

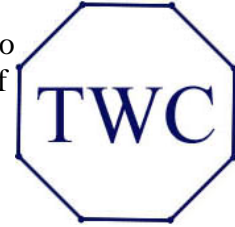
Total Wellness Concepts

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By Steve Seater, MA, CN, CNC, CPT



Getting fit in a downturn. Times are tough but it is still possible to be fit at low cost. You don't have to join a gym to be fit. Many types of exercises can be done in the privacy of your home or outdoors. There are body weight exercises, boot camps and kettlebell exercises (see below). If you are interested in pursuing any of these call for pricing. I work with individuals, couples and groups. Call me at 240-888-5453 for a no obligation quote.



Did you know that your brain is about 60 % fat? Most folks think of the brain as consisting purely of nervous tissue, but the truth is that the brain contains lots of fat. It also must have the right fats to develop and function properly. Essential fatty acids to a large degree actually determine our moods, behavior, learning, memory, even movement and sensation. Here are some facts based on recent research to be aware of: Bipolar people taking EPA and DHA, two common Omega-3 fatty acids, showed a significant reduction in symptoms of depression and longer symptom-free periods were observed. Kids with problems learning to read were found to have lower than normal fatty acid levels. People with age-related memory loss and Alzheimer's disease were found to have lower levels of Omega-3 fatty acid DHA. Intelligence in children is affected by fatty acid levels. For instance, breast fed kids who receive DHA in their mother's milk generally have an IQ 10 points higher at age 8 than bottle fed kids. Michael Schmidt, PhD has catalogued more than 50 conditions of the brain that may be influenced by fatty acids. Essential fatty acid supplements such as Omega -3, 6 and 9 fatty acids can be purchased at most health food stores.

Healing is a natural process facilitated by the right nutrients. Post surgical healing can be significantly accelerated by certain vitamins, minerals and enzymes. Among these are vitamins A & C. Vitamin A or retinol is an essential nutrient recommended by holistic doctors and nutritionists and taken as beta carotene at a dose of 12,500 International Units (IUs/day) after a surgical procedure for up to two weeks. This is not recommended for pregnant women or if you have liver disease. Vitamin C builds collagen and should be part of everyone's supplement regimen. I take 6,000mg a day of vitamin C and have for many years. Its only side effect is loose bowels or diarrhea so if that should happen just drop the dosage. For surgery, the well known holistic physician David Brownstein, MD, recommends taking 10,000 mg/day as soon as possible after surgery. Zinc promotes healing from injury especially when combined with vitamin C. Dr. Brownstein suggests taking 25mg/day of zinc two weeks prior to surgery and continuing for two weeks post surgery. Enzymes accelerate healing. Bromelain from pineapple and amylase and lipase made in the pancreas also speed up healing. Many studies have confirmed the benefits of oral enzymatic therapy. It takes about two weeks before enzymes start having an effect. They should be taken two weeks prior to surgery and for about a month post surgery. If you have digestive problems try taking pancreatic enzymes as a digestive aid.

Don't fall for the high blood pressure scam says Dr. David Brownstein. The new guidelines suggesting that systolic pressure should be less than 120mmHg and diastolic pressure less than 80mmHg means that half of adult Americans have hypertension and need prescription drugs, which Dr. Brownstein feels is not true. Drugs that lower blood pressure- beta blockers, diuretics, calcium channel blockers, and ACE inhibitors -all work by

poisoning enzymes and blocking various receptors in the body. These substances garner huge profits for the drug companies but can adversely affect a patient's biochemical balance. Before consenting to taking these drugs, try taking magnesium supplements and exercising and remember that average blood pressure increases with age. Dr. Brownstein says that the average blood pressure reading for a 65-year old man is 149/84mmHg.

Protect your heart via good nutrition and exercise. Eat plenty of raw fruits and vegetables 5 to 10 servings a day. Avoid most sugar and foods containing it and white flour such as pizza, pasta, pasteries and donuts to mention a few. Drink plenty of fluids especially pure water, up to 64 oz a day. Avoid seafood high in Mercury such as swordfish, tuna and mako shark. People with heart failure usually have much higher blood levels of mercury than are normal. Get plenty of sleep up to eight hours a night. Limit alcohol to one drink a day and never smoke tobacco. Get plenty of exercise every day. Walking, biking, swimming are all great for you. High intensity exercise of up to 30 minutes a session is also good provided you are healthy.

Exercise daily but avoid long distance races and prolonged bouts of aerobic exercise that last for one or more hours. Instead take short brisk walks, join a boot camp, do high intensity interval sprints on foot or on a bike, take up kettlebell exercises sometimes called aerobic weight lifting. These are ideal for men and women who want to be fit without bulking up. A 20 minute kettlebell workout is all you need do on a daily basis.

Claims that the Russian kettlebell provides superior fat loss to any other form of exercise have been vindicated. Research funded by the American Council of Exercise and published in the Jan/Feb 2010 issue of ACE Fitness Matters showed that after only 20 minutes of a kettlebell workout, developed by Dragon Door kettlebell instructor Ken Jays, subjects burned an average of 272 calories. One of the scientists involved in the study, Dr. John Porcari, added that we also measured blood lactate so that they (the subjects) were actually burning an additional 6.6 calories per minute which is equivalent to running a 6-minute mile pace. You must be in excellent condition to engage in this form of exercise or work up to this level of intensity gradually.

Famous brain surgeon turned nutrition doctor warns against fluoride. Russell Blaylock, MD says fluoride is actually a poison. It can destroy tooth enamel, damage gums and is implicated as a cause of cancer, atherosclerosis, heart disease and stroke. It does little to prevent gum disease. He recommends the following mixture as a cure for gum disease: Mix one ounce of hydrogen peroxide with an ounce of betadine solution in a paper cup. Dip your toothbrush in the mixture and brush your teeth and gums thoroughly making certain to brush all surfaces. The mixture will bubble at the juncture of your teeth and gums. Allow it to bubble for two minutes without swallowing it. Then rinse well with plain water. Repeat daily until the infection is cleared up. You may also substitute tea tree mouth wash for the betadine. This solution works about as well.

A healthy diet is all that is needed for good teeth. Dr. Weston Price, a dentist, traveled the world and found that primitive people had excellent health, including oral health, even though they never brushed their teeth. He found this to be true throughout the 14 countries he visited over a period of 10 years.

Epigenetics is proving that our lives are not totally determined by heredity. The new science shows that genes and our DNA do not control our biology or our destiny; but rather, DNA is directed by signals from the environment. The food you eat, the liquids you drink, and the air you breathe, the exercise you engage in all affect gene expression as do electro magnetic radiation and even your thoughts, both positive and negative. The ground breaking research in epigenetics has already begun to change our understanding of how we view life itself. If you want to learn more about this scientific breakthrough, visit www.mercola.com and search for epigenetics or purchase the immensely readable *Biology of Belief*, authored by cell biologist Bruce Lipton, PhD, published by Hay House.

If you have any questions about your diet or how to adopt a therapeutic lifestyle, which is without question the most powerful tool there is to positively impact your health for the rest of your life call me at 240-888-5453 or 240-345-7328. You can also visit my web site at www.totalwellnessconcepts.com. Please also note that my email address has changed to steve_seater@yahoo.com. Be Well.

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.