

## What is hiding in your food can hurt you and what you can do about it.

(I'll Have a Large Popcorn Drizzled With Diacetyl, Please)



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When Napoleon was driving his army across Europe, he was faced with a major dilemma - how to feed all these people for such a long time over so great a territory. The French scientists of the day birthed canned foods as a solution. Prior to this, there were few preservative methods. Fast forward to the 21st century where we have grapes from Chile, hydroponic vegetables, and products that are preserved in boxes for almost an indefinite length of time with chemical derivations from petroleum by-products. Some of our "food" products are so processed that the manufacturers add vitamins (synthetic, of course) so that they can be classified as food. What has developed in the food supply over the last several centuries have brought us to an unprecedented crisis in health and well-being. Previously humankind suffered from pestilences and infection-based diseases. Improved hygiene has stemmed the microbial tide against humanity. As that particular burden was lightened, a new one emerged in the form of synthetic sweeteners, processed foods, pesticides, insecticides and genetic tinkering. The shift now is to rampant chronic degenerative diseases that the pre-industrialized world had little knowledge of.

Now we have to ask the question, *"If you are what you eat, what is your food eating?"*

In large feedlots, all (yes, 100%) cattle are fed 5 or more sex hormones, to accelerate weight gain. These hormones are known to be carcinogenic in humans and also cause reproductive dysfunction. Synthetic amino acids, genetically modified corn and grain, crude

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glycerol, a byproduct of the biodiesel refining process, are all in the feed. Cattle, pigs and chickens are also fed antibiotics to minimize the spread of infection in the cramped and often waste-filled pens.

The livestock feed in the commercial dairy and cattle business can contain remains of the millions of dogs and cats who were euthanized at animal shelters and veterinary clinics. Processed feathers and chicken feces are added to cattle feed. Farm grown fish and shellfish are fed antibiotics, feed laced with PCBs, dioxin, other cancer causing agents and chemically synthesized dyes/coloring. They contain a poor ratio of omega 3 to omega 6 and lack the positive nutritional qualities that healthy seafood provides.

Our conventionally agribusiness grown vegetables are so heavily treated with pesticides that it is estimated that the average person consumes 1 gallon of pesticides and herbicides per year. As the produce is shipped over long distances and over long periods of time, the nutrients are lost progressively as time goes on.

Packaging such as plastic, Styrofoam, metal cans and Teflon can also leach into the foods it is attempting to protect.

So what about your yummy treat, the micro-waved popcorn? Your popcorn is encased in a Teflon lined package which releases micro-particles which have been shown to cause lung damage and cancer. Check your brand for food coloring FD&C Yellow No. 5, a synthetic

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

## Founder's Message

Dear HealthWalk Family and Friends,

Hurrah, Spring is here! Roses are blooming in the garden and the chirping of the birds nested under the eaves wake me up in the morning. I am feeling grateful as I witness the renewal in the cycle of life. It is perfect timing to celebrate the 39th anniversary of Earth Month.

Earth Month is dedicated to a healthy and sustainable lifestyle so that there will be a thriving planet for us and future generations. We know that the biology of our bodies are directly impacted by the ecology of the planet. What and how we eat is a huge part of what we can do to protect and nourish our personal and planetary health.

Environmental pollution, heavy pesticides, antibiotics and hormone use in animal husbandry, agriculture and the highly processed food supply chain have resulted in dramatically lowered nutrients as well as a big dose of toxins and even undesirable microorganisms in our food.

In celebration of Earth Month, we are offering a free workshop and dinner on Earth Day on how you can make choices that support your personal health as well as the health of the planet:

On 6:00pm Wednesday, April 22, 2009 we will offer a free workshop on "[Going Green with your Diet](#)". You will learn how and why eating more plant-based foods is good for your wellbeing and will also reduce your carbon footprint. How toxins impact your brain and what you can do about it and what superfoods can help you maintain vibrant health. We will also share about the environmental impact of the foods we eat.

You will learn about the latest research, information, tips and

recipes on how eating and being green will support your health, vitality and promote longevity. A healthy organic meal will be sponsored and served by [Cooking 4 Life](#), the Salad Master distributor.

