

HEALTH & WELLNESS

331 System Workshop / Retreat

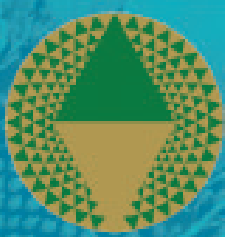


Your health is your greatest asset... Cherish it!



TED EMANUEL

Naturopathic Physician
(skin, body & health - care specialist)



THE EMANUEL EXPERIENCE

I have known Mr. Ted Emanuel for more than ten years.

During this period, I have had the opportunity to observe at first hand, his macrobiotic approach to combating diseases. A simple definition of macrobiotics is finding happiness through health and health through nutrition.

Of significance, is the fact that he is able to arrive at an accurate diagnosis by “reading” the body via Afro-oriental methods, even in cases with poor history, in some instances no history at all.

A few cases that readily come to mind are as follows:

- Obesity Corrected in ninety (90) days with sustained weight loss and minimal binging.
- Diabetes Marked glycemic control in both insulin and non-insulin dependent diabetics with improvement of vision and diabetic neuropathy.
- Cancer Prolonged remission in stage IV cervical cancer despite unfavourable prognosis
- Leukemia Improved well being and social recovery in cases of acute myeloid leukemia with depression.
- Psychosis Marked improvement in both social and functional behavior in young male schizophrenic unresponsive to conventional therapy both locally and abroad.

All the cases listed were patients being treated with orthodox medicine who were either:

- Unsatisfied with their progress.
- Unsatisfied with unpleasant side effects and doubtful progress.
- Had poor prognosis with only palliative measures available.
- Had shown biochemical improvement confirmed by laboratory studies, but, subjectively had no joie de vivre, that is, subjective feeling of well being.
- These results warrant closer scrutiny under controlled conditions. However, since macrobiotic therapy utilizes natural foods, minerals, water, exercise and discipline, it is virtually risk free in terms of adverse side effects and conversely virtually 100% guaranteed to bring about beneficial results.

The medical fraternity therefore would be well served to embrace this modality thus strengthening our arsenal against diseases and improving patient care.

Dr. Arthur Green M.D.
Brown's Town Medical Centre
Jamaica, W.I.



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PERFECT HEALTH IS YOUR BIRTHRIGHT

- **Your food is your MEDICINE**
- **NO medicine works in a POLLUTED BODY**

*“Food is the main sustenance of life and without it sickness
Can never be corrected or cured”*



**TAKE THIS JOURNEY WITH US TO ACHIEVE...
OPTIMUM HEALTH!**



**The Most Honourable Sir Howard Cooke
ON, GCMG, GCVO, CD**

March 14, 2012
TO WHOM THIS MAY COME

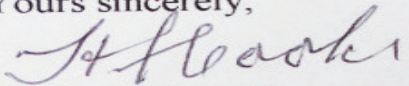
Re: Ted Emanuel



During the course of history, from time to time, the world produces individuals who are outstanding in their fields of endeavor.

We identify them as geniuses and look to them for leadership, and certainly they succeed in the need for physical exercises.

My advise to you is to seek the association and prescription of Ted Emanuel if you are determined to pursue the courses that will lead to better health and wellness.

Yours sincerely,

Sir Howard Cooke



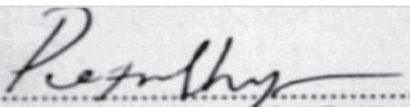
Peter D. Phillips PhD, MP
Former Health Minister – Jamaica



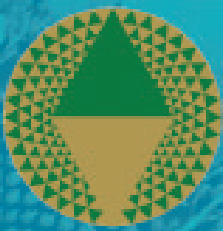
TO WHOM IT MAY CONCERN
Re: Ted Emanuel

I have known Ted Emanuel and have had direct experience with his health programme which certainly represents a new and effective approach to health issues.

This has tremendous potential, I believe, for people in the Caribbean and worldwide.



Peter D. Phillips PhD, MP
Former Health Minister - Jamaica



PROGRAMME OUTLINE

Welcome to balance, harmony and grace!

Below is the outline of the day. The time lines are approximate and may vary.

SESSION 1: 9:00am – 12:00 Noon

Meditation

Harmonization of Body, Mind & Spirit.

Do-In Exercises

Release energy along the body's energy meridian.

African/Oriental Diagnosis Evaluation

Tapping the wisdom of ancient African & Oriental healers
amassed over thousands of years.

LUNCH: 12:00 Noon – 1:00pm

SESSION 2: 1:00pm – 3:00pm

Understanding The Energetic Properties of Food

How to get maximum benefit from foods.

Understanding and Correcting disorders of:

The digestive system

The skin

Cardiovascular system

Obesity

Diabetes

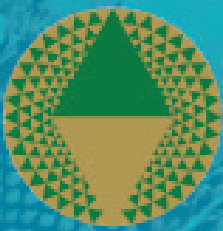
The sexual organs

BREAK: 3:00pm – 3:15pm

SESSION 3: 3:15pm – 6:00pm

Applications to correct common disorders

Powerful Wraps & Compresses for poor circulation/break up stagnation of
blood and cholesterol.



