

radiation or chemotherapy to give their organs and tissues extra support during their treatment because both radiation and chemo can be invasive and systemic.

Florida Waterman Hospital is Hosting a Protein Shake Tasting;

I push hard for people to choose really healthy foods during a battle with cancer. The immune system needs all the support it can get. As a result I encourage people to supplement meals with healthy protein shakes. Now that I am working with Florida Waterman Hospital in providing nutritional and immune support for cancer patients during and after their medical therapy, we decided to set up a table in the cancer institute lobby and offer delicious protein shake samples to the patients and staff. The date is set for December 12 – time 9 am until early afternoon. Come by and join us for a sample. YUM!

NEW HERBAL CLASS BEGINS IN JANUARY:

I am starting a new series of herbal classes in January. We will meet one evening a month. I would like you to contact me if you would be interested in attending. I spend a lot of time in preparation for the classes and provide a lot of handouts. We will study individual herbs and essential oils – their actions and properties. We will learn how to use these herbs and oils in helping the body heal, how to make salves, lotions, tinctures, teas, etc. The charge will be \$5.00 per class to cover the cost of materials and herbs, etc. The classes will be held at my home so I have access to the kitchen. I will have to limit the size of the group because of my space, but I feel we can comfortably fit 10-12 people so let me know if you are interested in joining in. **HOWEVER, PLEASE DO NOT SIGN UP FOR THIS SERIES UNLESS YOU REALLY INTEND TO PARTICIPATE ON A REGULAR BASIS.** Nothing frustrates

more than to have people say they are committed and then find out they are not. Call me at 352-735-2966 or email me at cbooth@naturalhealthplus.biz

ADD CHALLENGES

In the month of November I had four different sets of Moms call me in tears or in utter frustration because they have kids who have been labeled with ADD - Attention deficit disorder. This is a complicated problem because there are many variables involved. All four of the kids were boys ranging in age from seven years of age to thirteen. The older the boy – the more challenges to deal with because of behavioral problems.

I am not a therapist and don't try to conduct myself in such a manner. My approach with these kids is limited to correcting nutrition and providing supplements that are known for their actions in calming down the adrenal response and helping the brain to focus. Dealing with the nutrition alone can be a challenging problem because kids aren't allowed to eat healthy snacks during school. However, that can be corrected by me writing "prescriptions" to the school and they will cooperate. Then it the responsibility falls to the parent to provide healthy food at home and encourage the kid to eat it. By now most people know that **SUGAR is a bad food for anyone but it is almost a poison to an ADD kid.** Every kid will begin to respond differently just by removing sugar from their diet.

Most ADD kids are not stupid – they just learn differently from other kids. Sometimes they are on a different level of brain function and classrooms are geared for the majority. As a result parents are often *urged* to drug their kids – when there are lots of conditions that can mimic ADD and ADHD – just a few to mention: *hypoglycemia, allergies, learning disabilities, hyper or hypothyroidism, hearing or vision problems, mild to high lead levels.*

Making sure you have a correct diagnosis is critical but even then in many

cases the kids are mis diagnosed. ADD can be very subjective and left open to interpretation.

One thing is certain medications can have major side effects including violence and make the symptoms worse.

There are tools in the natural realm to help with this problem. I am going to work on putting together a seminar on this topic which I hope to have ready in January. Will keep you posted. Meanwhile, for those of you who might be dealing with this problem or know someone who is, understand there are other alternatives to drugging your kid. The sooner you can include some healthier approaches in your lifestyle the better because it is always harder to work with a kid who has developed learned. behavioral problems

Sleep Deprived Kids:

This is one of the problems that many kids deal with. Statistics show that only 20% of kids are getting optimal sleep - - studies show that kids under three who watch a lot of TV sleep irregularly and this sets a pattern for years to come.

Add to that a high sugar breakfast and kids' brains are under siege to stay awake and concentrate during the school day.

Oh yes – how many kids are now drinking high caffeine drinks – fancy coffees, red bull – highly charged caffeinated drinks that are loaded with sugar and we wonder why are kids are hyperactive?????

Whole Grain or Not? Why does it matter?

For those of us who understand that all foods affect the blood in some manner, Your blood type is the key to your body's entire immune system. A single drop of blood, too small too see, contains the entire genetic code of a human being. In my work with cancer I am amazed to learn how easy it is to impact the DNA in our bodies. So it is important to pay attention to the chemical reaction that occurs between your blood and the foods you eat.

Some foods have *agglutinating* properties. *Lectins* are a powerful way for organisms in nature to attach themselves to other organisms in nature. Lectins are like a powerful superglue. If you eat a lectin that is incompatible with your blood type antigens then certain organs or bodily systems can become harmed over time by agglutinate blood cells.

Gluten is the most common lectin found in wheat and other grains which can bind to the lining of the small intestine and cause substantial inflammation and painful irritation in some blood types – especially O's. Lectins can also interact with the surface receptors of the body's white cells, programming them to multiply rapidly.

Type O's do not tolerate whole wheat products at all and you should eliminate them completely from your diet. They contain lectins that react with both your blood and your digestive tract and interfere with the proper absorption of beneficial foods. Wheat products are a primary culprit in Type O weight gain because they interfere with metabolic processes.

Having said that, A and AB blood types can struggle with wheat products as well because wheat can cause the muscle tissue to become overly acidic.

Many people may be suffering with Celiac Disease which is a sensitivity to wheat gluten – that will cause allergic reactions in the body – and may react as Irritable bowel syndrome, Crohn's disease, gas, nausea, hypothyroidism, osteoarthritis, hypoglycemia, hyperactivity, hives, chronic ear infections, unexplained obesity. Food sensitivities are growing because of the chemically altered and enzyme depleted processed foods.

(Most of my clients have the book, "Eat Right For Your Type" by Dr. Peter D'Adama. It is an interesting read and a good guide book for eating.)

There is much confusion among people about the difference of whole wheat vs whole grain and which one is healthier to eat. The answer is simple: Whole grain is better.

