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Total Wellness Concepts Newsletter

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Better Nutrition - The Key To Good Health



Julian Whitaker, MD renowned holistic physician says that pollution, prescription drugs, lack of sleep, and added stress means Americans need better nutrition to stay healthy. He is right. Just think about it. Life has changed dramatically over the last 100 or so years. Pollution is everywhere in our food, water and the air we breathe. Drug use, both prescription and over the counter is the highest in history over taxing our livers and kidneys and destroying key nutrients. Furthermore, our fruits and vegetables are grown in nutrient depleted soils and often picked before they are ripe. Our meat contains hormones, antibiotic residues and our livestock are fed low quality food. Meanwhile the so-called experts at the Institute of Medicine and FDA insist that our need for vitamins and other nutrients has not increased over the years.

A recent pronouncement from the Institute of Medicine said that you only need 600 IU of vitamin D daily. However, the panel contained no vitamin D researchers such as Michael Hollick, MD, PhD, William Grant, PhD, or Rheinhold Vieth, PhD. These researchers and others have established the daily optimal adult intake of this nutrient to be about 5,000 IU daily. The Life Extension Foundation recommends 7,000 IU daily for adults. I have been taking 5,000 IU for years with absolutely no ill effects and recently increased my intake.

Some of the other supplements I recommend include: a good multiple vitamin and mineral formula, and extra Omega-3 fatty acids, especially DHA for your brain, Coenzyme Q10 75 to 100 mg for your heart and gums, and eat potassium containing fruits and vegetables such as bananas and plantains to keep your blood pressure down. If you have high blood pressure take magnesium supplements 400-800mg/day and potassium citrate 50 mg/day. Also, avoid salting your food or use Morton's Salt Substitute and begin an exercise program.

Did you know that even slightly elevated blood glucose can pose a threat to your health? The optimal glucose readings are around 80mg/dL. One of the best ways to bring your glucose down is to take cinnamon. The spice Cinnamomum cassia has been thoroughly studied by the USDA and has been found to lower blood sugar significantly. I use it in my coffee by mixing a teaspoon in with my coffee I use in a French press. Cinnamon increases insulin sensitivity. Doctors studying cinnamon's therapeutic potential in diabetics report large declines in fasting glucose up to 29%. Reacting to these amazing results, the Life Extension Foundation has formulated a new supplement which combines pure water soluble

cinnamon extract with a chromium complex and shilajit, an extract of the Indian gooseberry. This mixture keeps fasting glucose down to 80 and stops after meal glucose spikes from exceeding 40. This means that if your fasting glucose is 82, the usual after meal spike stays at about 122, and is much lower than it otherwise would be.

Two years ago, Bill Sardi, a renowned health care writer reported that people who took the right supplements were healthier than those who didn't. Now research published in the September 2010 issue of the *British Journal of Nutrition* revealed that high blood levels of antioxidants predict lower mortality risk. More than 1,000 people were studied and it was found that high levels of vitamin C, alpha carotene, selenium and zinc associated with taking antioxidant supplements produced a reduction in morbidity as well as over all mortality. A high intake of vitamins C and E was found to confer a protective effect against cancer.

Twenty minutes a day is all the exercise you need when using Russian kettlebells. So why not sign up for an introductory in-home one hour session for only \$50 and learn how to use these highly efficient fitness tools. Once you learn the proper use of kettlebells you can prevent osteoporosis, lose fat, tighten up flabby muscles, improve your posture and increase your stamina in only 20 minutes a day. You can dramatically improve your figure and enhance your strength and exercise capacity at a fraction of the cost of a gym membership. Or if your gym has kettlebells this introduction will save you the cost of hiring a personal trainer. If you want to take advantage of this special offer call me at 240-888-5453, or e-mail me at sr.seater1941@yahoo.com . I can bring a variety of kettlebells with me suitable for most people.

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Cinsulin complex (lower blood sugar) 1 month supply - \$15.20

**Super bio curcumin (control inflammation) 1 month supply-
\$17.50**

Be well.

Sincerely,

**Steve Seater
Total Wellness Concepts**

Steve Seater, CPT, CNC, CN, is a life long fitness enthusiast with a strong interest in holistic nutrition and wellness. He is a certified nutritionist (CN), and a certified nutrition consultant (CNC). Additionally, he is a certified personal trainer (CPT) and a certified spinning instructor.

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