GIFT OF OPTIMUM HEALTH AND WELLNESS

The Gift of Health

- Perfect health is your birthright
- You can have your food be YOUR medicine and your medicine your food.
- Your body IS a self healing system
- Disease is the result of a body-system that is out of balance
- Symptoms are blessings in disguise
- When the body is polluted no medication will work until it is cleaned
- Cleansing is critical for perfect health
- The source of most of our diseases is that we are dehydrated
- Perfect health is found through knowledge.
- Love, integrity and honour of your divinity are conditions for perfect health

*We give thanks that you are on
this journey with us.*

*Naturally yours,
Ted Emanuel
Naturopathic Physician*



Perfect health is our birthright.

A gift is something bestowed or acquired without any particular effort by the recipient or without it being earned.

Our body is the perfect gift!

The intelligence of the body to take care of itself is simply miraculous. Perfect health is the natural state of our bodies and our body is always working to return to that place.

Providing the Best Solutions

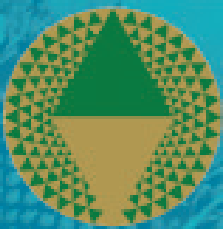
However, many of us do not experience the vim, vigour, vitality, balance, harmony and grace of perfect health.

We have resigned ourselves to being well enough just to stay out of bed.

We tolerate irregular menstrual cycles, thinning hair, weak or non-functioning sexual organs, the flu. Lifelong diabetes, arthritis at any age, headaches, back aches, multiple miscarriages, deteriorating vision, the list continues.



What made us surrender to living far below optimal capacity?



SESSION 1



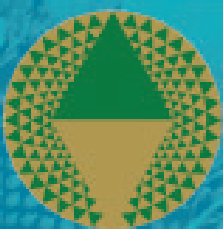
MEDITATION

The harmonization of Mind, Body and Spirit

Meditation is vitally important to start and finish the day. This exercise is to develop our feelings of love and harmony either toward a certain person or group of persons, or toward a certain idea or thought. It is also to dissolve our emotional conflicts and obstacles which may exist in our relation with some other person or unfamiliar thought.



NOTES



SESSION 1

Do-In Exercises THESE ARE EXERCISES THAT INVOLVE

Bending or stretching the body, neck, head, arms and legs in certain ways and give various effects to the energy flow along the meridians, releasing stagnation in some areas. These exercises were originally designed in ancient times to harmonize the electromagnetic currents of the meridians, which naturally result in the harmonious development of our physical, mental and spiritual condition.

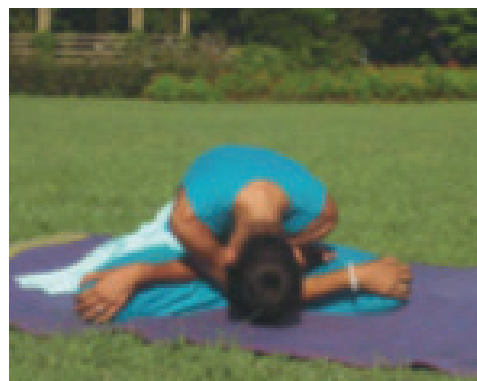
Triple Heater and Heart Governor Meridian



Stomach & Spleen Meridian



STEP 1



STEP 2

Liver and Gall Bladder Meridian



STEP 1



STEP 2



NOTES



ORIENTAL / AFRICAN EVALUATION

DIAGNOSIS AND TREATMENT

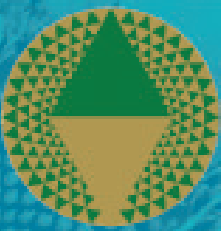
May be done simultaneously. Without the ability to diagnose accurately, any therapy is merely recreation. For many years, ancient healers of Africa and the Orient have been aware of an antagonistic yet complementary relationship in the body. Just as day has its opposite in night and man, his opposite in woman, this complementary antagonism exists in the body.



Internal conditions are revealed on the outside of the body; for example, congested kidneys are manifested by abnormal conditions in the area beneath the eye. This relationship can be very useful in making accurate, practical diagnosis. In daily encounters, the first impression we have when meeting a person tells us something about them. With practice we can use our naturally observant attitude and begin to diagnose internal conditions as well as emotional and psychological tendencies.



NOTES



UNDERSTANDING THE ENERGETIC PROPERTIES OF FOOD

How to gain a conscious personal knowledge of the quality of foods.
(Making proper choices, preparation and consumption).



NOTES



SESSION 2

1. The Macrobiotic Approach to Healthy, Radiant Skin

You can control the way you look and feel. In as little as seven weeks, you can begin taking ten to fifteen years off your appearance, improve your health and have more vital, younger-looking skin, and you can do it without spending a fortune on cosmetics or plastic surgery.



