

Greetings!

IN THIS ISSUE

- SUPPLEMENT OF THE MONTH-Vitamin B12
- FITNESS FACTOID
- SPECIALS
- VEGETARIANISM-INSIDE OUT
- TESTIMONIAL OF THE MONTH
- RECIPE OF THE MONTH-Candied tomatoes

FITNESS FACTOID

Simply adding movement into your daily routine can increase your level of fitness. For example, if you park in the last row of the parking lot and walk briskly five minutes each way between your office and your car, walk up and down the stairs at your office during your 10-minute afternoon coffee break, and walk the dog for 10 minutes when you get home, you've racked up 30 minutes of exercise for the day.

SPECIALS

WHAT ARE YOU WAITING FOR? Don't wait to feel great! Free spa treatment with comprehensive wellness program, courtesy of Avante Laser and Medispa. For February, we're



offering our Sweethearts Special-- schedule your comprehensive wellness evaluation and your loved one can join and receive a 20% discount.

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VEGETARIANISM-INSIDE OUT

SUPPLEMENT OF THE MONTH-Vitamin B12

Vitamin B12 is a member of the vitamin B complex. It contains cobalt, and so is also known as cobalamin. It is exclusively synthesized by bacteria and is found primarily in meat, eggs and dairy products. There has been considerable research into proposed plant sources of vitamin B12. Fermented soy products, seaweeds, and algae such as spirulina have all been suggested as containing significant B12.

However, the present consensus is that any B12 present in plant foods is likely to be unavailable to humans and so these foods should not be relied upon as safe sources. Many vegan foods are supplemented with B12. Vitamin B12 is necessary for the synthesis of red blood cells, the maintenance of the nervous system, and growth and development in children. Deficiency can cause anemia, degeneration of nerve fibers, and dysfunction of the immune system. Symptoms include



**By Paul Chek, HHP,
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People become vegetarians for many reasons. Some people do so for what they believe are sound health reasons. We are, for example, experiencing the greatest occurrence of cancer cases and other chronic diseases in history. Some people convert because of a growing concern over the health of our ecosystem. I decided to share my opinions on vegetarianism because in my career I have worked with many unhealthy vegetarians. Often my vegetarian patients were in need of animal nutrition yet, for the above reasons were initially resistant to my suggested inclusion of animal foods for regaining their health. While I can't address all of the reasons why one might become a vegetarian here, I want to examine a few of the more common arguments that claim vegetarianism is better for your health. In the end, I hope this may clear up some of the dogmatic resistance to a diet that includes meat.

Is Red Meat Really Bad For You?

The most common argument that I hear is that eating red meat is bad for you. In fact, many vegetarians claim their lifestyle is better for your heart and your health in general. We often read and hear the same claim in the news -- eating red meat is unhealthy. Consider Weston A. Price, who traveled the globe studying the diets of native societies in the 1930s while there were still natives untouched by white man and his processed foods (Nutrition & Physical Degeneration by W.A. Price). His primary result was to show that wherever natives were exposed to processed foods, such as white flour and sugar, degeneration and disease soon followed. But he also discovered that there were no healthy vegetarian societies or tribes. While he did find some vegetarians, there were always healthier tribes nearby eating meat or animal products. If you study cultural anthropology, you'll find the amount of meat eaten by any society was determined not by religious beliefs or health fads, but rather by availability alone. A clear example of this can be seen by looking at the diets of traditional Aboriginals in Australia. The inland Aboriginals eat a diet of approximately 75-90 percent vegetable and 10-25 percent animal foods. The coastal Aboriginals, who have access to fish and larger animals

excessive tiredness, breathlessness, listlessness, poor resistance to infection, dementia, depression, numbness or tingling in the extremities, a smooth, sore tongue, and menstrual disorders.

When deficiency occurs, it is more commonly linked to a failure to effectively absorb B12 from the intestine rather than a dietary deficiency. Absorption of B12 requires the secretion of a glycoprotein known as intrinsic factor. The B12-intrinsic factor complex is then absorbed in the ileum (part of the small intestine) in the presence of calcium. Certain people are unable to produce intrinsic factor and require injections of B12. Taking anti-acids will also affect absorption of vitamin B12.

Some of the information contained in this article was obtained from the vegetarian society website.

