

“Peace is the result of retraining your mind to process life as it is, rather than as you think it should be.”

- **Dr. Wayne W. Dyer**

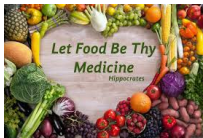
I've quoted Dr. Dyer before and I love his messages because they remind me so much of my dad. There's just so much truth in what he says. How many times have you started a sentence with "If only.....?" It's probably been a lot. But as my dad would say: "Stop playing the "if" game." You have to deal with the here and now, and you can either accept it or fight it. I've learned that you can only find true peace and happiness if you appreciate "what is" rather than what you wish something to be. That's been one of the biggest revelations to me over this last year after I literally left everything and everyone I knew to make a fresh start and "turn the page." My new environment helped me to retrain my busy mind to be in a simpler place so that my soul could finally be at peace. Trust me, it's a beautiful place to be.

Yours in health,

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Let Food Be Thy Medicine!



Honestly, I've about had it with western medicine and many doctors. They take an oath of "First Do No Harm," so what are they doing? Many doctors don't do their own research. They treat SYMPTOMS and not the CAUSE of illness. They're quick to hand out prescriptions you don't need but are hesitant to give you ones you do. I'd like to know who the hell is paying them to push prescriptions and vaccines we don't truly need. About two weeks ago, my son, a college sophomore, was sick. I knew from his symptoms that he probably had a combination of a sinus infection and tonsillitis. As a parent, there's nothing worse than having a sick kid living hours away and you can't do anything. Like me, he's not a fan of doctors, so when he texted me that he was going to urgent care, I knew he must feel REALLY bad. My concern was that he'd never gone to a doctor without me, so I told him to call me when he was being seen. He reminded me he was an adult and could handle it. He did however, ask for some advice and I told him two things:

1. If they tested him for strep and it was negative, tell them to send it out to be cultured. The rapid test isn't always accurate and it takes time for bacteria to grow.
2. Do NOT leave without an antibiotic, which I knew he needed. No, I'm not a doctor, but I certainly know enough to know that when you have an infection, an antibiotic is a must. He definitely had an infection.

He waited over 3 hours to be seen by an uncaring, inept and impatient Nurse Practitioner who provided him with exactly NOTHING! He requested an antibiotic and she pointed to a sign on the counter titled: "Do You Need an Antibiotic?" and refused to give him one. He was livid, as was I. I can't even share the text he sent me about his experience. Fortunately, I was headed out on a hiking trip and would be staying just 45 minutes from him. My suitcase included a bunch of natural medicine I was certain would help him. Thankfully, he rallied quickly from a combination of my alternative treatments and the z-pack he was prescribed by a doctor who's a family friend. My son's experience inspired me to write about how we need learn how to treat ourselves naturally and how we can use food as medicine. We get sick, in part, because the nutritional content of our food supply has been depleted over the years. Plus, most people don't eat as healthy as they should, which also invites in illness. I've written two newsletters (April 2015 and Nov 2016) on how I've stayed healthy by using 35% food grade hydrogen peroxide. I took some to Luke and hopefully, he'll actually take it regularly to stay well. I also took him an air purifier that uses hydrogen peroxide to kill airborne germs.

But here you go. Below is a list of foods that will help you stay well naturally. It's certainly not a comprehensive list, but it's great start. Keep in mind that natural remedies often take longer to heal you than popping a big pharma pill, but you definitely won't suffer any side effects.

