



Of Special Interest

- Your Health...
- Travel Tips...
- Shoes & Feet
- Share the Health

Thank you...

All too often, we forget two very important words, "Thank You." Excuses for this run from the ridiculous to the sublime but nonetheless are just excuses. Each one of you is a very unique individual from whom I have learned much, improving my life. Thank You. New clients recently coming onboard, Thank You and Welcome. For the continued support, Thank You. Thank You for letting me into your homes and being a part of your everyday lives.

It is my wish that all of you **Live Life – Live Well – Live Long**

Your Health deserves Attention

Feedback, suggestions, and contributions must be in the second week of the preceding month.

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Your participation is greatly appreciated and it is my wish that you continue your support and positive feedback.

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Now circulating in 40 states and 14 countries abroad.

Food and Your Health...

In the April issue, we learned about acidosis and the devastating affects on the human body. In this issue, let us explore a little further the impact on the immune system.

Our immune system can hit snags or go afoul or quit working all together, leaving us susceptible to sickness, disease and a painful unhappy life. For years, we have exploited our body systems and have not thought one iota about all the 'junk' food that we ingested. Knowingly or unknowingly, we have absorbed toxins in

the form of preservatives, chemicals, and harmful substances, the epitome of noxious behavior violating the "Eight Laws of Physical Health". Continuous and uncontrolled overdose of antibiotics has caused the friendly bacteria to die along with the harmful ones. This has led to a toxic body in which harmful bacteria and parasites thrive. The toll of this modern lifestyle on our body systems has begun to show increasingly in our society with the incidence of a large number of diseases increasing everyday. In a normal healthy body, the detoxification system that

consists of large and small intestines, urinary system, lymphatic system, skin, lungs and liver ensures that the body detoxifies itself. However, heavy pressure and overuse of these systems has resulted in a break down in these mechanisms over time. The increase in the amount of toxins in the body results in stress in the immune system that eventually breaks down due to overwork. So, what do we do, throw up our hands and say, Oh well...I think not. It is possible for us to take charge of our health and our bodies shall love us forever.

Detoxification...

Share the Health

Drink tap water full of chemicals?
Be kind to yourself and family -
Filter your tap water.

- Easy to do
- Healthy
- Cost effective
- Endless supply
- Rapid return on investment

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Live Life – Live Well – Live Long

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**Want healthy feet - free of pain?
Wear the least shoe possible.**

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Thank You for your continued support.

PASS THIS NEWSLETTER ON TO A FRIEND.

A good friend, Rick Mathes - Clinic Director – Egoscue – Austin, Texas, sent me this note some time ago which pretty well sums up the way we can take charge and get our immune systems back healthy and working as designed.

"So what to do? Intake more alkaline inputs and less acidic ones. What are acidic ones? Alcohol, tobacco, beef, pork, peanuts, most processed grains, dairy products, tap water. Alkaline ones include most fruits and veggies (especially the vibrantly colored ones, so not corn and potatoes), purified water, sprouted grains, most nuts (like almonds), some juices.

Generally, the less processed something is the better. Raw,

organic and whole is better than cooked, packaged and processed.

You don't have to eat perfectly, but I try to adhere to the 80/20 rule. 80% of the time I try to eat alkaline and the rest I do whatever. You can test your PH by going to the drugstore and getting the yellow PH test paper strips, then either test with your saliva or urine first thing in the morning. They come with a little color grid. If the color turns dark green, that's good. If it stays pretty pale, then there's work to be done.

People who "go alkaline" usually report they lose fat, gain energy; their immune function improves, etc...

I'm a big believer, nutritionally, in this kind of approach:



Detoxification... continued from page 1

1. Detox the body
2. Eat according to the plan above
3. Maintain a strong anti oxidative program
4. Drink lots of pure water

If someone suffers from osteoarthritis, implement something like the plan above while dedicating yourself to getting your posture restored and you should see some exciting results."

Thanks Rick for the great article.

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There are many good products out there for full body detoxification and cleansing the colon, the right way to get started. All by themselves, these products will not give long-term results, for that you need to change your habits and mindset and make it your lifestyle. Now would be a great time to add this regimen along with your e-cises and be prepared for the upcoming cold and flu season. Besides, wouldn't you really like feeling better and more energetic?

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Travel Tips...

It is that time of year again; learn how you can take the pain

and agony out of traveling. Stop often and stretch your legs when riding in a car. In other modes of transportation, get up and move when possible.

STANDING:

- Maintain a loaded posture.
- While standing hold Standing Overhead Extension for a minute.
- Clasp your hands behind your head and stand pigeon toed. Pull your shoulder blades together and hold a minute.
- Do Gluteal Contractions for

[Continued below](#)

The human body was designed to be alkaline – are you? Test often.

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*People who keep alkaline seldom ever complain of being sick and tired. Wonder why?*

"The person who gets the farthest is generally the one who is willing to do and dare. The sure-thing boat never gets far from shore."  
–Dale Carnegie

## Travelling can be fun...

- 3 sets of ten.
  - Hold Standing Forward Bend for a minute.
  - Do Standing Foot Circles & Point Flexes—3 sets of 10.
  - One set of 25— Standing Elbow Curls
- SITTING:**
- Maintain a loaded posture.
  - While sitting try to position yourself so your knees are even with or slightly below your hips.
  - While sitting do Scapular Contractions—3 sets of 10
  - Forward and reverse Shoulder Shrugs—3 sets

- of 20
- Do Sitting Foot Circles & Point Flexes—3 sets of 10
- Hold Sitting in Extension while maintaining the arch in your lower back for 3 minutes.
- Reach behind your seatback with both arms and stretch out those shoulder muscles.
- One set of 25— Sitting Elbow Curls

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Do these e-cises throughout your traveling/work day. Of course, you should always take your current menus and do them in your room if gone overnight. By taking Egoscue

Shoes & Feet...

Do your feet hurt, are they tired, and ache a lot? Have you ever wondered why? Are you wasting money on shoes and orthotics that are ruining your feet?

There is a great article by William A. Rossi, D.P.M. titled:

"Why Shoes Make 'Normal' Gait Impossible - How flaws in footwear affect this complex human function."

This short article explains why we spend millions of dollars

[Continued below](#)

"Self-determination is fine but needs to be tempered with self-control."

–Anonymous

on so-called 'miracle' shoes designed to aid our walking and make us more comfortable only to find that our feet are still tired and achy. To quote Dr. Rossi:

"Why? Because natural gait is biomechanically impossible for any shoe-wearing person. Natural gait and shoes are biomechanically incompatible because all shoes automatically convert the normal to the abnormal, the natural to the unnatural. And no therapy or mechanical device, no matter how precisely designed or expertly applied, can fully reverse the gait from wrong to right."

If anyone would like to read the entire article, I would be happy to get you a copy.

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