenate.



7. Set aside time for regular exercise, preferably outdoors. Exercise builds up the body's immune system and strengthens the whole body against potential pathogens. In the colder months people tend to go to health clubs more. Many more germs and toxins are trapped in the humid warm environments indoors during colder months, so take precautions e.g. wipe down the handles of the gym equipment with a disinfectant wipe and wear slippers instead of being barefoot in the gym shower. Bundle up and go for a walk, hike, or bike ride or get out in the snow and go skiing, snowboarding or snowshoeing. Exercise improves your mood, help prevent or manage high blood pressure, boosts high-density lipoprotein (HDL), or "good," cholesterol while decreasing low-density lipoprotein (LDL), or "bad," cholesterol. Regular exercise can help you prevent type 2 diabetes, osteoporosis and certain types of cancer.
8. Set aside time for contemplation, stress reduction, and relaxation. When the body is under stress without release it is more vulnerable to the attack of microorganisms and disease. Plan regular activities that support your return to equilibrium, a hot bath, a massage, tai chi, yoga, stretching, walking, journaling, meditation or some other method you prefer. Make sure you give yourself time to recharge.
9. If you get sick, drink plenty of fluids such as filtered [HydroMag™](#) treated water, homemade soups and vegetable juices and eat more fruits and fresh vegetables. Increase your intake of antioxidants and phytonutrients via your diet as above and add supplementation of olive leaf extract, packed with phytonutrients and natural anti-microbial and anti-viral properties. HealthWalk's Rupronol™ has 18%

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oleuropein and has over 90 constituents from specially grown olive trees making it among the most potent olive leaf extracts available. Take time to rest, and put off things that aren't necessary so you can get back to a state of health quicker and easier.

When you maintain a good schedule of eating healthy, avoiding processed foods and beverages, take proper supplementation, practice moderate activity, exercise, rest and relaxation, you will notice an enormous improvement in your health. You will have more energy feel more productive, and avoid catching flu's and colds.

Contact us at [HealthWalk](#); we have tools, support and information to empower you on your path to regaining and maintaining Vibrant health. 🌱

Why Go Organic?

By Julie Gengo
HealthWalk™ Marketing Coordinator

As a healthy foods advocate, many people often ask me whether or not it really makes a difference if they eat organic food? My response has always been an emphatic yes! There are several reasons why eating organic is not only recommended but also essential to maintaining personal vibrant health and the health of our planet.

Primarily, organic foods are grown **without the use of pesticides, fungicides, herbicides and inorganic fertilizers**, which not only protects the food, but also preserves the soil, keeping it well-stocked with vital nutrients that end up in what you eat. Chemical pesticides, fungicides, herbicides and other inorganic additives show up in the food when it is used in the growing/raising process which will accumulate in your body when you eat them. These chemicals also interrupt the microbiotic activity in the soil according to The Maine Organic Farmers and Gardeners Association (MOFGA). MOFGA also documents that: "Natural, undisturbed soil is alive with microbiotic organisms that exist in harmony with the native plant life and the inorganic minerals that provide the soil's substrate."

If avoiding chemicals and preserving soil nutrients are not a good enough reasons, maybe avoiding GMO (Genetically Modified Organism) ingredients would be. Over the years, the amount of pesticides, fungicides, herbicides and inorganic fertilizers use on crops grown in the United State and Canada has also rapidly accelerated due to the introduction of GMOs into our food supply. Happily, Organic foods **DO NOT** contain GMO ingredients.

It's not just the avoidance of chemicals that is of concern but also the food and ingredients made from GMO crops that are strongly questionable for health safety reasons.