We are also offering a 20% discount on natural products to support your health:

HealthWalk's [Rupronol™](#) Olive Leaf Extract (**\$15.99** regularly **\$19.99**)


Is packed with phytonutrients and have powerful natural anti-microbial and anti-viral properties.

[Rupronol™](#) is helpful in strengthening the body's immune responses and in ridding the body naturally of detrimental microorganisms.

HealthWalk's [HydroMag](#) (**\$19.99** regularly **\$24.99** for [HydroMag Charger Pad](#))

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.

Many of us live most of our lives in cities and on paved surfaces with little exposure to nature. Please take an opportunity during Earth Month to spend some time in the woods, mountains, rivers, and/or ocean - reconnect with Mother Nature. You will feel replenished and refreshed. Enjoy the glory of Spring, the renewal of life, and you may find yourself inspired to do more to improve your personal and planetary ecosystems.

Use Earth Day as a reminder to take care of your internal environment while you help restore the planetary ecosystem. At [HealthWalk](#) we delight in supporting you in enhancing your health in natural and holistic ways - just what Mother Earth would have ordered. 

To your vibrant health,

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

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dye linked to hyperactivity, asthma, and more. The artificial butter flavoring is made from Diacetyl which is a relative of paint stripper. When heated, Diacetyl produces vapors which irritate the eyes, skin and respiratory tract. A Bill has been introduced in Congress to ban Diacetyl by 2010 because of the massive respiratory damage that has been done to workers who are in and around the manufacture of this chemical.



*Now What?*

By way of solution, at least for now, we still have organic produce. Forty one studies from around the world have shown that organic crops have significantly higher levels of vitamin C, magnesium, iron, and phosphorus. They are higher in secondary nutrients as well; these include antioxidants and phytonutrients which neutralize harmful free radicals. Equally important is what organic food doesn't contain - pesticides, insecticides, preservatives, wax, irradiation, genetically modified organisms, and a host of other unpronounceable ingredients.

If you eat seafood and meat, eat wild caught seafood and organic and free range meats. Eat them in moderation. Go for quality in your food selections. Avoid junk foods (even "organic" junk) - avoid processed foods especially with high salt, high sugar/high fructose corn syrup, fried fast food, sodas and "juices" and anything made with white flour. Just because a package says it's organic or healthy does not mean it is truly healthy, read the label, decide for yourself.

Skip the microwave. Wonder why users are advised to let food sit for a few minutes after removing it from the microwave? It is to let the radiation disperse before consuming.

Eat natural organic food.

Eat a variety of foods.

Eat locally.

Drink lots of filtered [HydroMag™](#) treated water; it will help your body alkaline itself and release toxins.

Take your time when you eat. Wolfing down even the best foods can overwhelm your digestive system and reduce/cancel the good it can do you. And come see us at [HealthWalk!](#) We have leading edge services like [Vital Hematology live blood analysis](#), [Functional Nutritional Consultation](#), [Adrenal & Hormonal Analysis](#), and [Brain Technologies](#) to provide the information and the support to help you regain your vitality. To ensure that you maintain optimal health, we also have powerful natural products and supplements to help you detoxify, replenish and strengthen your body as you navigate through today's highly marketed landscape of food. [HealthWalk](#), we are here to support your path to vibrant health. 🌱

## Good Grief, Don't Eat That! What is really in your food and how to eat healthy?

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

Functional Nutritional Consultant and Educator at [HealthWalk](#)

As many of you know, what is often being touted as "healthy" has much more to do with the all mighty dollar and much less to do with "health". True health has to start with proper nutrition for the body. All the exercise in the world cannot negate the malnourishment from the processed foods and toxic chemicals that are being ingested daily.

Hydrogenated, trans and man-made fats are found in the margarines, shortenings and hydrogenated "health" products widely available today. They represent the power and success of PR and marketing over authentic health. These man-made fats are everywhere. They can be found virtually in all boxed or bagged processed foods such as crackers, cookies, pastries, diet/nutrition/ and energy bars, etc.

