

## Sunburn Protection from the Inside Out



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Sunlight is the source of life on Planet Earth. Sun worshippers from ancient civilizations paid homage to the Sun as a deity because they understood the sun as the source of something so critical and fundamental that all living things owed their existence to it. Somehow, for multi-millennia, mankind has roamed the surface of our planet without the benefit of SP 40 sunscreen and without drastic DNA mutations of the skin.

More and more research is demonstrating the role of Vitamin D in the prevention of cancer. It is considered that 77% of cancer cases could be avoided by adequate levels of Vitamin D. The best source is not a supplement in pasteurized milk, but from our own Vitamin D3 production from sun-exposed skin. At this point in time, the most common cancer in humans is non-melanoma skin cancer. Its most deadly form, Melanoma, takes many lives each year. So we are faced with an unsavory choice - expose our skin and be at risk for cancer or not get the necessary Vitamin D3 and be at risk for cancer. But we have to wonder, how has humanity managed up until now to escape these consequences of sun exposure?

Research has shed important light on these matters. First of all, animal studies have demonstrated the role of omega-3 fatty acids in reducing the damaging effects of sunburn by inhibiting the cancerous changes that occur after ultra-violet radiation. Phytonutrients such as grapeseed extract, silymarin (the main constituent of milk thistle), green tea polyphenols, curcumin (the main constituent of turmeric), and resveratrol (red wine and red and purple grapes) have all shown to prevent or reduce sun damage.

Carotenoids and Vitamin E supplementation over time have also been shown to be effective in diminishing sensitivity to UV light. Since

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antioxidants and carotenoids provide an additional shield, don't give up your regular supplementation for the summer months just because flu season is past.

Another study generated interest in tomato paste as a sunscreen - no, not topically! The first group was fed olive oil only as a potential sunscreen and the second group was fed olive oil plus tomato paste. The second group had a 33% greater protection from sunburn compared with the first group. It was thought that the lycopene from the tomatoes in the tomato paste provided the neutralizing of the UV light because it can inhibit the production of skin-damaging reactive oxygen species (ROS).

So these clinical laboratories are showing us what we have observed in the laboratory of life on earth. Our ancestors ate abundant



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

## Founder's Message

Dear HealthWalk Family and Friends,

**Happy July!** This time of the year brings back memories of childhood days spent playing outside, on the beach, in the woods and warm evenings with friends and family sitting outside. Now as adults with more cares and demands on our time, we treasure our outdoor and recreational time even more.

We at HealthWalk know that you want to maximize your enjoyment of leisure and outdoor time. When you are feeling less than optimal, your energy level is low, you may experience moodiness, aches and pains and digestive issues, among other nagging health issues. It seems that your ability to even taste and relish what used to be fun or delicious is muted or less than you remember. This does not have to be so; we are dedicated to offering you the integrated health analysis and solutions so that you are at your vibrant best and you look and feel good.

To provide you with the appropriate support, we are offering you some special promotions so that you can fully take advantage of the summer. For the month of July we are also offering a 20% discount on:

HealthWalk's [Vital Hematology live blood analysis™](#) **20% off.**

With [Vital Hematology live blood cell analysis](#) we are able to observe any abnormalities that may limit your enjoyment of a healthy lifestyle. Blood touches every part of the human body about every eighty seconds. This is why blood analysis is vital to our knowledge of

our bodies' health.

Some common health issues that can be analyzed by HealthWalk's [Vital Hematology analysis](#) include: allergies, arthritis, digestive and respiratory issues, blood pressure, bacteria, candida/yeast/fungi, parasites, viruses and microplasma infections, stress, free radical damage, atherosclerotic plaque, undigested proteins and fats, hormonal imbalances, folic acid, B-12, iron and other deficiencies etc. With this information we can offer appropriate solutions to resolving these systemic issues. You will feel and look better and have more energy when your health issues are identified and addressed.

HealthWalk's [ReVoxil™](#)

Support for a Healthy System, and help Rid your body of Parasites

**\$15.99 (Regularly \$19.99)**

The Center for Disease Control estimated that *the average American has 8-10 pounds of parasites in their bodies.*


ReVoxil is a complete broad spectrum anti parasitic which can address this common yet little known cause of upper respiratory problems, excess weight, digestive issues, migraines, eczema and more. ReVoxil is a natural complete broad spectrum anti parasitic in an easy to take capsule.

