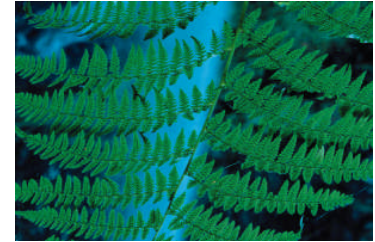


## Of Special Interest

- Dedication
- Breast Health
- Eating Habits
- Good Herbs

True religion is real living; living with all one's soul, with all one's goodness and righteousness.  
– Albert Einstein

## Dedicated to Nancy [Sigman] Fedor



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

~ ~ ~

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

~ ~ ~

Over 1200 copies circulating in 44 states and 15 countries abroad.



This month's issue of Kinaesthesia is dedicated to Nancy [Sigman] Fedor, who recently succumbed to a four and a half year battle with breast cancer April 16, 2009. Nancy shall be forever remembered for her

radiant smile and infectious good nature.



Hi Frank,  
I am so glad you decided to put this in your newsletter. I am also very sorry to hear of your friend's passing, it is something that is becoming all too commonplace for women to succumb to. You are doing a great job of getting the word out there on the importance of eating well and getting more alkalizing foods into one's diet, stay the

course with this, you are changing and saving lives my friend.  
Lauren Warren

The following excerpts are from a report sent to me by my good friend and fellow therapist from Rosendale, New York – Lauren Warren

~ ~ ~

**BREAST HEALTH** – written by Dr. Claudia M. Cooke, NY, NY

The tissue integrity of the breasts depends in large part upon intact flow of lymph through the breasts. The

## Breast Health

### Share the Health

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

- Easy to do
- Healthy
- Cost effective
- Endless supply
- Saves \$250.00/year

~ ~ ~

Live Life – Live Well – Live Long

~ ~ ~

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

~ ~ ~

Thank You for your continued support.

PASS THIS NEWSLETTER ON TO A FRIEND.

lymphatic system runs parallel to the circulatory system and it is the clear part of the blood which is recirculated through the lymphatics. This lymph fluid is rich in white blood cells (chiefly lymphocytes), antibodies, and other components which together comprise a major part of the first line of defense of immune system, fending off microbial invaders and scavenging for defective cellular material.

... Causes of stagnant flow? Compressive, tight-fitting bras, poor posture, stooped shoulders, generalized muscles tightness and tension through the muscles of the shoulder girdle, in addition to metabolic factors. Part of your daily breast health maintenance should include shoulder rotations (at least 20 times in each direction, slow, full rotations) and a 2 minutes massage to each breast. ... Think in terms of moving fluid through the breast. Think good thoughts! The Ayurvedic wisdom says that grief and sadness generates

congestion in breast tissue. And you may even visualize your hands pulsating with green light as you massage. Dr. Lad says that this massage oil can dissipate fibrocystic changes and microcalcifications of the breast.

**The full report is available upon request.**

~ ~ ~

**Important rules when eating:**

- Eat less than you are use to, but chew food longer than you are use to.
- Never overfill your stomach
- Chew food well (at least 20 times each mouthful)
- Make at least 1 hour pause between fruit and the next



## Avoid inorganic foods...

- meal
- Use filtered water for drinking (without CO2)
- Use unrefined sea salt or kosher salt – DO NOT USE TABLE SALT
- Do not mix proteins with carbohydrates too often. (avoid Pizza)
- Never eat desserts with rest of food! Make minimum 2 hours break between food and desserts!
- Never eat fruits with rest of the food
- Make break between fruit and the rest of the food. Use food combining.
- Eat more often but less mixed food
- Eat salads with cold pressed oils
- Don't eat proteins with deserts
- Avoid eating 3 hours before sleeping
- Avoid eating fruit or deserts for dinner
- Eat fish instead of meat
- Use root vegetables in cooking and salads (carrots, onions, Burdock Root, radish, daikon, dandelion root, parsley, celery...)
- Avoid inorganic foods (antibiotics, hormones, pesticides) (antibiotics can harm the intestinal flora! Hormones will help your tumor grow. Pesticides will poison your healthy cells and organs.) Go for raw foods.

While on a cleansing diet, follow these recommended steps to protect yourself from toxins in the environment.

### Cleansing herbs to consider:

- Garlic -- blood cleanser, lowers blood fats, natural antibiotic
- Red Clover -- blood cleanser, good during convalescence and

*We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are. - Adelle Davis*

## Healthy Herbs are good...

- healing
- Echinacea -- lymph cleanser, improves lymphocyte and phagocyte actions
- Dandelion -- liver and blood cleanser, diuretic, filters toxins, a tonic
- Chaparral Tea -- strong blood cleanser, with possibilities for use in cancer therapy
- Cayenne Pepper -- blood purifier, increases fluid elimination and sweat
- Ginger Root -- stimulates circulation and sweating
- Licorice Root -- "great detoxifier," biochemical balancer, mild laxative
- Yellow Dock Root -- skin, blood, and liver cleanser, contains vitamin C and iron
- Burdock Root -- skin and blood cleanser, diuretic and diaphoretic, improves liver function, antibacterial and antifungal properties
- Sarsaparilla Root -- blood and lymph cleanser, contains saponins, which reduce microbes and toxins
- Prickly Ash Bark -- good for nerves and joints, anti-infectious
- Oregon Grape Root -- skin and colon cleanser, blood purifier, liver stimulant
- Grape Seed -- contains Vitamin E, flavonoids, linoleic acid, and compounds called procyanidins (also known as condensed tannins, pycnogenols, and oligomeric proanthocyanidins or OPCs) are highly concentrated in grape seeds.
- Parsley Leaf -- diuretic, flushes kidneys

~\*~

Remember, in order that you are fit and healthy, you need proper diet and motion in your life. The life you save shall be your own.

## Health & Motion is Here for You

*Love life and life will love you back. Love people and they will love you back.*

- Arthur Rubinstein



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