Against strong opposition from the scientific community, the FDA approved GMOs in 1992 for commercial use labeling them as GRAS or "Generally Recognized as Safe." However, the GRAS label was given without meeting the guidelines of undergoing a substantial amount of peer-reviewed published studies and by achieving an overwhelming consensus among the scientific community that the product is safe. As of today, food grown and manufactured from GMO ingredients have not been adequately tested on the human body and there is no clear scientific evidence supporting its safety for human consumption. In fact there is credible evidence showcasing how GMO foods are indeed harmful. Another disturbing point is that foods containing GMO ingredients do not have to be labeled and there are no required review processes or regulation protocols currently in practice.



We have essentially become human guinea pigs and there are more and more accounts of people getting sick. According to a report published by the Institute for Responsible Technology, *The FDA's "Non-Regulation" Of GM(O) Foods*, "Their influence on health has been largely ignored, but recent studies show serious problems. Genetically modified organisms (GMOs) have been linked to thousands of toxic or allergic-type reactions, thousands of sick, sterile, and dead livestock, and damage to virtually every organ and system studied in lab animals. Nearly every independent animal feeding safety study shows adverse or unexplained effects." This information has been well documented in Jeffrey M. Smith's book, *Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods*.

When it comes to making a decision between organic and conventional, the choice is clear - choose organic for your own health and for the health of the planet and future generations. If money is an issue, the last place you want to cut back on is on the quality of the food you buy and consume. After all **you are what you eat**, and replacing organic food with mass-produced chemically enhanced produce and ingredients will cause your body more harm down the

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road, which in turn increases the dollar amount you spend on healthcare. By spending a little more money now will save you a lot of money and illnesses later. Also anecdotally and from personal experience organic food just tastes better!

At HealthWalk™, we strongly support and encourage eating organic food, as keeping your body and metabolic processes free from foreign and negative chemical invasion is a wonderful and effective way to maintain vibrant health. If you have been inundated with chemicals from foods and environment, we can assist you in your detox process through [Vital Hematology \(live blood analysis\)](#), [Galvanic Skin Response biofeedback testing](#) and [Nutrition Analysis with a Functional Perspective](#). These modalities can help set you free from unwanted, toxic substances and lead you on a clear, bright and healthy path that organically unfolds into an open field of joyful endeavors. 🌱

The Long Road Home Returning to Freedom and Flexibility following Physical and Emotional Trauma

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

It was 10:40 PM as Evelyn made her way home through a rural farming area in her new 1966 Mustang. Dark and cold, Eve had the heater and the radio on. She had made the drive hundreds of times. From her friend's house to her home was exactly 9.2 miles and she knew every curve and hill between her friend's house and her home. As Eve drove up the small hill that separated their houses unaware that a large truck had just picked up the harvest from a nearby field had just pulled onto the road on the other side of the hill. Eve, unable to see the truck cleared the top of the hill, started her descent. By the time she saw the truck it was too late. What happened next changed Eve's life. "All I remember was the loud crash, the scraping metal, the terrible smell that I could never describe; then I passed out". Eve had run under the trailer being pulled by the truck. That night, Eve received head injuries that would leave her left arm and hand paralyzed for the next forty-two years.

Physical paralysis and long term emotional dysfunction can happen to anyone following a traumatic event. It may not be a physical paralysis; it may be an emotional upheaval that is relived over and over again paralyzing emotions, evoking undesirable behaviors of anger, violence and depression to physical problems in various parts of the body.

When an unsettling event happens, the brain will react. A primary function of the brain is to protect the body; to trigger activities

which will keep you alive and safe. When you are upset, a chain reaction usually started by the release of a hormone called adrenaline, goes to work to excite your bodily system to react in a protective mode. An adrenaline rush and the behavior called 'Fight or Flight' operate en masse for your self preservation.

Let's follow the adrenaline rush in Eve following the accident. Just before impact, stress hormones and chemicals flood Eve's body as it prepares her for fight or flight. This makes her heart beat faster, constricting blood vessels in her limbs keeping blood in the trunk, increasing her breathing and perspiration and tensing muscles. At this point some people will faint due to the trauma; it is one of the brain's options to reduce panic and further injury to oneself.