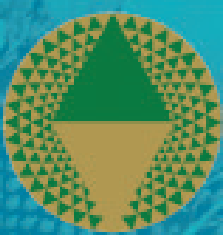
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2. Cardiovascular Diseases

a) Hardening of the Arteries – This condition occurs when the arteries become clogged and lose their normal elasticity. It is caused by the accumulation of cholesterol and fat. In severe cases, the passageway in the arteries becomes progressively narrow and eventually closes. The resulting blockage of blood flow usually causes a heart attack and often death. The dietary approach for the relief of this condition will be discussed.



NOTES



SESSION 2

b) Stroke – A cerebral hemorrhage is caused by the weakening of the blood vessels. When a person with this condition is in a relaxed state there is usually no problem. However, any sudden increase in circulation may cause a weak blood vessel to burst. When this happens in one of the blood vessels in the brain, it is called “cerebral hemorrhage or “stroke. “ The second type of stroke is called “cerebral thrombosis” and results from a clot or blockage in one of the blood vessels in the brain. The dietary approach for the relief of this condition will be discussed.



NOTES

c) Abnormal Blood Pressure (Hypertension and Hypotension) – An excessive intake of liquid and other types of yin food often cause the heart to become swollen and expanded. In this condition, the organ must work harder in order to maintain the normal circulation of blood, and often hypertension, or high blood pressure, results. If a person with this condition continues to take yin food, the heart may become so swollen and loose that it no longer has sufficient contracting power. As a result, blood pressure often becomes dangerously low, producing what is called hypotension. The dietary approach for the relief of this condition will be discussed.

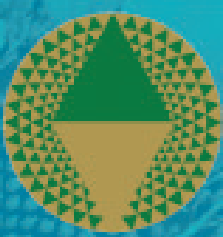


NOTES



A group of people are gathered around a man in a grey suit who is holding a document. A man in a blue patterned robe and a woman in a blue beaded top are looking at the document. Other people are visible in the background.

L.R.'s Talk
HEALTH



SESSION 2

3. Obesity

Obesity among the world's population has reached epidemic proportions! After many years of research and working as a skin, body, and health-care specialist, dealing mainly with the problem of obesity, I have found the missing link to this unsolved medical mystery. Contrary to Western medical belief that obesity is a medical problem. IT IS NOT! Obesity is caused by physiological, mental, emotional and dietary imbalances, which affect all organs, systems and glands, particularly the digestive system which consists of the stomach, the spleen/pancreas, and the small and large intestines.

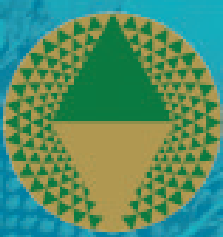
4. Diabetes

Diabetes is one of the most damaging disorders known to man. This condition is caused by the failure of the islets of Langerhans (cells in the pancreas), to produce insulin. It is a digestive disorder which attacks the various systems of the body along with their related organs and glands. These systems include the nervous, lymphatic, circulatory as well as the excretory. The related organs that are affected include the stomach, spleen, pancreas, the small and large intestines, the liver and gall bladder, the kidneys, bladder, heart and ultimately the lungs.

Diabetes also affects the pituitary, adrenal, and prostate glands, as well as the sweat and oil glands in the skin. A high blood sugar level also weakens the outer part of the body particularly the skin. This condition attracts diabetes adversely, because the skin must be in a relatively good condition, as it is responsible for the intake of oxygen, one of the most precious things in life. Oxygen is responsible for stimulating circulation and most importantly, excretion. Diabetes can be corrected in 30-120 days by implementing a standard dietary program, along with adequate and corrective daily exercises to boost the various metabolism for the discharge of waste.



NOTES



SESSION 2

5. Solving reproductive and hormonal problems

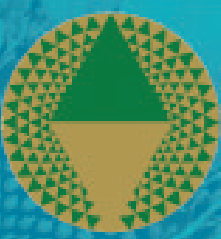
The Prostate – The prostate gland is located between the rectum and the bladder in the male. This gland is vitally important because the urethra, which is a canal, runs from the bladder and passes through the prostate and on through the penis. This gland is also important because the seminal duct from the sperm sac also runs through the prostate and connects with the urethra. In addition to fatty acids attacking the prostate gland, excess stagnation in the bladder, and stool build up in the colon, will press against the gland creating stagnation, irritation and finally inflammation which will inevitably lead to rapid deterioration. A corrective balanced dietary program specifically designed for the individual must be adhered to. Neglecting to practice prevention may lead to years of discomfort and finally death.

6. Impotence – Enhancing sexual vitality and strength in men and women.

Almost all of the unhappiness of life generally and family life in particular comes from sexual difficulties that include impotency, a lack of joyful sexuality or too much pathological sexual activity between man and woman. No man or woman can be happy and productive if his/her sexual needs are not satisfied in his/her family environment.