When a fatty acid is hydrogenated, the actual molecular structure of the fat changes to something not found in nature, "trans" fat. These man-made "fake" fats are extremely toxic to the body. The molecular reconfiguration of the fake fates molecule wreaks havoc and disrupts normal metabolic activity in the cell. Research has also shown that they can cause a host of problems including sexual dysfunction, increased blood cholesterol and paralysis to the immune system. Consumption of hydrogenated fats is also strongly correlated with the development of some cancers, diabetes, obesity, low birth weight, birth defects, decreased visual acuity, sterility, and bone and connective tissue problems.

What about milk and dairy products? Simply put, what we have been

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told about milk and dairy products is misleading. No other animal drinks milk beyond childhood. No other animal suffers from osteoporosis, except the occasional pet raised on human meals. Pasteurization destroys all of milk's natural enzymes. These enzymes were there originally to help the body assimilate all of the vitamins, minerals and nutrients, including calcium.



Homogenized fats and dairy products are much more susceptible to oxidation and have recently been linked to heart disease and cause incomplete protein digestion in the small intestine, leading to milk allergy and intolerance. Cow's milk is the most mucus-forming food we can consume. Casein, the protein component in milk, is a very thick and coarse substance and is used to make one of the strongest glues known to humankind. Casein is a powerful histamine which can clog and irritate the body's entire respiratory system. Dairy products are also the leading cause of allergies.

Almost all dairy cows are given antibiotics, hormones and now oftentimes rGBH and IGF-1 (bovine growth hormones to spur extra milk production and body growth) all which are absorbed into our bodies when we consume dairy products. Many other chemicals such

as emulsifiers, extenders, phosphates and the pesticides and pollutants that the cow has ingested and concentrated are in the milk products as well. Dairy's high calcium content causes relative deficiencies in magnesium and other bone-building minerals, and its high phosphorus and animal protein reduces calcium availability. So dairy products actually leaches calcium from bones instead of builds bones.

If you still choose to consume dairy products, eat organic and/or raw goat's or cow's milk, knowing that there can be potentially dangerous microorganisms, in addition to the leukemia virus in them.

The way to get enough calcium, the proper proportions of magnesium and other bone building minerals is to do what the cows and other animals do - eat greens! Organic vegetables, nuts, legumes, fruits, cold water wild caught fish and sprouted grains add the proper combination of minerals, nutrients, antioxidants, vitamins and good fats to your diet.

Look at the labels of the processed food in your home, the boxed, bagged, canned, pouched, etc foods. How many of the ingredients can you pronounce let alone comprehend their function? The scientists working for major food companies have developed over 50 different compounds that are present in any given form of packaged food to satisfy the appetite center of our brains. This gives a whole new meaning and level of understanding to the phrase, *"Betcha can't eat just one!"*

The FDA's approval of aspartame has been labeled by many health experts as troubling at best. "Diet" products such as artificial sweeteners, sodas, diet drinks, sugar free snacks, supplement bars/powders etc. containing the chemical sweetener aspartame can have multiple neuro-toxic, metabolic, allergenic, and carcinogenic effects. Some of these trigger initiation or aggravation of diabetes mellitus, hypertension, arthritis, headache, depression, and hypoglycemia to name a few. Diet sodas and other food products containing aspartame have been found to cause weight gain due to the fact that the chemical's powerful effects on the brain alter the communication with the liver, causing serious blood sugar problems.

At Healthwalk we can analyze your sugar imbalance, immune system function, thyroid function, adrenal stress and more with the Comprehensive Wellness Panel (blood chemistry panel). With this information we work with you to develop a healthy and easy nutrition plan to strengthen your body, alleviate allergic, inflammation and other health challenges and enhance your health and wellbeing.

Drinking chlorinated water is like waging a war on the inside of your body every day. Chlorine has been placed in water to kill any unwanted organisms. But once it enters the body, how does the

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chlorine know which organisms are bad and should be killed and which organisms are good and should be left alone? Chlorine destroys the positive bacteria in the human gut, disrupting the positive bacteria that are so vital to many life sustaining and health giving processes. Chlorine has also been shown to drastically increase one's risk to several different types of cancer as well as cause serious birth defects.

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.

