

Cleansing Water Newsletter

MARCH 2011

THE SINGLE BEST NATURAL BRAIN BOOSTER...FEELING GREAT STARTS HERE!

New USDA sodium guidelines.....You should use 2300mg or less if you are healthy, and 1500mg or less if you have hypertension, diabetes, or kidney disease. If you drain and rinse your canned vegetables/beans, you can reduce the sodium content by up to 41%. If you drain and rinse low-sodium vegetables/beans, you can get the sodium content down to less than 150mg per serving.

There has been a **500%** increase in US soft-drink consumption during the past 50 years.

The single best way to boost your brain is to get social! Talking with friends doesn't just lift your spirits—it may also sharpen your noggin. People in a recent study who chatted for 10 minutes did better on cognitive tasks (like memory and logic exercises) than those who didn't. Any kind of supportive conversation should work. So catch up with a pal before digging into a work report, call your significant other before tackling a big project—or try one of these other ways to kick your cortex into high gear:

Take in the View Looking at natural, peaceful places like beaches and hillsides—even on TV—helps enhance func-

tional connections in your brain.

Step Out Walking six miles a week helps improve memory and preserve brain size, research in the journal *Neurology* shows.

Better your Brainteasers Love your Sunday crossword? Puzzling does help build a more complex brain. But mixing it up is crucial for mental well-roundedness. So if language-based exercises are your thing (crosswords and logic puzzles), then challenge yourself with math-based teasers (like Sudoku), too, and vice versa.

on these during your down time. Also, have a stimulating conversation with the client...you'll help yourself and the client!



Take puzzle books to the clients home with you and work

NATURAL STOMACH SOOTHERS

OTC treatments for constipation may seem like a fast fix, but over time your bowel can grow dependent on them. To get your digestion on track naturally try these tips:

◇ **Stretch your stomach** Twisting yoga poses can stimulate digestion.

◇ **Make a sandwich on rye** The seeded bread has been shown to ease constipation 41% faster than drugs because it's high in the fiber arabinoxylans.

◇ **Pick the proper produce** Onions, garlic, asparagus, artichokes, and bananas are packed with a sugar compound

that boosts levels of "good" bacteria in the colon to ease constipation.



HOW TO HEART YOUR HEART

We know, you've heard all this before: Get your cholesterol down, take that spinning class, order the salmon. But there are some things you may not have heard. Not only is it about keeping your cholesterol down, but it's about the sugar too. Your body responds to high blood sugar by pumping out more insulin to try to turn that sugar into energy. Too much insulin raises your triglycerides and causes inflammation of the arteries, making

them more vulnerable to hardening.

You know to quit smoking, but you may not know that your husband's habit (or someone you work with) could hurt your heart too. Nonsmokers who are exposed to smoke at work or home have a 25-30% higher risk of heart disease.

You know that stress is bad, but you might not know that when you're stressed, you have to mobilize energy sources fast,

and your brain sends information to the liver to release stored sugar into the bloodstream. If you're constantly stressed, you keep your blood sugar and insulin levels high, which can lead to the development of belly fat, raising your risk for heart disease.

So heart your heart and make good decisions! Only you have the power to help yourself.



FIGURING THE LIVER

*Hepatitis C is
the number 1
reason patients
get liver
transplants.*

Weighing in at 3 pounds, the liver is a resilient, heavy-processing food and drink, detoxifying medicines and making important proteins, including those responsible for blood clotting. The liver has tremendous regenerative capacity.

The top threats to the liver are as follows: blood-borne infection; alcoholism, which can lead to cirrhosis; and obesity,

which can cause fatty liver disease.

There are 2 lobes, or large sections, in a liver. It is possible to donate a lobe while still living. Though a new lobe won't grow back, the liver typically "fills out" within months and functions normally.

About 3.2 million Americans have chronic hepatitis C, a blood-borne infection caused by exposure to infected blood,

most commonly from intravenous drug use, less commonly from blood transfusions. This often leads to chronic liver disease, cirrhosis and cancer.

Chronic liver disease and cirrhosis, characterized by liver damage, together are the number 12 most common cause of death in the US. It kills about 30,000 people annually

GENERATION XL

An astonishing 20% of 6-to 11-year-olds are obese. But here's the real shocker: Even babies are getting fatter—Harvard notes a 73% increase since 1980 in overweight infants under 6 months old. This clearly has nothing to do with behavior. The problem, researchers say, is what children are being fed before they're even born.

In the womb, babies are supplied with nutrients through the placenta and umbilical cord in proportion to the level of those nutrients in the mother's blood. The higher the level of mother's blood sugar, the more glucose her developing baby gets—and the more insulin cells the child will develop, even before birth. The baby will now be born with more fat

and will have a tendency to oversecrete insulin and become insulin resistant as he ages.

In other words, he's predisposed to get fat—and a new fat cycle begins.

