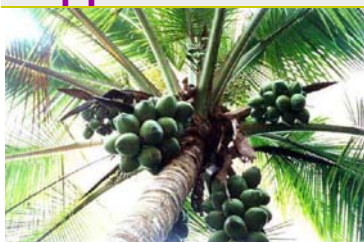


## Greetings!

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### Supplement of the Month - Coconut Oil



Can a saturated fat really be good for you? YES! Pure, virgin Coconut Oil consists of a much healthier saturated fat than those found in meats or dairy products. Coconut oil is composed of medium-chain triglycerides (MCT). MCTs are burned quickly for energy and boost the metabolism. That's right – a fat does

that!

Because of the MCTs, coconut oil is a much healthier oil than vegetable oils, including corn, soy, safflower, sunflower and canola. These are polyunsaturated fats, which are the absolute worst oils to use in cooking because they become TRANS-fats when heated. It is the unsaturated, TRANS-fats that are primarily involved in heart disease. These oils are unstable and have a high rancidity factor. On the other hand, coconut oil has been tested up to one year, left at room temperature and has not been found to be rancid.

Coconut oil is even better to cook with than olive oil. At high temperatures, olive oil can produce trans fats. Coconut can be heated to a temperature hot enough to fry foods and will not produce the harmful trans fats. Coconut oil is the only one stable enough to resist heat induced damage. It is the only oil when used in cooking, still maintains the properties that may be beneficial to preventing heart disease, lowering cholesterol and losing weight.

Not only is coconut oil a saturated fat rich in MCTs, but it also contains an immune-boosting fatty acid called lauric acid. Lauric acid is an antiviral, antibacterial and antifungal agent. Using it may help promote a healthy immune system and aid in fighting off infections. Coconut oil is also a great source of antioxidants, making it an

### Coke vs. Water



We all know that water is far better for us to drink than Coke. But since the number one source of calories in America is soda, we must have convinced ourselves that it's really not that bad for us.

There is an e-mail circulating on "Coke Vs. Water" that might make you think twice the next time you pick up a soda. This e-mail makes some fascinating claims about the many uses of Coke other than a beverage. TruthOrFiction.com posted the ones they had researched and

excellent choice for skin care. Antioxidants are important in the prevention of free radical damage to the skin.

There are many benefits to utilizing pure, virgin coconut oil in your daily diet:

- Reducing your risk of heart disease
- Promoting weight loss
- Supporting your immune system
- Reducing your risk of cancer and degenerative diseases
- Supporting a healthy metabolism
- Providing energy
- Helping to keep your skin healthy and prevent age-related damage
- Supporting the proper functioning of your thyroid gland
- Preventing infections due to harmful bacteria, viruses, yeasts and other micro-organisms

How many oils can do that? None besides coconut oil! Don't believe the skeptics! Do the research. You will see that many people are starting to realize and receive the benefits of using pure, virgin coconut in place of all other oils in their diets.

[For more information or to order coconut oil...](#)

## Too Tired for Vacation?



found truth behind.

- **Clean a toilet with Coke:** Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour then flush clean.
- **The citric acid in Coke removes stains from vitreous China**
- **To remove rust spots from chrome car bumpers:** Rub the bumper with a rumpled-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.
- **To clean corrosion from car battery terminals:** Pour a can of Coca-Cola over the terminals to bubble away the

## Feeling blue? Got allergies? Pain setting you back? Fatigue keeping you from enjoying life?

Don't feel left out while the rest of your family is having fun! We want to help you get the most out of your summer vacations by getting your health back!

[Contact Us](#)

### Fitness Factoid

*Not seeing results yet?*

It takes about 12 weeks after starting an exercise program to see measurable changes in your body. However, before 12 weeks, you will notice an increase in your strength and endurance.

So don't give up. Keep at it and you will see results!

by **Melissa Langton**

### Recipe of the Month - Grilled Summer Veggies

- **Zucchini**
- **Yellow squash**
- **Vidalia onion (or a "sweet" alternative)**
- **Almost ripe tomatoes**

Heat grill on "high" setting. Slice zucchini and squash lengthwise and about ½ inch thick. Slice onions with rings intact about ½ thick. Don't cut the tomatoes!