[HealthWalk's functional nutritional consultant](#) will help work with you on how to make sound nutritional choices based on your individual needs and metabolic system. We tailor a program for your own personal needs based on the results of your Comprehensive Wellness Panel (blood chemistry panel).

You can find out more at [www.healthwalk.com](http://www.healthwalk.com) for an extensive array of articles, recipes, natural supplements, services and more. [HealthWalk](#), we are here to support you on your path to vibrant health. 

## Genetically Modified (GM) Foods

### Another Reason to Buy Organic

By Julie Gengo  
HealthWalk™ Marketing Coordinator

I remember watching a PBS documentary in 2001 called Harvest of Fear. This 2-hour special on genetically-modified (GM) foods thoroughly presented potential dangers to this planet and its inhabitants alike when and if these crops were allowed to grow in abundance. After seeing this, I was certain that our government and its agencies (FDA, USDA, EPA, Dept. of Agriculture) would prohibit rapid expansion and provide adequate testing of each new item. I also thought that if Americans knew of these dangers that we would follow our European counter parts in banning GM crops and banning together to not allow 'Frankenfoods' into our food chain.

As it turns out, most people didn't see this documentary, in fact eight years later, many people are not aware of what a genetically modified organism (GMO) is; what foods are involved in this technology; and how harmful it is to the planet and our bodies. Since this documentary aired, within the U.S., 81-86% of all corn, 88-90% of all soybean and 81-93% of all upland cotton are GM crops. That is an

astounding amount considering what we now know about the ramifications to the environment and the negative health effects these crops have posed. In addition to soybeans, cotton and corn, rice, sugar beets, canola, and potatoes are also among the predominant GM crop planted in the U.S. and Canada.



#### What are GMOs and GM Foods?

From Wikipedia: "a genetically modified organism (GMO) or genetically engineered organism (GEO) is an [organism](#) whose [genetic](#) material has been altered using [genetic engineering](#) techniques."

The environmental organization, Environmental Commons explains, "genetic engineering is a process whereby genes from one organism are moved into the genome of another organism. In the case of genetically engineered foods, genes from bacteria or other plants or other organisms are moved into crop varieties with the assistance of a viral vector. This provides herbicide-tolerance and/or insect resistance to existing domesticated plant varieties. In many cases, biotechnology breaks down natural species boundaries. The genes inserted cannot be removed and thus become released into the environment during the pollination process."

In other words, the DNA within seeds is spliced and inserted with other genes that serve a specific purpose. For instance, a common gene used is the family of toxin proteins derived from the bacterium

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*Bacillus thuringiensis* (Bt) that is resistant to glyphosphate (a pesticide more commonly known as Roundup made by Monsanto). This gene creates a plant that is 'Roundup Ready' or Roundup resistant. When the pesticide is sprayed on the plant, the plant is unscathed however the surrounding weeds die thus reducing production costs and creating higher yields. In theory, the use of this pesticide would diminish, as the plant would also have a natural ability to fight off the insects.

#### Invasion of Superweeds, Superbugs and Superbacteria:

Unfortunately what was predicted back in the early days of GM experimentation failed to materialize. Weeds have become *superweeds*. Due to unavoidable cross-pollination, these weeds have absorbed the same GM genes also becoming resistant to Roundup.

Because of these superweeds, the use of pesticides has actually gone up so much so that in the United States critics suggest that the regulatory agency that monitors for effects on the quality of life due to pesticide use has lost its power to test for levels of pesticides in foods, damage to the environment and to the public. This regulation was quietly removed from the Department of Agriculture's jurisdiction in 2008 for so-called budgetary reasons. According to an article posted in the Chicago Times: "The Bush administration has abruptly halted a government program that tests the levels of pesticides in fruits, vegetables and field crops, arguing that the \$8 million-a-year program is too expensive — a decision critics say could make it harder to protect consumers from chemicals in their food. Data from the 18-year-old Agricultural Chemical Usage Program administered by the U.S. Department of Agriculture were collected until this year, and the Environmental Protection Agency used the data to set safe levels of pesticides in food."

Insects and bacteria have also become super-resistant requiring a significant increase in the amounts of insecticides into the environment and into our bodies.