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like kangaroo eat about 75 percent animal and 25 percent vegetable foods. (1) The conclusion that vegetarianism is safer for your heart is an unfounded scare tactic fostered by the processed food industry. The first reported case of a heart attack came only recently in 1921. (2)

Hydrogenation of vegetable oils began about 1908 and since that time, consumption of vegetable oils has risen some 400 percent, while saturated animal fat consumption has reduced on the whole. In short, we've had a reduction of animal fat consumption, an increase in hydrogenated vegetable oils and an increase in heart disease since 1908. It's hard to see how consuming less animal fats has made for healthy hearts. Moreover, statistical analysis of chronic disease shows that we are far worse off with today's dietary recommendations when looked at from a disease perspective. If viewed from a purely historical perspective, the current dogma over eating meat and heart health is suspect as well. Humans have been eating animal foods as a primary food staple in every part of the world with a winter. This includes the fish eaten in every region near lakes and oceans. If eating meat were as unhealthy as suggested, we'd never have lasted as long as we have.

Too Much Acid?

A similar argument against eating meat: It makes people too acidic, disrupts the pH of their blood and thereby encourages disease. This argument is just as problematic as the last. In fact, the whole issue of pH balance and diet is very misleading and misrepresented by many who favor vegetarian diets. First of all, our environment has dramatically influenced our biochemistry, particularly over thousands of years due to the rate of genetic modification. For example, Eskimos maintain optimal pH balance on a diet of 90 percent animal foods, while some Hindus and inland Aborigines maintain optimal pH balance of the converse of 90 percent plant foods! Many "experts" falsely blame high acidity levels on meat eating. This really is just a lot of bunk. pH is specific to body compartment and body fluid. Therefore, when making any reference to pH without making a clear statement as to where the measurement is taking place (urine, venous blood, arterial blood, saliva, and even specific organs) is meaningless. The stomach, small intestine, and large intestine for example, all have different optimal pH levels. It has also been argued by Rowkowski and others (including very possibly William Wolcott) that sprinting around the block once will produce a far greater shift in pH toward acidity than eating nothing but meat all day long. I have personally tested my own urine and saliva every hour for days on end and let me assure you, if you were to do the same, you would quickly find that what you do with exercise and how close you are to your needs for water consumption will influence your pH

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far more than what you eat. I've knocked my urine pH down from 7 to 5 in 10 minutes of squatting with sets of 10 on a one-minute rest in just a few sets! The long and short of pH is that different pH levels are appropriate for different people given their genetic heritage and is much more heavily dependent upon variables other than meat.

The Real Reason ...

So what really produces the illusion that vegetarianism is better for you? In many cases, converted vegetarians are eating real food for the first time. They're often cooking fresh food for the first time and eating much more raw food for the first time! Finally, they have stopped eating so much packaged crap. All this acts to increase one's vitality and mental clarity just like using fresh water will clean your windows much better than dirty water. Vegetarian diets are also very effective detoxification diets across the board, greatly reducing body burden from lifestyles that included prolonged periods of consuming junk food. Finally, people going on vegan diets are often directed to do so by holistic health professionals who also encourage the use of organic foods. Since fat stores toxins and commercial farmers make their income by the pound, most farmers stand to benefit from feeding their livestock harmful foods. These harmful foods, in turn, produce livestock with much more fat. The benefit from going vegan was to avoid those toxic commercial meats and therefore nothing inherent to being a vegan per se. Those eating organic meats will not suffer from the harmful effects of eating commercial meats. This brief analysis certainly doesn't address all of the reasons why one might go vegetarian, but I hope that it's enough to help you understand the issue isn't so straightforward as some would have you believe. Genuine, organic meat, as Price showed, has been an important component of all healthy societies, so we ought to think twice before giving up on meat.

TESTIMONIAL OF THE MONTH

I never imagined the impact this wellness program would have on my life. I was 21 years old and suffering from arthritis, estrogen dominance, seasonal allergies, muscle pain, insomnia, depression, mood swings, trouble losing weight, and severe fatigue. If I felt this bad now, how would I feel in 10-20 years?

After meeting with Dr. McManus, I realized I had hypothyroidism, a condition previous physicians were unable to catch. I also realized the importance of hormones and vitamins in our diets. Most importantly, I

understood the effects everyday foods have on our bodies. When asked to eliminate certain carbs from my diet, I was quite hesitant. Carbs were my #1 food group. However, I decided to accept the challenge. When I eliminated these carbs, I also eliminated my arthritis, muscle pain, depression, mood swings, fatigue, and I dropped 20 lbs! I feel amazing--better than I ever imagined that I could.

Thank you Dr McManus for giving me a new life and hope for a healthy future!!!

Ashley

RECIPE OF THE MONTH-Candied tomatoes

12 Roma tomatoes, olive oil, sea salt

Preheat oven to 350 degrees. Cut tomatoes length wise, drizzle cut side with oil and sprinkle with sea salt. Place face down and bake for 1 ½ hours.

These are a BIG hit!

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