

1: Benefits of Juicing: Your Keys to Radiant Health - OEM Manufacturing Beverages

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Escarole Spinach An interesting side note: Cabbage juice is one of the most healing nutrients for ulcer repair as it is a huge source of vitamin U. Herbs also make wonderful combinations, and here are two that work exceptionally well: Parsley Cilantro You need to be cautious with cilantro, as many cannot tolerate it well. So start off with a few sprigs and work your way up from there. You can use a few tablespoons if you have no side effects and enjoy the taste. If you are new to juicing, hold off on the cilantro. The greens listed below are bitter: Kale Dandelion Greens Mustard Greens bitter When purchasing collard greens, find a store that sells the leaves still attached to the main stalk. If they are cut off, the vegetable rapidly loses many of its valuable nutrients. Make your juice taste great. If you would like to make your juice taste a bit more palatable, especially in the beginning, you can add these elements: You can also add one half to a whole lime or lemon for every quart of juice. You can actually juice the skin if you want to avoid the hassle of peeling them Cranberries: You can also add some cranberries if you enjoy them. Researchers have discovered that cranberries have five times the antioxidant content of broccoli, which means they may protect against cancer, stroke and heart disease. In addition, they are chock-full of phytonutrients, and can help women avoid urinary tract infections. Limit the cranberries to about 4 ounces per pint of juice. This is an excellent addition if you enjoy the taste. It gives your juice a little "kick"! And, as an added boon, researchers have found that ginger can have dramatic effects on cardiovascular health, including preventing atherosclerosis, lowering cholesterol levels, and preventing the oxidation of low density lipoprotein LDL. Drink your vegetable juice right away, or store it very carefully. This is really helpful if you are bringing your juice to work with you so you can consume it during the day. How to store your juice: Put your juice in a glass jar with an airtight lid and fill it to the very top. There should be a minimum amount of air in the jar as the oxygen in air is about 20 percent oxygen will "oxidize" and damage the juice. Purchase a food vacuum pump like Food Saver with a Ball jar attachment. You can pour your juice into a pint jar and put the lid on and use the Food Saver to suck out the air in the jar to vacuum pack it. This will remove most of the oxygen that will damage the juice. Immediately store it in the fridge and consume it when you are ready. It is best to drink it as soon as possible and in any case within 24 hours of juicing. Most people juice in the morning, but if that does not work out well for your schedule, please feel free to choose whatever meal works best for your lifestyle. Clean your juicer properly. I find that using an old toothbrush works well to clean any metal grater. If you buy a high-quality juicer, the whole process should only take about 5 minutes. I find that using an old toothbrush works well on the metal grater. Whatever you do, you need to clean your juicer immediately after you juice to prevent any remnants from contaminating the juicer with mold growth. With patients in our clinic, we strongly encourage it if they expect to regain their health. If you are a mixed type, it is certainly useful to juice. However, protein types need to follow some specific guidelines to make it work for them. Protein Types and Juicing If you are a protein type, juicing needs to be done cautiously. You can add some of the dark deep leafy greens like collards, kale, and dandelion greens but do so cautiously and pay careful attention to how you feel. You may also want to initially limit your serving size of juice to no more than 6 oz. Also, to make drinking vegetable juice compatible with protein type metabolism which needs high amounts of fat, it is important to blend a source of raw fat into the juice. Raw cream, raw butter, raw eggs, avocado, coconut butter, or freshly ground flax seed are the sources of raw fat that we most recommend. In addition to adding a source of raw fat to your juice, you may also find that adding some, or even all, of the vegetable pulp into your juice helps to make drinking the juiced vegetables more satisfying.

2: The keys to radiant health | Open Library

Congratulations! You have made some great changes to your life. The last step will be to implement a juicing plan. I am firmly convinced that the benefits of juicing are the keys to giving you a radiant, energetic life, and truly optimal health.

One of the reasons why Dr. Joe decided that we should start blogging for our office is to help patients and non-patients alike cut through the information clutter. He wants to help you make sense of the latest advances in medical science and trends in health so you can become a better consumer of health care by deepening your understanding of your body, how it works, how illness happens and how healing can commence. All of us here in his office work from the understanding that these two modes of healing – conventional and holistic – are not mutually exclusive. In his essential booklet Radiant Health, Dr. Joe lays out 8 keys to it. Joe as he has observed and personally experienced them over more than 30 years of practice. Self-care The mental, emotional and spiritual realities we live by determine how we experience each day. We mobilize our minds, emotions and spirit towards health by taking time each day to immerse ourselves in something much bigger than we are. In fact a meaningful daily practice such as prayer, affirmations, meditation or volunteering matters just as much to health as medical care. Many never get that feeling due to illness and stress. Eight hours of quality sleep per night between 10 pm and 6 am is optimal. A Longevity Diet Empowering food and drink protect us and promote a long life. Whether you opt to go Mediterranean, Nordic, Okinawan – any healthful diet which extols the virtues of these life promoting menus will do. And if you can go organic, even better. Exercise Movement is the primary quality defining life. Physical activity is the way we endorse that primary law. Do what you enjoy, and do it regularly – with others whenever possible. Stress Reduction Whatever healthful and wholesome activity or imagery shifts you away from the daily challenges of living will also reduce stress. Walking your dog, coming home to loved ones, exercising, meditating, singing, getting into a theatre group, playing a musical instrument, surfing – embrace whatever moves your mind away from that which prevents you from taking a full breath. Supplements Supplements are just that: We use them for health, for treating illness and for promoting a healthier future. If all you do is take a high quality multivitamin-multimineral, you go a long way to preserve those little guardians of our longevity – our telomeres. Much more about those in future posts! Bioidentical Hormone Replacement Therapy This slows the aging process and lets it show through every cell of your body. Gratitude and Service to Others There is nothing so powerful in relieving our pain as helping another relieve theirs. What would happen if you started most days by writing down 10 things you are grateful for? What would happen if you spent a little of your life helping others to live better in some way? A little kindness and sweetness go forever. Leave a Reply Your email address will not be published.