#### What Foods Contain GM Ingredients?

Major brands such as Nabisco®, Frito-Lay®, Proctor & Gamble, and Kraft® are using genetically engineered byproducts. In fact, most major brands including private label brands of bread, crackers, cereals, canned soups or frozen dinners contain GM ingredients. And to protect the chemical companies that create these foods, the U.S. government has allowed genetically modified organisms to be released into our food supply without adequate labeling or testing.

#### GM and GMO Testing and Regulation:

A report prepared by Brian Tokar for the Institute for Social Ecology Biotechnology Project in June 2006 finds that "no federal laws have been passed to specifically regulate genetically-engineered crops.

Since 1986, responsibility for GE foods and crops has been divided among three federal agencies (USDA-APHIS, EPA, FDA), based upon preexisting statutes." These statutes are antiquated and offer no regulation for protection or scrutiny to the public and environment.

#### GM Food Safety

What is most astonishing from Toker's report is that "GE crops are only subject to "voluntary consultations" with companies who choose to consult with the agency about their products. Because the consultations are voluntary, FDA does not specify a required list of studies or test methods, but instead accepts superficial in-house summaries of whatever testing the company has chosen to do. FDA requests for additional data sometimes go unfulfilled."

In essence, we humans have been the testing sites or guinea pigs for Frankenfoods. Since introduction of GMOs into the marketplace in 1996, numerous studies have since shown significant negative and toxic effects of ingesting GM ingredients as well as being exposed to increased amounts of pesticides, herbicides and insecticides.

In a 2001 article entitled: "Townsend Letter for Doctors and Patients - Health Concerns & GMO Food; genetically modified" by Jule Klotter, one of the most common problems is newly developed allergens to foods once deemed low on the allergy list. The FDA has concluded: "Genetic engineering may transfer new and unidentified proteins from one food into another, triggering allergic reactions. Millions of Americans who are sensitive to allergens will have no way of identifying or protecting themselves from offending foods. Allergic reactions can cause more than simple discomfort -- they can result in life-threatening anaphylactic shock." As an example, Trypsin-inhibitor, a major allergen with anti-nutritional effects, was 26.7% higher in Monsanto's RR soybeans. The York Nutritional Laboratory, which specializes in food sensitivity, reported a 50% increase in soy allergies in 1999-2000.

Klotter also discloses that soybeans aren't the only problem as scientists have also found that genetically-engineered potatoes have caused "significant damage" to rats among other genetically-engineered food crops.


The Institute for Responsible Technology has published a comprehensive pamphlet, Unintended GMO Health Risks, which sums up the reasons why we should avoid GM foods: They have been linked to thousands of toxic and allergenic reactions, thousands of sick, sterile, and dead livestock, and damage to virtually every organ and system studied in lab animals." The guide briefly outlines information on allergic reactions to GM foods as well as liver and reproductive problems, sterility, disease, death and even infant mortality linked to GMO consumption.

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The evidence is overwhelmingly in favor of reducing and eliminating GM foods from your diet. The good news is that organic foods do not contain GMOs, pesticides, herbicides, insecticides, fungicides and other toxic elements that are proven to harm the body.

How do you detoxify your body and remove allergens from your body? Eat organic food, eat as close to nature as you can - raw, lightly cooked and well washed fresh produce, if you eat fish and meat, eat wild fish and organic meats and stay away from processed foods. Drink filtered [HydroMag](#) treated water to support your body's return to a natural alkaline state. [HydroMag](#) treated water will enable your cells to fully hydrate and release the body's stored toxins.

See a holistic healthcare practitioner to help you detoxify your body gently and naturally. At [HealthWalk](#) we have the modalities ([Vital Hematology live blood analysis](#), [Functional Nutritional Counseling](#), [Brain Technologies](#), [Adrenal and Hormonal analysis](#)) and natural products and supplements to analyze your health condition and to support your path back to full vitality and health. 

## Chappy's On Eagle's Wings The Newness of Life in Spring

By Ron Ringo

Each year we have the blessing of witnessing the newness of life in what we call "SPRING." While we rejoice in the beauty and the renewing of life during this time of year, we often remain cautious or even a bit reluctant to believe that old man winter won't rear his ugly head again with a late season storm.