Summertime is often filled with physical and recreational activities which demand more energy and body consciousness. We at HealthWalk delight in supporting you to enjoying all your recreational activities and to looking your best. **Happy Summer!**

And as always-

To your vibrant health,

**Mark Hinds**


Founder and Co-Visioneer, HealthWalk 

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amounts of organic fresh fruits and vegetables, diets that were far richer in antioxidants than ours. They were not plagued with the high incidence in DNA mutations that modern humans are experiencing.

Nevertheless, even if we increase our consumption of antioxidants rich foods, we still may need some topical screening to protect ourselves since there is still likelihood that our intake/absorption of natural sun protection may be limited. However in choosing a sunscreen/block, watch out for the following on the ingredients label, these ingredients are potentially harmful and may cause you more health issues than the skin protection you were trying to achieve: Parabens (endocrine disruptors), PABA - can be called octyl-dimethyl or padimate-O (problematic in sunlight where it appears to attack DNA), mineral oil, paraffin, petrolatum (coats and clogs pores, suspected carcinogen), sodium laurel sulfate (combines with other chemicals and forms nitrosamine which is a carcinogenic agent), phenol carboic acid (known to cause circulatory collapse, paralysis and worse).

It is best to seek out brands which emphasize the anti-oxidant factor. In other words, go green then go enjoy the light from our closest star.

If you want to be armed with the appropriate information and supplementation to prevent future skin damage and premature aging, or have sun damage from childhood and other previous exposure, please come visit us at [HealthWalk](#). With our [Vital Hematology live blood analysis](#), [Functional Nutritional analysis](#) and [Comprehensive Wellness Profile analysis](#), among other leading edge services, we can help you be best prepared to enjoy and benefit from sunlight, a wonderful revitalizing natural resource. 

## Adrenal Health In Women

### How to stay Healthy amidst the Stress in today's world

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

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

We're all familiar with stress; it's a constant element in women's busy lives today. But what we aren't so familiar with is the body's response to stress and the ways in which the stress we face today goes far beyond the kind of stress we faced as we evolved. The stress we encounter now in our fast paced and demanding world ends up depleting our energy and health.

When faced with a stressful situation, our bodies rely on the adrenal glands sitting atop our kidneys to monitor our "fight or flight" response. For the most part, our stress response evolved from short-term events crises that came and went. If we had to run from a

predator, for example, our healthy adrenal glands responded by releasing adrenaline, which makes us more alert and focused, and cortisol, which converts protein to energy and releases our stored sugar, glycogen, so our bodies have the fuel needed to respond quickly. In concert, the adrenal response rapidly increases our heart and respiratory rates and blood pressure while releasing energy, tensing our muscles, sharpening our senses, and slowing our digestion so we are primed to escape or fight back, whichever is needed. When the threat is gone, the body returns to normal.

But in today's society, women are inundated with stress that doesn't let up. And when chronic stress repeatedly forces the adrenal glands to sustain high levels of cortisol, two things happen first, the adrenals can't attend to their broader role in hormonal regulation because the same resources they use to make hormones like estrogen are required to make cortisol, and second, cortisol starts to damage healthy tissues. Eventually, adrenal fatigue sets in and many women experience symptoms such as weight gain, fatigue, insomnia, fuzzy thinking, depression, cravings and mood swings. Once the adrenals become depleted, it can lead to adrenal exhaustion and much more serious health issues.

As the great balancer of more than 50 hormones in the body, the adrenal glands have a broad impact on your health and energy. The adrenals are primarily responsible for activating your stress response, shifting energy away from restorative processes like digestion and toward the organs of action, your heart and skeletal muscles by pumping adrenaline and cortisol into your bloodstream. They also synthesize numerous other hormones, including their precursors, such as testosterone, DHEA, as well as estrogens and progesterone which is why it becomes more important than ever to support our adrenal glands as we approach menopause, a time when our bodies come to rely more heavily upon the regulation of hormones.