Brush the cut veggies with olive oil and sprinkle with your favorite herb blend. (Italian blend works well for these veggies)

Place the veggies (except tomatoes) cut side down on hot grill. Let them sizzle for about one minute, then turn them over, reduce the heat to medium and cover. (This will give them those nice charred stripes.) Let them cook for about 7-9 minutes and check. When they are getting tender, place your tomato(es) on the grill. They only need about 3 minutes. The tomatoes will not be "cooked", more like heated with some charred marks on the skin. The added dimension of flavor when a tomato is grilled is lovely.

When you remove your veggies, eat them immediately or chill them

corrosion.

- **To loosen a rusted bolt:** Applying a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
- **To remove grease from clothes:** Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains.

Another claim is that in order to carry Coca-Cola syrup (the concentrate) the commercial truck must use the Hazardous material place cards reserved for highly corrosive materials. One reader did write in to TruthOrFiction.com and said: "My husband and I drive the big rigs and often carried

immediately. They will continue to cook and get mushy OR take them off the grill when they are still slightly under cooked and let them rest.

***Enjoy these summer veggies while you can get them straight out of the garden or from your grower's stand!***

## Testimonial of the Month

Who would have thought that at my age I would have been giving a testimony about a life changing experience. Well I'm living proof that you are never too old to change. My only regret is that I wish that I would have listened to my old uncle who kept telling me to get healthy and my illnesses would disappear. Wow, that sounded so simple. But somehow so profound. I was having migraine headaches almost daily and acid reflux to the point that I was on meds twice daily. I had severe IBS, Asthma, TMJ and major depression. And did I mention just exactly how much money I spent on supplies for all my maladies.

I was hospitalized for medicine overload in my pancreas. When my doctor told me that I had to stop taking so many medications or that I would no longer have a pancreas and without a pancreas I would die, wellllll, that is when he and a very close friend of mine referred me to Dr. McManus. I am living proof that without God and Dr. McManus I would not be here to give my testimony. I honestly can say without a doubt that I am "DRUG" free, even my nebulizer, yeah! I have lost so much weight and feel fantastic! I have no symptoms of any of the above mentioned. Who would have thought??? I am a true believer in healthy nutrition and supplements. Thank you so much to the entire staff of The Woodlands Institute for Health & Wellness for their terrific support.

***Diane J.***

## Healthy Pets

**The Two Biggest Factors in a Pet's Health are Diet & Exercise.** Just as natural food is the best option for our own health, it is equally important to your pets.



**What makes a pet food natural?** The first place to look is the panel of ingredients on the bag of food. The first five ingredients typically make up over 90% of the food's contents. If you see corn, by-products or "animal digest" first, then beware. If you wouldn't eat it, neither should your pet. By doing a little detective work, you can look beyond the advertising and hype and determine whether your pet food measures up.

**Most "Super Premium" Pet Foods Don't Measure Up.** There are no government standards for what constitutes "super premium." Products may seem to be nutritional but are full of grain, incomplete

Pepsi products...and it is true of all soda in the concentrated form...YES we did have to put the hazardous placards up for the load. Also the driver has to have passed the hazardous material test and have that on his CDL's (Commercial Driver's License)".

How is any of this possible? It is possible because the active ingredient in Coke is phosphoric acid. *Its pH is 2.8, on a scale of 1 -14, with 1 being the most acidic.* This phosphoric acid also leaches calcium from bones, a major contribution to the rising increase in osteoporosis. This is not exclusive to Coke products only, it applies to ALL sodas.

Our body does not need soda. It does, however, require water! Below are some statistics from the same e-mail showing just how important water consumption is. According to TruthOrFiction.co

or may use too many chemicals.