NOTES



SESSION 2

7. **Fibroids** – How to avoid and also get rid of uterine fibroids and other related female problems such as vaginal discharges, irregular menstrual cycle, cramps and pains etc.

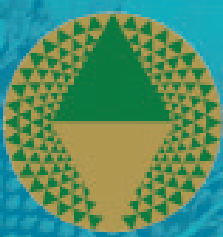


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JOIN US IN THIS NEW WAVE OF WELLNESS

Let's turn the negative (Sickness, Misery and Death) into Good Health, Love, Peace and Prosperity; for all those who are willing, ready and able.

**Let us change
our world
for future
generations**



SESSION 3

TREATMENTS FOR SPECIFIC DISORDERS COMPRESSES AND PLASTERS

A compress is an application, to a particular part of the body, with a piece of cloth (linen or flannel) that has been dipped into a liquid and wrung out. A compress can be hot, in which case it is also called a Fomentation.

Purpose of Ginger Compress:

We can characterize the main purpose of a ginger compress as creating a strongly increased circulation of blood and body fluids at areas where stagnation exists. This stagnation usually manifests itself in the form of pain, inflammation, swelling or stiffness. In terms of energy we can describe the purpose as follows: to actively disperse stagnated energy, and to re-establish a good energy exchange between the body and the environment.

Strong Heat (very yang):

Strong heat will dilate the blood vessels (extreme yang produces yin) and thereby it will activate the movement of stagnated fluids. Strong heat will also melt or soften mucus stagnation and fatty accumulations, and will tend to break up mineral crystallizations. Strong heat has the further advantage of penetrating deeply into the body. Thus a ginger compress can exert its influence deep inside the body, even within solid organs such as the kidneys and liver, or within the lungs.

Specific situations in which a Ginger Compress can be used:

Many types of acute or chronic pains can be relieved by ginger compresses, such as rheumatism, arthritis, backaches, and cramps (intestinal cramps, menstrual cramps, etc.), kidney stone attacks, toothaches, stiff neck, and similar problems. If the pain worsens during the treatment, you should discontinue the compresses. Painful conditions in which a ginger compress is definitely not recommended are described further.

Ginger compresses can speed up the improvement of a variety of inflammatory conditions: For instance bronchitis, acute or chronic liver inflammation, kidney inflammation, intestinal inflammations (but never in the case of appendicitis), boils and abscesses.

To relieve congestive conditions such as asthma – In case of an asthma attack the compresses can be continued for hours.

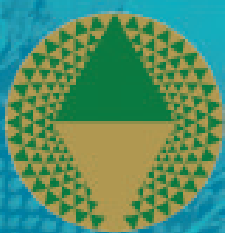


Teaching Do-In Exercises, Portland, Jamaica



Demonstrating magnetic and far-infrared technology at Pegasus Hotel, Jamaica





SESSION 3

TREATMENTS FOR SPECIFIC DISORDERS

Ginger compresses can be extremely useful to dissolve hardened accumulations of fats; proteins or minerals. Examples of these are kidney stones, gallbladder stones, cysts (breast cysts, ovarian cysts) and benign tumors such as uterine fibroids.

To dissolve muscle tensions – when tissues have been damaged, ginger compresses can speed up the regeneration of the damaged area. We noticed for instance tremendous benefits of ginger compress in the after treatment of broken bones.

Taro/Albi/Coco Plaster

The scientific name for taro is *Colocasia esculenta*. It is a potato-like root, growing in hot territories. Africans name this plant taro. In India it is called Albi, in Japan sato-imo ("field potato"), in the Caribbean malanga and yautia.

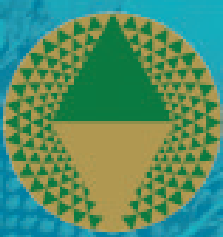
Taro can draw toxic and necrotic (dead) materials out of the body through the skin. In our experience, taro is remarkably active in this aspect. Pus, toxic waste products, stagnated blood present in abscesses, in tumors, in contusions, etc. can be drawn from the body by a taro plaster. This effect can be explained by the yin nature of taro root. It opens the pores of the skin and the yin quality of taro seems to have a strong affinity for the yang carbon compounds of mucus, pus and other necrotic materials. The ginger compress which is usually applied before the taro, is a very yang treatment (very warm!); therefore the local circulation of blood and tissue fluids increases intensely. On such an area a taro plaster can exert its activity much more effectively.

Taro decrease swellings, or prevents their formation. This particularly the case for swellings caused by or to be expected after a contusion or a sprain. The yin quality of taro reduces yang factors, which have attracted water. Therefore water starts to disperse again after taro potato plaster. Because a taro plaster reduces swelling, it also has a pain relieving effect in many instances.

Taro plaster absorbs local fevers.

Taro plaster can be used for all inflammations: Inflammations caused by trauma: contusions, sprains, burns and fractures.

