

“All you need is love. But a little chocolate now and then doesn’t hurt.”

- **Charles Shultz**

It's February so I had to find a quote about love (and chocolate)! We should really be thinking about love all year around, but it's definitely front and center this month more so than any other. Personally, I think it's a way for certain businesses to jack up prices and make additional money on Valentine's Day. Love is always all around us and we need to cherish it. If you're lucky enough to find someone to love that actually loves you back, that's truly a gift. It's definitely easy to find someone who tells you you're loved. The hard part is finding someone who actually means it. I believe that a true love story has no ending. It just gets better with every turn of the page. Over the years, I've learned that you know you REALLY love someone when 'home' goes from being a place to being a person. Remember that none of us knows what tomorrow will bring. All we have is this moment. So my advice to you is this: If you get mad at someone, don't stay angry too long and get to the place of forgiveness. Love your friends, your family and your partner with your whole heart. Life really is short so have fun and live your life the way YOU want to live it, not the way someone else thinks you should. And finally, don't waste time worrying about people who don't like you. It's their loss. Enjoy and spend time with the people who do. Happy Valentine's Day with love from me!

Introducing: Noni Juice



As we continue on our journey of using food as medicine, I have a new one for you....and me. I'm a big believer that everything happens for a reason and this is more proof of that. I recently took my son on a Caribbean cruise and one of our stops was in Roatan, Honduras. I'd never been there and was anxious to see what the island had to offer. My excursion to a private beach provided a tour guide who gave us a lot of information about his home country. He asked if any of us had heard of the fruit noni (pronounced NO-nee) and most hadn't. He reached into his pocket and held up an odd-looking object. It was green, shaped sort of like a pear, with weird bumps all over it. Our guide went on to explain what the Honduran people believe is essentially health in liquid form. I pulled him aside once we got to our destination and he gave me an earful about the benefits of this amazing fruit. I was convinced enough to try it, as were a few others from our group. He arranged to have his contact meet us in the parking lot of the cruise terminal to bring us some noni juice. She arrived with some bottles in a paper bag. It almost felt as if we were doing some kind of illicit drug deal, but it was all legit. I couldn't wait to try the noni juice when I returned home. He warned about the taste, but I don't mind it. It's a little bubbly, because it's fermented. I've only been taking it for a couple of weeks, but I wanted to share with you, some of noni's benefits so you can decide if it's right for you.

But first, I want to give you a little background on this fruit, which is also known as Indian mulberry. It's typically found in the tropics. It's all over the island of Roatan. The juice has been around for thousands of years and is known to have a number of benefits. The tree that bears its fruit is more like a shrub, growing to only about 1 to 3 feet high. It has rounded branches, shiny dark leaves, reddish-brown seeds and small clusters of edible white flowers. It's kind of egg or pear shaped.

Noni juice offers a bunch of vitamins and minerals, including vitamins B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6, B12, C and E, folate, beta-carotene, phosphorus, potassium, calcium, magnesium and iron. It also provides quercetin, which is a component of the Immune Protocol I provided you several months ago. Here are just some of noni's benefits:

It's an Antioxidant: Noni juice is known for its high levels of antioxidants. This means it seeks out the free radicals running around in our bodies and helps neutralize their negative effects. Reducing free radicals means we can be healthier because it reduces oxidative stress, which is associated with many illnesses, including heart disease, diabetes and cancer. It seems to be particularly helpful for smokers, since tobacco smoke creates a dangerous amount of free radicals.

Helps Heart Health: Noni expands blood vessels, resulting in better blood flow in the arteries. It also appears to help regulate blood pressure as well as improve cholesterol. A study done at the University of Illinois College of Medicine at Rockford showed that drinking noni juice helped reduce LDL cholesterol (the bad one) and increase HDL cholesterol (the good one).

Helps Reduce Fatigue: Polynesians use the juice to help eliminate weakness and increase energy. I've personally noticed more energy.

Helps with Memory: Studies done on people with decreased memory function showed that drinking noni juice helped increase blood flow to the brain, which helped improve memory. Getting aluminum out of your life (deodorant, cookware, foil) will also help, as this extremely toxic metal has the ability to penetrate the blood/brain barrier. I wrote about this toxic metal in my April 2022 newsletter.

Helps with Skin Care: Noni juice seems to help stimulate collagen production, which can potentially help slow down the formation of and/or increase in wrinkles. Additionally, it has anti-inflammatory and antibacterial properties that somehow work on the cellular level to help heal certain skin disorders.

Helps Relieve Pain and Inflammation: As I mentioned above, noni juice has anti-inflammatory properties that may help reduce pain and inflammation in the body. In fact, for over 2,000 years, noni fruit has been used in folk medicine because of its pain-relieving effects. In a one-month study, people with either degenerative arthritis of the spine or osteoarthritis in the neck took noni juice twice daily. They reported a much lower pain score, with complete relief of neck pain in 60% of the participants! That's an amazing result.

Boosts Immunity: This was my tour guide's biggest claim. He stated his circle of friends in Honduras who drank noni juice regularly don't get sick. That was one of the biggest reasons I wanted to try it. So many toxins are being thrown our way daily and now with the fear porn about this mysterious "Disease X", we need to do all we can do to strengthen our immune system. I view it as one more tool in my toolbox of ways to stay healthy naturally.

So with all this happy talk about noni juice, I'm sure you're wondering if there are any downsides to taking it. That was certainly a question I had. But the reality is, using food as medicine typically has very few side effects. However sometimes, when something natural is combined with big pharma's medications, there can be issues. Noni is no different. It does contain a good bit of potassium, which can interfere with some drugs used to treat high blood pressure. For that same reason, people with kidney issues probably should not drink noni juice.

I've seen a plethora of recommended daily dosages for noni juice. I'm taking one ounce each morning as soon as I get up, on an empty stomach. I will say that I typically have quite a bit of energy, but with noni, I definitely feel as if I have more. Be sure to consult with a trusted (and hopefully alternative) doctor before taking noni juice if you're taking any prescription medications. I don't have a specific recommendation for where to purchase it since I got mine right from the source. But if you decide to buy it, be sure to get the pure juice, not one packed with sugar and other additives.

Have a wonderful month.