For many, any attempt to return to what was normal after a significant trauma is greatly compromised because of damage to tissues, muscle and- nerves. Capillaries throughout the body were constricted during the accident. Heart muscles were stressed and muscles throughout the body retain some physical tension which is one of the reasons the body may feel sore following an event.



For the next forty two years Evelyn was unable to use her right hand and arm which have become paralyzed. A close friend suggested that she may get some improvement if she came to HealthWalk and have some sessions with [Dr. Dennis Maness](#) of their [MindSoul Brain Technologies](#), [Dr. Maness](#) has had success working with accident survivors suffering with non-structural close brain injury, stroke and depressive symptoms following accidents.

[Dr. Maness](#) ran a NeuroStimulation test to see if Eve's brain could relax itself to allow her arm and hand to release. When Evelyn said she felt tingles in her arm and hand it was an indication that she would be a good candidate for [MindSoul Brain Technologies](#) sessions.

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In Evelyn's case, the sessions helped free her body and mind to attempt to return to its original healthy state, but at that moment the underlying stress issues related to being in a prolonged trauma state and the resultant coping mechanisms had not been resolved yet thus causing those issues to remain. When these health issues are still present, the brain makes adjustments to a new homeostasis (a new acceptable norm). As Evelyn began to recover, she became more aware of the anxiety, depression, headaches, stomach and bowel problems and a variety of other pains that was masked by her focus on the paralysis.

To address these health challenges, [Dr. Maness](#) used a variety of sound frequencies, vibration and lobe - neuro specific exercises to counter the current homeostasis and to return Evelyn to the more desired homeostasis. By the end of a week of sessions, Evelyn began to regain feeling to her hand and arm and experienced increased overall wellbeing. She was able to make a fist, hold a glass of water and had improved movement in the fingers. Now that back she is back home in the Midwest, Evelyn continues to improve.

In low doses, stress alerts us, organizes us and makes us more productive. In high amounts and in cases of physical trauma like Evelyn's or in depression, mood swings, depressive behaviors and Post Traumatic Stress Disorder, [MindSoul Brain Technologies'](#) NeuroStimulation Sound treatments have helped many on their road to recovery.

[Dr. Maness](#) developed the NeuroStimulation procedures and holds the patents. These protocols have been utilized by over 5,700 individuals since 2002 and are offered exclusively through [HealthWalk](#).

[HealthWalk](#) offers a complete program to not only help brain functionality but also the entire body. [HealthWalk](#), where we work with you to address the root causes of the health issues so that you can regain and enhance your health. 🌱

Try Something New!

By Ron Ringo

With the ushering in of the New Year and the recent Inauguration of President Obama, we see how most of us get very excited with the opportunity of experiencing something new. A start-over, or new look with different eyes. If you, like me, are tired of dealing with the same old thing over and over, maybe it is time for us to try something new.

We all have little frustrations and difficulties that tend to just ruin our day when they really shouldn't have that kind of power. Why do we allow the anger, hurt or other nonproductive responses to control so much of our lives? I know I can get wrapped around the axle whenever I feel something is unfairly done to another person or to

me. As often happens, I came across a story years ago that has helped me in this area and I wanted to share it with you to address this issue.



Year after year, an old farmer planted and plowed around a large rock in his field. His experience with rocks over time had taught him it would be a most difficult obstacle to remove. Even after breaking several plowshares and a cultivator against the stone, he continued to work around it. He grew rather accustomed to this enemy in the field. And, then, one day he lost another plowshare to the rock. Remembering all the problems it had caused him through the years, he finally decided to take action. Putting a crowbar under the stone, he discovered to his surprise that the "foreboding rock" was only a few inches thick and could easily be broken with a sledgehammer. Hauling the crushed pieces away, he smiled sadly as he reflected on all the trouble the rock had given him and how he could have gotten rid of it years ago. His life's labor was much easier now that the rock had been removed.