Aside from the life critical job the adrenals play in activating your stress response and supplementing healthy hormonal balance as we

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age, the hormone cortisol itself has a powerful hand in so many other regulatory processes across all your systems, protecting the body from stress by regulating blood pressure, normalizing blood sugar levels, helping to regulate the immune and inflammatory responses, and influencing mood, memory, and clarity of thought.

Maybe this helps explain why, when your adrenal reserves are depleted, you might feel a little crazy, and your sleeping and eating habits seem a little crazy too! In Ayurvedic medicine, the adrenal glands are connected to the "root" chakra and contribute to our groundedness, nourishment and physical health. With persistent stress, we become increasingly less grounded, which can exacerbate the stress even more. The constant demand for stress hormones means the adrenals become depleted and ultimately exhausted.

Think about the tires of a car. If you buy good quality tires and routinely check their air pressure, balance and rotate them, and patch any holes, the foundation for how your car moves on the road will be safe, steady, and strong. You will get better gas mileage, the car will respond better when road conditions are slippery or uneven, and the car will last longer. The same goes for adrenal function. Selecting high quality foods, building a strong nutrient base, and paying attention to when and how you eat all make for more efficient and healthy adrenal function and better health all around.

[Functional Nutritional counseling](#), [Adrenal and Hormonal Analysis](#) and [Biomarkers Analysis](#) can show how the various crucial adrenal hormonal and bio-markers balances in your body are operating. Together the [HealthWalk](#) team will then work with you to regain and maintain the optimal equilibrium to sustain your health through supplementation, nutrition and lifestyle adjustments.

Your overall health foundation rests on a well functioning adrenal system. From developing new strategies to manage stress, to learning which foods are best to eat and when, there are many ways to replenish adrenal health naturally. At [HealthWalk](#) we are here to help and support you in creating your own unique health regime for your particular lifestyle, interests and needs. One thing for sure is that when you heal your adrenal glands, you will see results on every physical and emotional level, and your whole body will thank you for it!

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

## Perfect Practice makes Perfect Performance

### How to Use your whole Brain to Achieve Optimal Results in every aspects of Life

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

Your performance on the field is predicated by your performance in practice. There is an old saying that "Practice Makes Perfect." Unfortunately, that is wrong. As a neurobiologist, I have been working with students, executives and athletes for over twenty years and I have seen and know that "Perfect Practice makes Perfect Performance."

There are many factors that go into a perfect performance. They include Vision, Listening, focus, attention, rapid neuro-muscular reaction to thought, and the understanding and control of your emotions. Life is a brain thing. Performance is not limited to the field of athletic performance. Performance is behind every desk in each school, office, home and boardroom throughout the world.

For just a moment, take off your boardroom and everyday life mentality and step onto the field of athletic performance. I am going to show you how you can use every molecule in your being to become a better person, friend, spouse, business professional, student, teacher and/or athlete. Are you ready?



The Play:

You are an offensive linesman for your favorite football team. The next play will be for your running back to run between you and your team mate who is to your right on the line.

You step up to the line and survey the landscape, your first observation is the *Opposing Linesman* - He is trash-talking you,

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insulting you, your family and trying to demoralize you in every way possible in order to distract you. If he can *distract* you, your chances of making a mistake have increased ten-fold. If he can *upset* you, your chances of being taken out of the play are increased by 200%.

#### Rule Number One: Learn How To Listen

Anyone can hear: Few can Listen.

There are only two voices on the field you need to listen to - the Center who is calling the snap (the snap is the signal to hike the ball) and the Quarterback who is calling the play.

All other voices are only background noise; the sounds of life. Let all others hear - let you and yours listen only to the signals that matter.

Listening requires focusing. Whether you are in your living room or the boardroom, there are sounds that you should listen to and sounds that should be only white noise to you. Some of the important sounds that should require your attention are the cry of your infant in the crib, the complaint of a key customer or your supervisor or teacher as they explain an assignment.

#### Rule Number Two: Learn How To Observe;

Anyone can see: Few can Observe

When you step up to the ball, I want you to see the eyes of your opponent and without moving your eyes, I want you to see the feet and calves of the opponent on both sides of the opposing linesman in front of you. When you are able to see their feet and legs, you will know if they are going to rush or drop back or some other play. This information allows you to develop an appropriate plan of action.