I think that we sometimes do this in our everyday life as well. We have been taught the blessings of the Passover season, the Promise of Easter and Christ's conquering of the grave showing that there is life after death. Especially when we lose someone dear to us, we sometimes question in our minds and heart if we will ever see them again. However, as Paul taught in [Romans 6:4](#), "*Like as Christ was raised up from the dead..., even so we also should walk in the newness of life.*"

This does not only apply to when we leave this earthly probation. It is something that God wants us to enjoy and experience in the here and now. His whole message is meant for us to have **Hope** in this future life with Him and to have **Joy** in this life now with Him.

What would we do differently or how would we live differently, if we knew we only had a short time left here on earth? Would we spend our time making sure everything at work was done or spend more of our time with loved ones? Would we spend our time worrying or enjoy

the simple pleasures all around us? I believe that most of us would choose to live our lives to their fullest. We would take and make the time to enjoy life more completely.



Being Irish myself, an old Irish springtime song, "*When Irish Eyes Are Smiling*" shares the message this way:

There's a tear in your eye,  
And I'm wondering why,  
For it never should be there at all.  
With such power in your smile,  
Sure a stone you'd beguile,  
So there's never a teardrop should fall.  
When your sweet lilting laughter's  
Like some fairy song,  
And your eyes twinkle bright as can be;  
You should laugh all the while  
And all other times smile  
And now smile a smile for me.

When Irish eyes are smiling,  
Sure, 'tis like the morn in Spring.  
In the lilt of Irish laughter  
You can hear the angels sing.  
When Irish hearts are happy,  
All the world seems bright and gay.  
And when Irish eyes are smiling,  
Sure, they steal your heart away.

For your smile is a part  
Of the love in your heart,  
And it makes even sunshine more bright.  
Like the linnets' sweet song,  
Crooning all the day long,  
Comes your laughter and light.

For the springtime of life  
 Is the sweetest of all  
 There is ne'er a real care or regret;  
 And while springtime is ours  
 Throughout all of youth's hours,  
 Let us smile each chance we get.

This newness of life that we experience each spring can be a part of our attitude all year long if we seek to put it in our hearts and on our faces. It is what most people drop down and ask for in their prayers. It is what most of us say we wish we had more of. The beauty of it is, we can have it throughout the year if we would look all around us for the joy of life, the precious, sweet, simple and most important things of life—those who share their lives with ours.

As we put away the fears of the unknown and the uncontrollable, we actually become a new person—a person of faith, joy and hope. God has promised this to each and every one of us. That doesn't mean there won't be difficult or hurtful times, but it does mean that there is a newness around the corner, if we can only remember that. This promise has been expressed in a poem written by Helen Steiner Rice entitled, *"Each Spring God Renews His Promise."*

Long, long ago in a land far away,  
 There came the dawn of the first Easter Day.  
 And each year we see that promise reborn,  
 That God gave the world on that first Easter Morn.  
 For in each waking flower and each singing bird,  
 The promise of Easter is witnessed and heard,  
 And spring is God's way of speaking to men,  
 And renewing the promise of Easter again.  
 For death is a season that man must pass through,  
 And, just like the flowers,  
 God wakens him, too.  
 So why should we grieve when our loved ones die,  
 For we'll meet them again in a "cloudless sky";  
 For Easter is more than a beautiful story,  
 It's the promise of life and eternal glory.

May we seek to look at the beauties of this life more clearly and more often; not waste our time, whatever that remains for us, on worldly cares and worries. Let us, *"Seize the day,"* renew our life and bless others along the way. This is my prayer for us all, this week. My hope is that you will have had a great Easter-Passover Season.

As always, 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 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. 🌱

## WIRED FOR HEALTH

### How I improved my sleep and health by visiting HealthWalk

By [Libby Gill](#)

Business Coach, Brand Strategist and Bestselling Author



Although I pride myself on taking good care of my health, my recent visit to [HealthWalk™](#) gave me quite a wake-up call about my sleeping habits and my health. [Marilyn Tam](#), the co-Visioneer of [HealthWalk](#) had invited me to stop by and visit the clinic when I was in the Carlsbad, CA area and I'm so glad I did. During my tour of the leading edge integrated healthcare facility, [Dr. Maness](#) offered to take a look at my brain ([HealthWalk Brain Technologies™](#)). Who could resist an invitation like that?