- **Rosemarinic acid**. You probably haven't heard of it, but I make this myself by extracting the liquid from organic rosemary leaves, which provide natural antibiotic properties. Vodka is added as a preservative.
- **Turmeric**. I wrote in August 2016 about this wonderful herb, which has anti-inflammatory, antioxidant and antimicrobial properties. Not only does it help reduce pain caused by swelling, but when dissolved in water, can remove plaque from your teeth. It's best when combined with black pepper or ginger, which activates its healthful properties.
- **Pumpkin seeds**. I love these as a snack, but they can also be used as a treatment for parasites, worms and even bladder infections. They help with the production of serotonin, which helps with sleep. They are also good for the heart, with a mere ½ cup providing half the daily magnesium you need to maintain heart health.
- **Apples**. There's an old saying, "An apple a day keeps the doctor away." It may be truer than we thought. Although it takes eating more apples today to get the same nutrition we got 20-30 years ago, they still have their benefits. Apples can help maintain healthy blood sugar, lower blood pressure and help clear plaque from the arteries. Their seeds contain B17, which is laetrile, a known cancer preventer, but your doctor won't tell you about it. Beware of the people who tell you that eating apple seeds will kill you because they contain arsenic. I never eat an apple without also eating its seeds. Apple cider vinegar (May 2018 newsletter) is also wonderful.
- **Cinnamon**. This is a strong antibacterial. If you mix it with essential oils, it can help with things like athlete's foot and other fungal issues. A recent exciting discovery is that it appears to help control blood glucose levels in people with type 2 diabetes. Imagine consuming cinnamon instead of drugs like Metformin, which can cause a plethora of side effects. Unfortunately, baking with it doesn't allow you to consume enough to provide a true medicinal benefit. It's best to take as a tea or in a capsule.
- **Dandelion Root**. You can also use the flower and leaves to help with many issues. It works as a liver detoxifier and actually stimulates the liver and kidneys, which increases metabolism. This then helps increase the efficiency of those organs. It's best used in tea. Use 1 teaspoon per cup of warm water and let it steep for 10 minutes. If used regularly, it can help with constipation and reduce acne.
- **Elderberry**. I've heard about this for years and finally bought some syrup from a local farm to have on hand. It helps with colds, the flu, sinus issues and sore throats. Only consume the leaves, flowers and berries. Never eat the bark or roots.
- **Flax seed**. Since it's high in fiber, it helps with digestion. There is some evidence that long-term consumption can slow the development of breast cancer. It's super easy to add to many things including homemade muffins, yogurt and oatmeal. Just stir it into just about anything.
- **Garlic**. This one should be no surprise. Regular consumption can help reduce cholesterol and triglycerides as well as blood sugar levels in diabetics. When added to heavy foods like meat, it helps with digestion. It can also help with colds, sore throats, cold sores, asthma and even athlete's foot.
- **Ginger Root**. I wrote about Ginger the Great in October 2020. It's a super versatile herb to keep on hand. Combining it with other herbs can actually help increase their positive effects. Regular doses can help reduce cholesterol and menstrual cramps. Its other medicinal uses include lupus, sprains, bruises, arthritis and colds. It can also settle your stomach when you're nauseous.
- **Cumin**. This spice has a super distinctive flavor when added to food, but it also has medicinal uses in different parts of the world. It's known to promote digestion and decrease food-borne infections. It can also help with lowering stress, increasing memory recall, balancing cholesterol and enhancing metabolism.
- **Coriander Seed**. This is a power-packed plant that provides a big medicinal punch. Its leaves, which give us cilantro, are a detoxifier. Its stems, seeds and roots each play their own special role in providing health benefits but here are just a few. It helps lower blood sugar, protects brain and heart health, provides immune boosting antioxidants and contains 11 components of essential oils, six types of acids (including ascorbic acid, better known as Vitamin C), minerals and vitamins.

- **HCQ**. While this is a prescription, I recently discovered a recipe to make your own hydroxychloroquine from 2 common citrus fruits. Tyrannical governors have prohibited its sale, even though it's been proven safe and effective for treating COVID-19 and other illnesses including rheumatoid arthritis and lupus. Shame on those who claimed it caused heart issues and could kill you. The fact is, it's been safely used for over 60 years. Reach out for details.

I could go on for pages, but I think that's enough for now to get you started. As I bring this to a close, I'll add that I have a recipe for a sore throat gargle that actually works. It has just 5 ingredients, including an essential oil that provides anti-bacterial properties. Please reach out if you're interested.

I hope this has given you just a small sample of how you can use food as medicine. This is just the tip of the iceberg and its information big pharma doesn't want you to have. Do your own research to learn more, or contact me for more details. As for me, in most cases, I'd trust something natural over some prescription pushed on me by a doctor "practicing medicine" or by big pharma, who cares more about money than your health. Don't get me wrong, there's absolutely a time and a place for an occasional prescription, as I stated earlier with my son. I knew he needed an antibiotic and fortunately, I was able to get him one. But for me, it's always the exception and definitely not the rule. I prefer to let food and other natural remedies be my medicine.

Have a wonderful month.