Life for you and me can also be so much easier when we remove the rocks of our pride, the stones of our anger and resentments, and the continued on page 9

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boulders of our bitterness from pains, hurts and frustrations. If we refuse to supplant many of our "rocks", they may actually become bigger and bigger over time. The more we allow our habits, especially not so good habits, to become entrenched in our lives, the more difficult they become to remove.

Like the farmer in the story, when we have stones of frustration rearing their ugly heads in our day to day lives, and we start to give in to anger, pride, hurt and revenge, may we use the crowbar of our courage to wedge underneath our debilitating weaknesses, remember to face our own faults, and to look past grudges.

It is true, that some of our rocks may be very difficult. Some may seem somewhat impossible to overcome or remove. Stories such as the old "*Hatfields and McCoys*", remind us that many feuds, fights and grudges can develop from our reactions to a given situation. Some of these struggles can last for more than one life span, going from one generation to another. Do we contribute to this in our circle of influence?

We now all have the challenge to honestly look at, and face, the boulders in our lives responsibly and, in my opinion, prayerfully. Then it is our job to do all we can to remove these pebbles, stones, rocks and boulders from our lives. We are the ones who allow our actions to become a part of our makeup and often control much of our behavior.

We know that the solutions are not normally very easy to determine and it can be more difficult to remove those rocks when we have let them become embedded. However, it is equally as frustrating and difficult to only work around them. Our lives can be much easier and have much more joy and happiness, when we purge our souls of all these destructive stones to which we tend to cling.

I don't know why it seems so hard at times to really let go, but I know that when we do, and when I actually have, life becomes more peaceful and daily activities are more consistently enjoyable. Much like the swearing in of the first African-American President, once thought close to impossible, we too can reach new horizons in our life to move beyond our embedded obstacles. It is my prayer that you find this in your life. Never be afraid to try something new.

"Remember that amateurs built the ark. Professionals built the Titanic." It is my hope that this message will help you this week to, *"mount up as on eagle's wings"*, and renew a little of your strength to keep moving forward and find joy...(Isaiah 40:31)

Until next week, 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. 🌱

Raw vegetable Kabobs



- 4 mushrooms
- 1 zucchini
- ½ cauliflower
- 1 red bell pepper
- 2 carrots
- 1 medium onion
- 2 inch piece fresh ginger, peeled and chopped
- 2 cloves garlic, chopped
- ½ cup Bragg's Liquid Aminos
- ½ cup water
- ½ tsp basil
- 1 tsp oregano
- ½ tsp cayenne

Clean and cut vegetables into chunks. Blend remaining ingredients and pour over vegetables in bowl. Marinate overnight in refrigerator. Put vegetable chunks onto wooden skewers and serve. 🌱

Red Lentil soup with Zucchini



- 1 cup of red lentils rinsed well
- 5 cups of filtered water ([HydroMag™](#) treated is best)
- 1 med white onion and /or 2 small scallions, chopped
- 2 med zucchini, diced
- 1 tablespoon olive oil
- ½ teaspoon ground cumin
- 1 clove garlic chopped
- Small spring of chopped parsley for garnish

Heat oil over low heat. Add onions and garlic saute for 2-3 minutes. Stir in cumin. Add water and lentils bring to a boil. Add vegetables, cover and simmer until vegetables are soft, 15 -20 minutes. Sprinkle with parsley and serve. 🌱

Green Smoothie Extraordinaire



- 4 leaves of kale or 8 spinach leaves
- ½ ripe avocado (makes it creamy)
- ½ banana
- ½ cup berries (choose one) blueberries, raspberries or strawberries (fresh preferred)
- 1 medium orange, peeled and diced
- 1 tsp of cacao nibs
- ¾ cup filtered water ([HydroMag™](#) treated is best)
- 1 small carrot

Process in blender or vita mix, greens filtered water and carrot until smooth. Add orange, berry choice, banana, avocado and cacao nibs blend until smooth. 🌱