After writing for the Healthy Living section of the Dallas Morning News for the past couple of years and completing a book about how our primitive brain prompts us to avoid risk-taking, I was eager to take a peek at the inner workings of my own brain. Assuming [Dr. Maness](#) would see my verbal skills, perhaps even my latent literary genius, I was a bit taken back when he said my brain wave pattern showed I was under stress. A lot of stress.

[Dr. Maness](#) was right. In the past three months, I'd written a book, launched a website and prepped a product launch. Even when I thought I was sleeping, I was working in my head. The result of this over-activity was actually under-activity in the creative areas of my

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brain, exactly what I *didn't* need.

But [Dr. Maness](#) didn't leave me hanging. He showed me how [MindSoul Brain Technologies](#)' via sound frequencies, biofeedback, natural supplementation can teach me how to manage my own brain to regain the optimal frequencies for mental functions and sleep. He also gave me some very simple, practical advice so I can get started before I came back for more treatments. He told me to get a micro-recorder and keep it next to me in bed. When a pressing thought woke me rather than getting up and writing it down, I could simply record it. No need to turn on the lights, grab a notepad or fire up the laptop. I could capture the thought and get back to sleep easily. I am looking forward to going back to work with him on more lasting ways to de-stress and achieve even greater creativity!



I completed my [HealthWalk](#) tour with a very eye opening look at my live blood cells under the microscope ([HealthWalk's Vital Hematology™](#)). The aptly named [Dr. Walden](#), an expert in numerous natural healing modalities, pointed out the healthy cells, but also the bacteria and metals in my bloodstream. After several tests, she recommended some remedies to strengthen my immune system (stress rearing its ugly head again!) and clean out the unhealthy bacteria. I'm happy to say, I've continued on my healing path, armed with new information, natural supplements and homeopathic help. Thank you [HealthWalk](#).

I'm also sleeping much more soundly with my new partner beside me. My micro-recorder, that is. And since my new book *YOU UNSTUCK: MASTERING THE NEW RULES OF RISK-TAKING IN WORK & LIFE* features, ironically, an entire section on what doctors refer to as "sleep hygiene," I've included an excerpt here. I think I'll re-read it myself!

#### EXCERPT FROM YOU UNSTUCK

While you may have thought that sleep deprivation is merely a nuisance that keeps you from feeling perky during your workday, think again. In addition to negatively affecting your mood and overall quality of life, sleep deprivation can have serious health consequences, including increasing your risk of obesity.

Although sleep experts have long recognized that serious sleep problems like chronic insomnia, sleep apnea and narcolepsy increase the risk for illness, now they're discovering that even among people who are generally healthy, a lack of adequate sleep can carry significant risk.

The initial findings suggest that lack of sleep causes serious disruptions in our biological systems. Dr. Sanjay R. Patel of Harvard Medical School led a study involving 82,000 people and found an increased risk of death in those who consistently slept six hours or less per night. (And I'm not even counting accidents caused by falling asleep at the wheel or when operating machinery.)

Like being in a constant state of fight or flight, sleep-deprived people have increased levels of stress hormones in their bodies which appear to keep them on high alert just in order to function. Those hormones increase their risk for stroke, heart attack, high blood pressure, diabetes and cancer.

Newer studies are showing that lack of sleep can even make you fat. A study out of Columbia University links sleep loss and obesity, showing that people who are sleep deprived have problems producing the hormones that regulate appetite.

Sleep experts agree that many people can eliminate insomnia by improving what scientists call "sleep hygiene," the pattern of behavior that influences how well we sleep each night. Here are some ways to improve your sleep hygiene habits so you can get the zzzz's you need.