If we immediately apply a taro plaster, extreme swelling and pain can be prevented.



WORKSHOP

*Macrobiotics
equal long life, health, vigour
and vitality...*

*A natural way of life,
including a diet
based on organic whole
grains and vegetables.*



Sandals Hotel, Jamaica



Wyndham Hotel, Jamaica



Beaches Boscobel, Jamaica



The Jamaica Pegasus



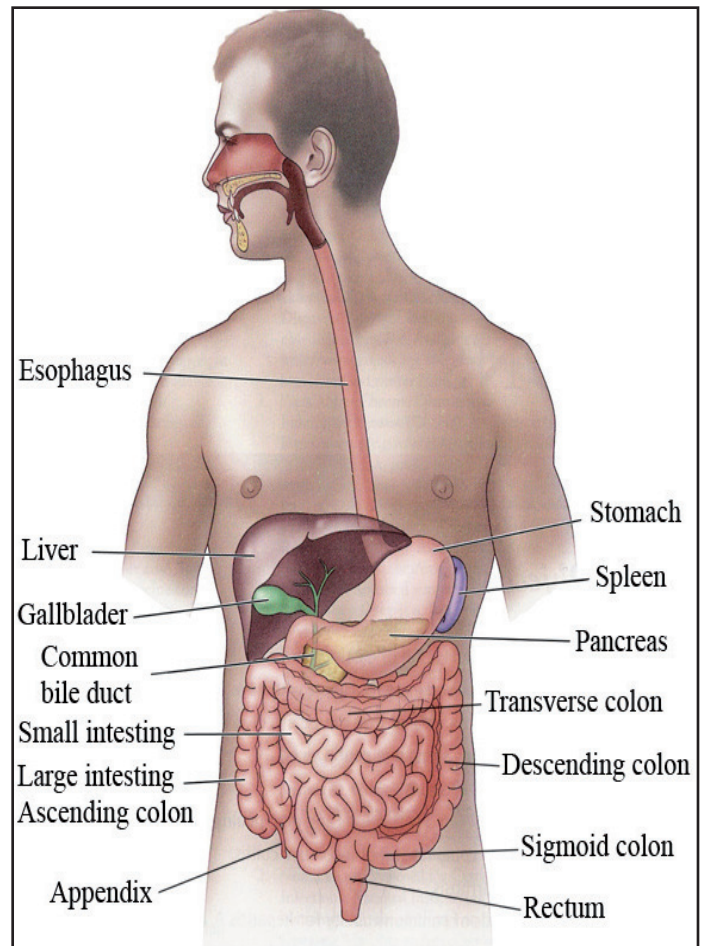
DIGESTIVE WELLNESS

We provide a step-by-step plan for making healthy changes in your lifestyle. The approach is from a biological rather than a medical viewpoint. The standard medical approach is to diagnose and provide "appropriate" treatment; either drugs or surgery. However the biological approach involves cleansing, feeding, and nurturing your entire being; simple but effective tools to improve the way you feel.

By understanding the function of the various parts of the gastrointestinal tract and looking for underlying causes of disease rather than mere treatment of symptoms, we can begin to understand how to correct our problems.

Most of us do not think much about digestion unless it is not working well. We do not have to because it works automatically.

The function of digestion is to break down foods into basic components for the cells to use for energy, as building materials and as catalysts.

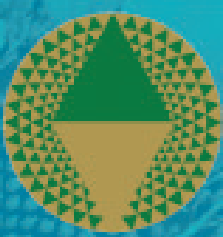


The uninterrupted flow of these nutrients into our system is critical to our long-term health.

When we eat poorly or our digestion becomes blocked and sluggish, we compromise the ability of all our cells to work efficiently.

While it may seem obvious to some, that what we eat affects the health of our digestive system as well as other related systems such as the endocrine/immunological system, the nervous system and the reproductive system, it is quite revolutionary to many.

There is a consensus among health organizations and professionals that we can reduce the risk of heart disease, diabetes, and cancer by eating more healthy foods. But many people with chronic digestive problems continue to eat poorly, never realizing that their food choices are causing their ill health.



THE DEVELOPMENT OF DISEASE



Generally speaking, our sickness takes the following pattern in their development:

1st stage – General Fatigue: A feeling of physical and mental tiredness is the beginning of sickness. This condition is often accompanied by muscular tension and hardening, frequent urination and sweating, temporary constipation or diarrhea, and short periods of feeling cold or hot.

Mentally, we start to lose our clarity of thought, active perception and accurate responses. To recover from this stage, it usually takes a short period – from a few hours to a few days – of adequate rest, a good night's sleep, proper food and drink, or sufficient exercise.

2nd stage – Aches and Pains: When a feeling of general fatigue prevails, we begin to experience occasional pains and aches.

Muscular pain, headache, cramps and various types of aches and pains appear from time to time. Temporary shortness of breath, irregular heartbeat, fever and chills, and difficulty of emotion also appear in this stage.

