

*"Your present circumstances don't determine where you can go; they merely determine where you start."*

- Nido Qubein

This seemed to be a perfect quote to start the New Year, when so many people spend January focused on resolutions they made, but know they'll never keep. That's why I make goals rather than resolutions. Goals can help change your present circumstances, which are merely your starting point. What are your goals for 2019? Have you made any yet? Hopefully, most of you will choose a goal of becoming healthier, in at least one aspect of your life. Do you need to quit smoking? Lose weight? Feel less stressed? The journey you're about to make this new year truly begins with a first step. So today, make that first step toward reaching your 2019 goals. If you need help getting there, be sure to contact me.

Yours in health,



Susan Monaco, Certified Health Coach  
Health and Wellness by Design  
[www.healthnwellnessbydesign.com](http://www.healthnwellnessbydesign.com)  
[susan@healthnwellnessbydesign.com](mailto:susan@healthnwellnessbydesign.com)

### **What's the Best Supplement?**



As most of you know, I do a tremendous amount of reading and research into alternative ways to get and stay healthy. A few friends have been on the 35% food grade hydrogen peroxide protocol for a while and have reported they feel great and haven't gotten sick. I can claim the same. But people are often skeptics when it comes to new or unusual information, so I went in search of a more mainstream supplement to help keep us well. It appears I found one: Turmeric, which is a plant that contains the active compound, curcumin. Many of you have probably heard of it. It's often referred to as a spice and is found in Indian food. It's the most common ingredient in curry and is part of the ginger family. The people who live in villages in Northern India were found to be shockingly healthy and free from many of the illnesses that plague us here in America. Here's an interesting fact. Those villages were found to have some of the lowest rates of Alzheimer's ever recorded. A study of 2,700 elderly Indians in the rural northern part of the country found that less than 1% of them had Alzheimer's. Guess what the percentage is in America? A whopping 33%!

Ayurvedic medicine, an ancient healing system from India, uses turmeric for just about every ailment, including cancer. Eastern doctors who practice this type of medicine make tea, juice and other treatments from turmeric. One example is drinking boiled milk and turmeric with sugar to treat colds and allergies. Thankfully, western doctors are finally starting to realize that big pharma and its products aren't necessarily the answer to illness (or should I say the SYMPTOMS of illness, not the cause). What's especially important about turmeric is that when used to treat illness, it works on multiple levels. Prescription drugs tend to work on only one level and for one condition.

Turmeric's active ingredient, curcumin, has the ability to treat 619 diseases! How incredible is that? In fact, there are thousands of published and peer-reviewed studies documenting the amazing healing

power of turmeric. Do an Internet search and see for yourself. If you look on [www.pubmed.gov](http://www.pubmed.gov), a site maintained by the National Institute of Health (NIH) that contains millions of peer-reviewed studies on just about anything you can imagine, you'll find a list of 4,764 articles by doing a simple search on just turmeric. A search on curcumin turns up 12,644 results. Turmeric is loaded with essential minerals, including magnesium, potassium and calcium. It's also an excellent source of fiber, vitamin B6 and zinc, and contains healthy amounts of vitamin C. Here's a list of just a few of the healing powers of turmeric as described in some of these studies:

- **Kills cancer stem cells** (these are the ROOT cause of cancer) – *Journal of Anticancer Research*. It also kills 16 times more cancer cells than one of the leading chemo drugs, Eloxatin. Even the President of MD Anderson, one of the top cancer centers in the country, stands behind turmeric. As a matter of fact, 1,000 patients at their facilities are using it as part of their treatment.
- **Eliminates symptoms of many forms of depression** – *Journal of Affective Disorders published a double-blind, placebo controlled study*. It helps alleviate depression without the horrible side effects that come with drugs like Prozac.
- **Stops the onset of Type 2 Diabetes** – *Journal of the American Diabetes Association*. It's been found to be 400 times more potent than the diabetes drug Metformin.
- **Can lower triglyceride levels by up to 65%** - *Journal of Phytotherapy Research*. Triglyceride appears to be a more important factor in heart disease than LDL cholesterol (the bad one).
- **Reverses memory loss from late-stage Alzheimer's patients in just three months** – *Journal of Alzheimer's Research and Therapy*. Most people know that Alzheimer's develops when something called beta-amyloid proteins clump together and form plaque in the brain. The plaque is what keeps the nerve cells from communicating with each other. This leads to memory and other problems. Curcumin has been shown to help.

Time Magazine and Newsweek have reported on the root cause of disease and Newsweek even mentioned curcumin as a possible remedy. The main reason I started my health-coaching business is because pharmaceutical companies are making over a TRILLION dollars treating SYMPTOMS, not healing DISEASES or their CAUSE. Big Pharma and its chemo killed my dad so I have a very big bone to pick with them. If I can just save ONE person because of the things I've learned and can share with others, my dad wouldn't have died for nothing.

What is the cost of this wonder supplement? Only about \$1 per day! Why does it work? Turmeric targets the real cause of pretty much all disease: **Inflammation**. Even the Wall Street Journal calls inflammation "the new science behind America's deadly diseases." Big Pharma has of course jumped on the inflammation bandwagon and has developed drugs that target inflammation. But here's the problem: their drugs don't work as well as Mother Nature AND they come with many side-effects. This results in people taking even more drugs to counteract those side effects. It becomes an endless circle of taking drugs for something that requires other drugs, which requires even more drugs to combat those side effects. The only people who truly benefit from all those drugs are the owners and shareholders of the big pharmaceutical companies. I don't know how these people sleep at night, knowing they're harming, not healing, many people. But I digress.

Curcumin is a very powerful antioxidant that prevents free radicals from building up in your body. It lowers LDL and increases HDL cholesterol, which is a big plus. I found one study in which volunteers took 500 mg a day for a week and their LDL decreased by 33% and their HDL increased by 29%!

I've read study after study and story after story of people who were helped and oftentimes cured by taking curcumin. What I learned was so extraordinary that I had to share it with you. But you don't have to take my word for it. Do your own research and see for yourself. How much should you take? Alternative medical doctors I follow recommend at least 500 milligrams (mg) per day of a high quality supplement. They say you can take up to 1,000 mg if you want to see a huge benefit. I just started taking 1,000 mg per day and am excited to see if I notice any changes. I'm already healthy, so it can only help me get even healthier.

Have a wonderful month!