This is important because you can't tackle or plan your business, your education or your life when you are being controlled by the elements or outside influences. Just as the opposing linesmen are outside influences, by watching their behaviors you are able to adjust your play. This keeps you in control. Through observation, you know your opponents path of attack and therefore you are in control. When you are in control, you will learn and accomplish more in less time, less effort and less stress; a side benefit is your ability to recall on demand the information you have obtained.

#### Perfect practice makes perfect performance


When in practice, you learn how to expand your visual range, how to not only see but comprehend what is going on around you. You learn what your strengths are and which ones you can apply to strengthen each weakness.

Now, it is coming together. You are in a position to start applying your learned skills such as expanding your visual range to not only see but comprehend what is going on around you. You work on the timing of your neuro muscular reaction to thought. When you visually see the whole picture and are quick to process thought, your access to information is better.

In life, you are learning by observing and comprehending. Anyone can see. Each additional piece of information you are able to collect when you are observing helps you manage your play. This helps you become more alert, more attentive and more focused. You are able to make sense out of an adversarial situation. Then recall how you mastered that situation in your perfect practice.

In my eighteen years in working with athletes, I have found the same principles apply. Perfect practice makes perfect in prime time.

At [HealthWalk](#), with [MindSoul Brain Technologies](#) I help tune your brain so you are able to process at the speed of the Hippocampus and Limbic System. I teach you how to communicate and organize information and energy in your brain to help you access recall faster. I teach lobe specific communications so you can think in a whole brain behavior. I help you bring your brain frequencies back into optimal balance and function.

Your brain is also affected by the foods you eat, how well you manage your stress and your lifestyle. At [HealthWalk](#) our skilled practitioners working with [Vital Hematology live blood analysis](#), [Functional Nutritional analysis](#) and other [HealthWalk modalities](#) can help you develop a more nutritious and appropriate diet and exercise regimen for you, clean up your blood of toxins and neuro-chemicals that hinder and generate undesirable reactions and behavior so you are able to truly achieve optimal performance in every aspect of your life. 

## Chappy's On Eagle's Wings

# Music Is Our Soul Food

By Ron Ringo

The 21st is Father's Day and I would like to dedicate this article to all Father's, who often quietly give so much of themselves for their families and are regularly wanting to be better at enjoying the music of life around them... Me included... A while ago I was talking with someone about how music can affect us, and most all people, in many ways. In fact, as I have written before, **Whitney Houston's "One Moment in Time"** has been sung to motivate the souls of people to do their very best at the Olympics.

In this baseball season, when we are at a ball game and we sing the National Anthem at the start of the game, it often sends emotions running through my body. Or, have you ever been at a funeral and were doing fine until TAPS is played? That's what I'm talking about.

What is it about music that creates such a power over us? And we aren't unique; people all over the world have the same connection with music. It can create a sense of pride, peace, strength, love, passion, power, calm and patriotism. Probably, like you, throughout my life I have had a few songs tucked away for when I have to deal with different life issues.

When I was a young Marine in Boot camp and had long runs or hikes to complete, I used a couple favorite church hymns to help me forget the pain. While in the Sheriff's Academy, our class chose the song "*Eye of the Tiger*", from "*Rocky II*", as our motivation song.

Whenever I feel a little out of place people have heard me sing an old comfortable standby, "*I Wish I Was an Oscar Myers Weiner*". I don't know why that one comes into my mind, but it does help me deal with the situation better instead of stressing over it.

I bet if you think about it, you have some songs that ease your soul at given times of your life. It is amazing how such a simple thing can have so much power. Think about it a little more...what is one of the first things a young mother will do with a crying infant? She sings a lullaby. Recently even a University Research group discovered that certain music could stop dogs from barking. This helps confirm the old saying, "That music soothes the savage beast."

I have read that we may never really fully understand why good music is able to provide us with feelings of comfort and peace. We do know that those who worked hard and long as slaves used music to help them endure the day and heavy labor. That music sung and listened to, soothed the soul. It seemed to be the music that **Thomas Carlyle** was referring to when he wrote, "*Music is well said to be the speech of angels.*" And it has also been said that, "*we speak with our lips, but to sing we must use our hearts.*"

The other thing that music does is it helps us to tell a story. Music is all about telling stories. It also is sometimes so filled with emotion and power that, again, if I get you to think on a particular song, it can bring you right to a specific time or place and person you were with. School days, a love, an event, etc... Music has the power of influencing lives of individuals and even destinies of nations.