Mentally, we may experience occasional depression, worry and a general feeling of insecurity. Restoring ourselves to health from this stage usually takes from a few days to a few weeks with proper dietary practice, active exercise, or necessary rest.

3rd stage – Blood Disease: If our dietary practice continues to be out of balance with our environment, our quality of blood, including red blood cells, white blood cells and blood plasma becomes unsuited for maintain harmony with our natural surroundings.

Alternating yin and yang secretions help digest the food we eat:

1. **Saliva:** Saliva is an alkaline liquid (yang) which mainly digests and decomposes carbohydrates.
2. **Stomach juice:** Gastric juice is acid (yin), digesting and decomposing mainly fat and protein.
3. **Liver and Gallbladder Bile and Pancreatic Juice:** These digestive liquids are alkaline (yang), mainly decomposing fat, protein and carbohydrate.
4. **Intestinal Juice:** This juice is acid (yin), digesting and decomposing all remaining carbohydrate, protein and fat. These decomposed food molecules are absorbed into the blood stream, which is alkaline (yang)



THE DEVELOPMENT OF DISEASE



The quality of our blood determines the quality of our body's cells and tissues, organs and systems. Blood disorders create various abnormal conditions in our body from which symptoms of sickness then arise.

Acidosis, high and low blood pressure, anemia, purpura, leukemia, scurvy and other diseases belong to this stage, including asthma, epilepsy and skin diseases. Mentally, this stage appears as nervousness, hypersensitivity, depression, timidity and loss of general direction in life. Recovering from blood disorders may take between ten days and three to four months, depending on the individual condition.

Once again proper dietary practices, as well as suitable exercises and rest, need to be implemented. Simple home care to promote active circulation of the blood may also be required in some cases.

4th stage – Emotional Disorders: If an improper quality of food circulates for a prolonged period, various emotional disorders start to appear. Short temper, excitement, anger, frustration and a general feeling of despair are experienced frequently in life.

A gentle approach to a problem with clear, balanced understanding is no longer possible. A general feeling of fear prevails toward new situations and surroundings. Daily behavior and way of thinking becomes extremely defensive or offensive.

Our physical movements become more rigid and we gradually lose flexibility in both body and mind. It requires between one month and several months to overcome these emotional and physical disorders. Dietary change toward more balanced food along with physical and mental relaxation is essential.

5th stage – Organ Disease: An imbalance quality of blood circulating for prolonged period further produces gradual changes in the proper functioning of our organs and glands. Structural change, malfunction and degeneration start to manifest.

Atherosclerosis, diabetes, stone formation in the kidneys or gall bladder, various types of multiple sclerosis and many other chronic sickness fall in this category.



DEVELOPMENT OF DISEASE

Mentally, chronic stubbornness, prejudice, narrow-mindedness and general rigidity with a delusional view of life become more apparent.

Recovering from this level of disease usually takes a longer period, several months to one year or more, through continuous practice of proper diet and reorientation of the way of life, including deep self-reflection.

6th stage – Nervous Disorder: From the stage of organ and gland disease, the degenerative tendency progresses toward various nervous disorders including physical paralysis and toward mental illness including schizophrenia and paranoia. Physical and mental coordination of various functions gradually diminishes.

A negative view begins to dominate daily life, and suicidal or destructive tendencies frequently manifest.

It takes six months to a few years to recover completely from this stage and to regain self-assurance and trust as well as a positive view of life.

The way of life has to be changed completely, including dietary practice, more harmonious relationship with the environment and active exercise, together with loving care of family and friends.

7th stage – Arrogance: An improper way of life that has been practiced for many years finally reaches the highest level of sickness: arrogance. Though some of the previous stages may not have been clearly experienced, arrogance is the most developed sickness and also the one that most universally affects people's lives.

Selfishness, egocentricity, vanity, self-pride, exclusivity and self-justification are some of the common symptoms. Arrogance is the last stage of sickness and at the same time, it is the cause of all previous stages. Because of the arrogance that has prevailed among many populations, the entire world is full of sickness, misery, unhappiness, not only physically and mentally, but also socially and ideologically.

To cure arrogance takes a few years to an indefinite length of time of proper practice in a more appreciative and natural way of life. However, arrogance can also be cured instantly through strong emotional or spiritual experiences, especially in the face of great difficulties and failure.



DEVELOPMENT OF DISEASE

The cure of arrogance immediately produces a spirit of appreciation through the recognition of our ignorance. When arrogance is dissolved, a new way of life in harmony with the environment automatically begins.

Every physical, mental and spiritual sickness belongs to one of the seven levels outlines above. All sicknesses are interdependent and interconnected; they are symptoms branching out from the same root – improper way of life.

As human beings, we are natural manifestation that appeared on earth according to the evolving Order of the Universe. Thus, it is a simple matter to remain in the state of natural order and harmony. It is more difficult and complicated to get sick and suffer.