**Pet Food Ingredients.** The cost of a bag of food does not necessarily mean that it is nutritious. For example, look at the first 5 ingredients of the following foods. **Product A:** Ground yellow corn, soybean meal, ground whole wheat, soybean hulls and corn germ meal **Product B:** Chicken, Brewer's Rice, Rice Flour, Ground Corn and Soybean Meal **Product C:** Turkey, Chicken, Chicken Meal, Ground Barley and Gound Brown Rice. ***How should you choose?***

**Protein.** The protein used in pet food comes from a variety of sources. About 50% of every food- producing animal does not get used in human foods. The remains get used in pet food, animal feed, and other products. These other parts are commonly known as "by-products" or "meat-and-bone-meal". "**By-product protein**", for example in Chicken, consists of the dry, ground, rendered clean parts of the carcass, such as the necks, feet and undeveloped eggs. It can be inconsistent because of the multiple organs used, constant changing proportions and questionable nutritional value. It can be inconsistent because of the multiple organs used, constant changing proportions and questionable nutritional value. "**Meal**" is the dry, rendered (cooked down) product from a combination of clean flesh and skin with or without accompanying bone, -- exclusive of feathers, heads, feet, or entrails. Depending on the source and quality used, it can be an excellent source of protein.

**Avoid** foods that contain by-products or that do not clearly indicate the type of protein used, such as meat meal. Meat or fish meal may contain several types of proteins derived after the rendering process and the quality can be inconsistent. **Look for** single source proteins such as Chicken, Beef, Lamb, Duck, etc. While these proteins may be human grade (or consumable by humans), you still want to look for some of the same things you do in your own food - hormone free or organic. If your pet has signs of allergies (licking, chewing) you may want to consider feeding it proteins such as Lamb, Fish, Duck or Venison.

**Grain.** Pets don't need much grain. Because grain is less expensive than meat it is a large component of your pet's food. Natural Pet Manufacturers have recently come out with grain free foods. Digestibility and nutritional value are important factors.

**Avoid** fractured grain or milled grain ingredients, such as cracked pearl barley, rice or barley flour, Soybean Hulls, or middlings because they just act as fillers. Most of the nutritional value has already been removed. Although ground corn or wheat are a good quality source of carbohydrates, they may be more difficult to digest and are thought to be in the top 3 causes of food allergies in pets (reference - Natura, Solid Gold). Soy can also be a top allergen for dogs and is lest digestible than a meat protein (reference Natura, Solid Gold). Soybean is often used because it is an inexpensive, non meat alternative to increase the "Crude Protein" analysis on the pet

m, these were taken from part of a summary in Women's World magazine in July 2000.

1. 75% of Americans are chronically dehydrated .
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water is the #1 trigger of daytime fatigue.
6. Preliminary research

food labels. **Look for** whole grains that are easily digestible and full of nutrients, such as Barley, Brown rice or Millet.

**Additives and Preservatives.** Preservatives have been linked to diseases such as cancer, kidney disease, pancreatic disease, allergies, hair loss, blindness and immunodeficiency. Preservatives such as BHA, BHT and Ethoxyquin are used in many commercial brands to extend the shelf life, but they may be hazardous to your pet's health. Natural Pet foods will use much safer preservatives such as Tocopherals (vitamin E). Most Pet foods that use Tocopherals will have a shelf life of one year.

There are some easy ways to quickly determine the quality of the food available for your pets. When selecting a food, you may also look at additional factors such as joint problems, dry skin and coat or allergies. This may indicate that you should look for added Glucosamine, Omega 3 and 6's or antioxidants. If you are still not sure, get some samples of what you think would be good for them. Let's see which one your fur kid will go for.

Written by **Nadine Joli-Coeur** Owner, Natural Pawz. Natural Pawz is located at Sterling Ridge shopping center in The Woodlands, Texas. *Natural Pawz's mission is to promote Healthy, Happy pets. They offer a wide range of Natural Pet foods, treats and products that you will not find at Large Pet stores.*

[More Information](#)

## Got Allergies?

Itchy eyes?  
Recurrent  
sinus  
infections?  
Constant runny nose?



**Don't suffer anymore! We now offer allergy testing and treatment with sublingual drop therapy. Convenient, safe, and effective.**

**For more information, or to schedule allergy testing, please call us toll-free (866) 680-WELL.**

indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

7. A mere 2% drop in body water can trigger fuzzy, short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer

Water is an essential part of our diet. We are only able to

survive without it for a few days! Water is important for digestion, nutrient absorption, circulation, healthy skin, removing toxins from your body and many other reasons. Can your Coke do that?

Wouldn't you rather have a glass of water?

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