If you're overweight, get the pounds down. Excess fat can impair breathing and reduce sleep quality. Conversely, lack of sleep can also affect hormones that regulate feelings of hunger and fullness. Studies show that poor sleepers - male and female - are fatter than good sleepers. Make your bedroom a sleep sanctuary. Use your bed for sleeping and sex only. Get your TV and computer out of the bedroom, and resist the urge to make it an office.

Establish a day/night routine. Go to sleep and get up at the same times every day, even weekends. If you vary by more than 90 minutes, you risk throwing off your entire sleep schedule. Stick with

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your exercise program, but try to not work out less than three hours before bedtime.

Keep your stress levels down. Pass up pre-bedtime activities that will raise anxiety levels, including stressful work tasks, bill-paying or watching or reading scary material (like the news). If you're a man, get a partner. If you're a woman, get earplugs. Studies show that men sleep much more soundly when they've got a partner snuggled up beside them in bed. But whether women are wired to be light sleepers so they can care for infants or it's just a dirty trick of nature that makes men the snorers, women sleep less well with partners than men. Try earplugs, a white noise machine or send him off for a sleep test.

Of course, if I'd known [Dr. Maness](#) when I wrote YOU UNSTUCK, you bet I would have included a visit to [HealthWalk](#) and the micro-recorder in my list of tips! So do check out [HealthWalk](#) if you wish to improve your health, I'm sleeping more soundly and feeling more alert and energetic since I've started the living the [HealthWalk](#) way. <http://www.healthwalk.com>

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*Libby Gill is a business coach, brand strategist and bestselling author. You can sign up for her free newsletter and get the first chapter of YOU UNSTUCK at [www.LibbyGill.com](http://www.LibbyGill.com).* 🌱

## Going Green Smoothie



- 2 cups fresh organic spinach
- ½ cup organic pineapple
- 1 cup organic grapes
- ½ organic banana
- ½ cup filtered water (we use [HydroMag™](#) treated water)

- ½ cup ice

Put all ingredients into [VitaMix blender](#) or food processor and process until smooth. Serves 1 or 2. 🌱

## Pesto Rice Salad



- 1 cup organic brown rice
- 2 cups water (we use [HydroMag™](#) treated water)
- ½ tsp. sea salt
- 1-2 cloves organic garlic
- ¼ cup organic walnuts
- 3 cups fresh organic basil
- 1/4 cup olive oil
- ½ tsp. sea salt
- ½ cup fresh organic red pepper chopped
- 1 ½ tbsp. fresh lemon juice
- 1 ½ tbsp. balsamic vinegar

1. Cook rice in salted water until done. Cool.
2. Prepare pesto. Place garlic and ¼ cup walnuts in food processor or [VitaMix blender](#). Chop until fine.
3. Add basil and process while slowly adding olive oil, process until smooth. Add salt and pulse to blend.
4. Add the pesto and the chopped red pepper to the cooked rice and blend.
5. Garnish with basil leaves.
6. Serves 2. 🌱

## Cellini Bean Soup



- 1 pound dried organic cannelloni beans, soaked in filtered water overnight (we use [HydroMag™](#) treated water)
- 2 organic garlic cloves, peeled and minced
- 2 bunches organic Swiss chard
- Sea salt to taste
- 4 tablespoons extra virgin olive oil
- Cayenne pepper
- 6 slices day-old organic sprouted grain bread

1. Put the beans (discard their soaking water) in a stockpot and add cold filtered ([HydroMag™](#) treated preferably) water to cover the beans by 1 inch. Add minced garlic. Reduce heat to low and slowly cook the beans uncovered until tender 1 to 1½ hours. Add water to pot if necessary to keep beans submerged.
2. Remove chard leaves from stems. Chop the stems and add to the pot, cook for about five minutes. Tear leaves into 1 to 2 inch pieces add to pot. Add salt and pepper to taste. Cook until leaves of chard are wilted.
3. Tear bread into small pieces and toss in bowl with 2 tablespoons of olive oil, salt and pepper to taste. Toast bread in a single layer on a baking sheet in a 350 degree oven until crisp and golden brown, 15 to 20 minutes.
4. Serve soup in bowls sprinkle soup with toasted bread, drizzle with remaining

- olive oil, season with salt and pepper.
5. Serves 4-6. 🌱