People however are suffering with many sicknesses and experiencing a rising epidemic of degenerating diseases. We take it for granted today that the family will suffer with some sort of serious illnesses and that most of us will die from heart disease, cancer, or other chronic disorders.

This universal belief in modern society is contrary to our real nature and experience of humanity over thousands of generations.

As long as we follow and live according to the laws of nature and the Order of the Universe, as our ancestors have done from the beginning, we shall enjoy health, happiness and longevity, rarely suffering from any form of sickness.



NOTES



QUENCH YOUR THIRST!

THE DANGER OF EXCESS LIQUIDS

Article Published August 2007 in The Jamaica Gleaner

The heat is on and with the intense heat comes the overwhelming desire to quench one's thirst; a satisfaction guaranteed by the plethora of bottled water. While there is a great need at present to drink more water due to the heat, over the years doctors have been recommending eight 8-ounce glasses of water daily, 64-ounces minimum. But is this recommendation scientific? Hold on to your thirst. Experts have concluded that there is no science behind the data.

In an article published on July 6, 2003 in the Columbus Dispatch, author Edward Eveld, noted that undoubtedly water is important for health but the gig is up on "eight-a-day" and this does not include caffeinated drinks. In fact, drinking too much water is potentially risky. Eveld also points out, that the notion that water has to come out of a glass is not true. Senior program officer at the Federal Food and Nutrition Board in the United States, Paula Trumbo, stresses that fruits and vegetables are excellent sources of water.

Another fallacy shared by Eveld is the notion of "staying ahead of your thirst". According to him, while people should be drinking enough water to ward off dehydration, the long held belief that everyone should drink as much as they can is also dangerous.

This information has served to reinforce vital instructions which I have shared with the public over the past 30 years. It is critical that persons minimize their water intake due to their overly acidic diet of fatty foods. This fat hampers the capacity of the cells to absorb water and as a result the individual is constantly thirsty, which leads to excessive consumption of water.



What we need to understand is that this dehydration is at a cellular level, as one is drinking, but the cells are not absorbing, and the water is therefore stored in the body. For years persons have been ignoring this fact, now the scientific evidence is available to support this.

How can the problem be corrected? By a lifestyle change to minimize the intake of fatty foods such as fried foods, meat, dairy products, nuts and seeds among others. Exercise is also important to burn the fat, as well as remove the urine from the body which is stored as waste.

But what are the facts pertaining to the quality and quantity of water?



QUENCH YOUR THIRST!

WATER AND YOUR HEALTH

The truth is, the human body is 70% water and all the body's functions are dependent on it.

- Water supports the body's ability to digest food and absorb nutrients.
- Water helps cleanse the body by carrying waste and toxins from the cells to elimination.
- Water transports dissolved vitamins and minerals to where they are needed.
- Water regulates body temperature and aids in keeping the body supple by lubricating mucous membranes and soft tissues that allow joints and muscles to work smoothly.

Water and Aging

Most of us are chronically dehydrated, plain and simple. We do not drink enough water. Dehydration contributes to the aging process. Another critical factor is the pH balance of water. All fluids have a certain level of acidity or alkalinity, measured in pH value running from 0-14. It is important that water be in line with the body's blood and pH level, which is neutral, ranging from about 7.35 to 7.45. A lower pH indicating more acidic water is unhealthy as it leads to the disease state.

Water and Children

A Cornell University Medical Centre study found that children, who drink more than 12-ounces of sweetened fruit juices daily, are prone to obesity and reduced growth. Another study revealed that more than two-thirds of pre-school children, a group prone to dehydration, drink no water during the day.

THE QUESTION THEREFORE

**what are our children's
water-drinking habits,
and what is the drink
of choice when they are
thirsty?**

This important issue of water consumption therefore should be broken down into two key questions. Why are you drinking water and what kind of water are you drinking? Though sweat, breathing and various excretory functions, our bodies lose approximately three litres of water daily, depending on your metabolic condition.

Yet most people do not replace this lost water with water. Instead they drink tea, soda, wine and processed juices which are diuretics and actually remove water from the system. The result is chronic dehydration, symptoms of which include, joint discomfort, headaches, stress, sleep disorders, digestive problems, impotence, among others.



QUENCH YOUR THIRST

WATER AND YOUR HEALTH

What the body needs is good, old-fashioned H₂O. However, what the body does not need are the extras found in tap water such as lead, copper, nitrates, PCB's etc: and what of chlorine, ammonia and fluoride added to your water.

Fluoride may be a carcinogen as well as a powerful leach of calcium from the human skeletal structure. Free chlorine causes fats in the blood to form cholesterol deposits commonly known as plaque, the same plaque that causes heart attacks and strokes.

All this information taking us back to bottled water, mentioned in the first paragraph of this article. There are several kinds. Distilled water has no bacteria or viral contaminants, but it has literally nothing in it, no calcium which is vital for bone health. In fact, research indicated that drinking water which does not contain calcium may actually leach calcium from your teeth as you drink. Other bottled waters have some minerals, but the aggressive filtering and purifying processes of major water bottlers, will leave you with less than you might think.