However, not all music is so uplifting or positive in its lyrics. That is why it is so important to choose good music to listen to. Through every generation the parents of that generation became horrified with the sounds of the Jitterbug, or Jazz, or Rockabilly, or Rock & Roll, or Heavy Metal, or RAP or Grunge and on and on...It isn't so much the music, as it is the lyrics. There can be good found in all forms; we just have to be picky.

In one of my past assignments, I led groups on weekend retreats to reflect on life's issues. We used music to hear the stories of the writers to connect with the feelings that we may be having, and then talk with others about what they were. Music and videos are used in many therapies today.

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It has been said that, *"Whether we sing or listen with our hearts, music spans barriers of language and time to knit human hearts together in common experience and mutual devotion."*

Shelley, once wrote, *"Music, when soft voices die, vibrates in the memory."* An example I'll share is, a few years ago I was diving home from work a few weeks before Christmas. I was listening to the radio, when a song sung by Kathy Mattea, *"Mary Did You Know"* played. If you have ever heard that song, you'll know what I mean when I say; I almost had to pull the car over. I just started having tears, (*burning nose syndrome for us macho guys*) run down my face. My chest was heaving from the powerful message of that simple song. I wish this medium aloud you to hear it, but a few of the words go like this...

*"Mary, did you know that your baby boy, would someday walk on water?*

*Mary did you know that your baby boy, would save our sons and daughters?*

*Mary did you know that your baby boy, is the Lord of all creation?*

*Mary did you know that your baby boy, would someday rule the nations?*

*Did you know that your baby boy was Heaven's perfect Lamb?*

*This sleeping Child you're holding is the great "I AM".*

Powerful messages can come from the gift of music. However there is another thought to consider about music. Is all music singing or instrumental? No, I think it is also more than that. If we would listen for the music in ordinary sounds all around us, we would hear many forms of sweet harmony. It might be the wind ruffling the leaves of trees, or the laughing of a little child, or the sound of a foghorn blowing repeatedly from a lighthouse.

Whatever it may be, if we would but take the time to listen and hear life all around us, we will experience the verse from the movie **The Sound of Music**, *"The Hills are Alive with the Sound of Music."* They are alive, in our cities, work places and homes.

In closing, **Shakespeare wrote**, *"The man that hath no music in himself, Nor is not moved with concord of sweet sounds, Is fit for treasons, stratagems and spoils."* Let us take in the musical sounds all around us each and every day. That we may appreciate life more deeply, deep within our soul, with greater joy and happiness, is my prayer for us all this week. Have a great Father's Day weekend.

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. 🌱

## Strawberry Bliss



- 10 organic strawberries
- 1 organic banana
- 1 organic mango peeled and cut into pieces
- ¾ cup filtered water (we use HydroMag treated water)

1. Process in blender or food processor until smooth.
2. Serves 1-2. 🌱

## Peach and Tomato Salad



- 4 large organic tomatoes diced
- 2 large organic peaches diced
- 2 tablespoons finely chopped organic sweet onion (red or scallion)
- 1 tablespoon finely chopped organic fresh basil
- 3 tablespoons olive oil
- Sea salt and cayenne pepper to taste

1. Gently combine tomatoes and peaches in a serving bowl.
2. Add onion and basil toss lightly.
3. In a small bowl whisk olive oil, sea salt and a dash of cayenne pepper.
4. Drizzle over tomato mixture and toss with care.
5. Serves 4-6. 🌱

## Sprouted Grain Veggie Sandwich



- ½ sprouted-grain bagel
- A few fresh organic arugula leaves
- 2 slices organic tomatoes
- ¼ organic avocado sliced
- Handful of organic alfalfa sprouts
- 1 tablespoon hummus (flavor of choice)

1. Spread hummus on bagel.
2. Top with arugula leaves, tomatoes, avocado, and alfalfa sprouts.
3. Serves 1-2. 🌱