

Of Special Interest

- Hydration
- Acid or Alkaline?
- Foods that kill

The secret of success is constancy to purpose.- **Benjamin Disraeli**

Happiness is nothing more than good health and a bad memory.

- **Albert Schweitzer**



Sick or Dehydrated...

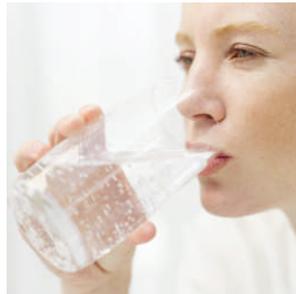
Feedback, suggestions, and contributions must be in the second week of the preceding month.

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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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Dehydration

One of the things you learn when coming onboard is that for muscle, joint and general bodily health you need to be hydrated all day everyday. It is a known fact that most people, especially seniors, are dehydrated. Water is a natural healer as long as it is filtered and free of chemicals.

BEWARE - a lot of bottled water is nothing more than bottled tap water, what a rip off.

Often we think we're sick when actually we are thirsty. Completely overlooked or ignored is the fact that dehydration is the primary cause of disease. Drinking more water—six to eight glasses a day—can do miracles for seniors, and people of all ages.

- Water suppresses the appetite and helps the body metabolize stored fat.

- Drinking enough water is the best therapy for fluid

retention. To get rid of excess water, drink more water.

- Overweight people need more water than thin people.

- Water helps maintain muscle tone and helps to prevent sagging skin.

- Water helps rid the body of waste. Many people suffer from constipation.

~ ~ ~

Filtered water: the metaphoric apple

Remember, water should always be used during any type of detox program to help dilute and eliminate toxin accumulations. It is likely the most important detoxifier. It

Acidic: can't be acid & healthy

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.

helps clean us through our skin and kidneys, and it improves our sweating with exercise. 8 to 10 glasses a day (depending on our size and activity level) of clean, filtered water are suggested. The importance of drinking water cannot be stressed enough. Drinking water in conjunction with the menus and other activities you do is a **sure way to keep the doctor away.**

~ ~ ~

Alkaline - Alkaline - Alkaline

Once again we must stress the benefits of keeping our bodies alkaline for joint, muscle, and general health.

Learn to eat foods that contain live enzymes, "life force" and nutrients. "Foods" that lack these elements cause the body to become acid, produce mucous, and congest the intestinal tract. Over time, if you keep eating a poor diet, this congestion builds up, layer

after layer, eventually forming a hardened layer of plaque in the intestine. This substance is known as "mucoïd fecal plaque" and is believed to contribute towards a majority of the obstacles to optimal health.

A good detoxification diet will make your body ALKALINE. The acid/alkaline balance of your body needs to be managed. Most people today have an over acid body, primarily from a diet of acid-forming foods and stress. With regard to stress: use the quiet time during your menus to meditate and relieve stress.

It's difficult to be acid and totally healthy. Becoming acidic is one of the first steps toward illness. It's almost impossible to find



Acidosis: Equates to Disease

someone with a disease who is not over acid. Anytime the body drops from full vitality, weakened areas result. Stress alone may create the over acidity which leads to mucoid plaque. And stress often prompts deviation from a good diet as the person seeks comfort or quick energy through acid-forming foods.

Foods that Kill

- Margarine and other hydrogenated fats
- Chlorinated Water
- Antibiotics (not always, but in many cases)
- Aspartame
- Table salt
- MSG - Mono Sodium Glutamate
- Pesticides
- Carcinogens
- Hormones which can be present in milk
- Food additives
- Refined sugar, sweeteners
- Junk/processed foods (Processed "food" is life-less food)
- fried, smoked, grilled foods
- Soft drinks - Keep your child away from this
- Alcohol drinks



Next issue:

Important rules when eating
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Recommended steps to protect you from toxins in the environment

*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*

## All is not lost...Reclaim your Birthright

**Are you sick and tired of being sick and tired?**



Then...give [Health & Motion](#) a call...start a journey to a great new life free of pain.



You are the sure winner with [Health & Motion!](#)

## Health & Motion is Here for You

*"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."*  
- Albert Schweitzer



Health & Motion  
Frank Parmelee  
Certified PAS  
(419) 473-3875  
[parmelee9512@sbcglobal.net](mailto:parmelee9512@sbcglobal.net)