It is vitally important to obtain minerals and vitamins in the water you drink. The most profound source of this type of water is the Pi Water System developed in Japan in 1985

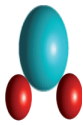
THE SMALLEST, SUPER-HYDRATING WATER MOLECULE CLUSTERS FOR MAXIMUM ABSORPTION

Water from G2O
51.44 HZ



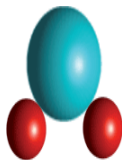
Many of us live in a dehydrated state with irritating symptoms and never realize it. Increase toxins can be the cause of headache, joint pain, heartburn, depression and much more.

Tap Water
125.023 Hz



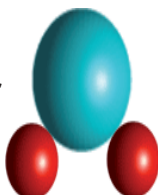
Researchers discovered that there is a water path channel in the membrane of cells called aquaporin channels. When water molecules are small enough, they pass through the cells quickly and easily.

Water from purification system
132.30 Hz



Nutrients and oxygen can be better absorbed and toxins more quickly eliminated so organs can work more efficiently.

Bottled Water
132.17 Hz





QUENCH YOUR THIRST

G2O produces the smallest water molecule cluster in the world. The scientifically selected minerals in the G2O mineral cartridge naturally reduce the size of the water cluster to about 5 or 6. Normal water has about 15 or 16 clusters.

How quickly is water absorbed?

60 seconds – water reaches the bloodstream

3 minutes – it reaches the brain

10 minutes – it reaches other organs

30 minutes – every part of the body is affected

G2O is for the entire family and a perfect way to hydrate during sports or other physical activities. It's the ultimate investment in your family's health.

To conclude therefore, the quantity of water that we drink is as important as the quality. Most people fail to realize that the water they drink has very little of the things they need and quite a few of the things they do not. Education is the key to both of these problems and good health can be found through knowledge.

JOIN US IN THIS NEW WAVE OF WELLNESS

Let's turn the negative (Sickness, Misery and Death) into Good Health, Love, Peace and Prosperity; for all those who are willing, ready and able.

LET US CHANGE OUR WORLD FOR FUTURE GENERATIONS



A NEW WAVE OF WELLNESS IN THE CARIBBEAN

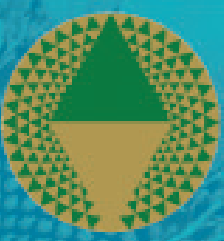
Changing The Health Condition...From The Root Up!

Let's Talk Health Road Show



The Deokoro Magnet School: Macrobiotic Health and Wellness Master's Curriculum

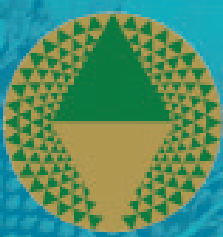




MISSION STATEMENT

Ted Emanuel

*Aims to give guidance
to individuals to help themselves
and others and so bring hope,
knowledge and truth about
the tremendous benefits of natural
healing and living, accepting
no limitations to the ability
of the human body to heal itself.*



BIOGRAPHY

TED EMANUEL (NATUROPATH)

Naturopathy, or naturopathic medicine, is a system of medicine based on the healing power of nature. Ted Emanuel is a Naturopathic Physician whose passion is promoting physical, mental, emotional and spiritual wellness through a macrobiotic dietary programme and corrective exercises tailored to the individual's need.

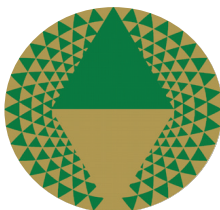
A leading proponent of the natural system of beauty, skin and health care, Emanuel had developed his own internal/external philosophy during a long and illustrious career in the United States and the Caribbean. Emanuel is skilled in the art of African/Oriental diagnostic evaluation in which he uses sight, sound, touch and smell to evaluate the body's organs, glands, systems and phases.

Top medical professors, experts and practitioners of traditional Chinese medicine have acclaimed his diagnostic techniques. Emanuel has had significant success in the use of the energetic properties of food to correct and eradicate such disorders as cancers, cardiovascular disorders, diabetes, obesity, liver cirrhosis, psychosis, the HTLV-1 Virus and many other common disorders.

His commitment to discipline is demonstrated in his fourth (4) degree black belt title, which he received from the Japan Karate Federation. Ted is also a Shiatsu master/pioneer, trained in New York under the great master Wataru Ohashi, the man who introduced Shiatsu to the Western world. Shiatsu is a massage technique which stimulates energy points and meridians in the body.

Emanuel has traveled and lectured extensively and has been a consultant to Universities and Health Food Organizations. His consultancies include sessions with the Ford Foundation and the Institute of International Education. He represented the Caribbean at the International Conference on the use of Traditional Medicine in the treatment of HIV/AIDS and malaria, held in Abuja, Nigeria.





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