3: Juicing: Your Key to Radiant Health by Dazzle Blog entry

8 Keys to Radiant Health On Tuesday, May, 24th, in Integrative Medicine No Comments Let's face it: There's a ton of health information online, and sifting through it - sorting the sound and useful stuff from the sketchy - is one of the big challenges in getting real answers about how we can improve our health and well-being, let.

It is well known that one symptom of food allergies are hives. During your adolescent years, you also probably heard a lot of advice on what foods to eat to prevent acne breakouts, even if the advice was not always valid. More and more studies are coming out demonstrating a strong association between skin disorders and gut health, leading many to determine there is a gut-skin axis. Could keeping your gut healthy be the key to having flawless, radiant skin? The gut and the skin have much in common, which contributes to the gut-skin axis. Both the gut and the skin play key roles as defenders against pathogens invading from the outside environment. Additionally, they are large players in the neuroendocrine messaging system, as they have nerves that send and receive signals from the brain with the ability to send messages to other parts of the body. Another similarity between the two is that the skin has its own microbiome that is just as important to health as that of the gut microbiome. Although it has not yet been studied as in depth as the gut microbiome, studies have found it to be one of the most diverse microbiomes in the body. The microbiota provides protection through acting as a barrier against potential issues. It is essential to have a good balance between the commensal and pathogenic bacteria, and dysbiosis has the potential to contribute to skin disorders and diseases, just as in the gut. These similarities also lead to many connections between disorders of the gut and skin. The brain has a role to play as well, making many call it the gut-brain-skin axis. In this theory, anxiety and stress lead to intestinal permeability and dysbiosis in the gut. This, in turn, leads to inflammation that contributes to skin inflammation. The gut and skin interact, each one affecting the other through several pathways, especially the microbiome and its metabolites. This creates the gut-brain axis. As such, your health is highly dependent upon the health of your skin and gut.

The Connection Between Gut Disorders and Skin Disorders There are many skin disorders that are more common in those with gut issues and vice versa. For example, rosacea has an association with SIBO small intestine bacteria overgrowth. In one study, there was a higher number of patients with rosacea who tested positive for SIBO than the group without the skin disease. Some patients also underwent the therapy despite having a negative breath test. Upon treating the SIBO, 20 of 28 patients had a clearance of cutaneous lesions, while there was either no change or worsening of the lesions in those who were on the placebo. The researchers then switched the patients taking the placebo to the antibiotic treatment, resulting in 17 of the 20 experiencing an eradication of SIBO. Out of that group, 15 also saw a complete resolution of their rosacea. The improvement of rosacea lasted for at least 9 months. There was no change in rosacea in 13 of the 16 patients who tested negative for SIBO. Inflammatory bowel disease IBD is also associated with a higher risk of developing an inflammatory skin condition, such as psoriasis, atopic dermatitis, and rosacea. The same association was not found for autoimmune skin conditions, such as alopecia and vitiligo. In another study, the incident of IBD was higher in patients with rosacea compared to those without, with an adjusted hazard ratio of 1. This relationship is most likely due to the chronic inflammatory diseases of IBD and psoriasis having similar pathogenic pathways. This might begin in the gut microbiome. A study found that in patients with psoriasis, there was a lower level of *S. Through using dimethylfumarate, a common treatment for psoriasis, they were able to increase the level of this yeast to bring the numbers to a similar abundance to the healthy controls.* Celiac disease is also associated with skin problems, and one subset of the disease, dermatitis herpetiformis, presents with skin problems rather than gut issues. There is also a strong association between gut health and acne, with several studies linking dysbiosis to the development of acne. These are just a few examples of ways in which the health of the gut and the skin are closely related.

Probiotics for Skin Care Because of the high association between gut disorders, especially dysbiosis, and skin problems, researchers have looked into the potential of probiotics for treating skin conditions. Several studies have found relief for certain skin conditions with taking probiotics orally, altering the gut microbiome rather than that of the skin. For example, *Lactobacillus rhamnosus GG* has been found to

reduce the severity of atopic dermatitis in those with IgE-sensitive reactions, while *Lactobacillus rhamnosus* TB helps with eczema. One probiotic strain, *Lactobacillus rhamnosus* SP1, provides benefits for those suffering from acne. The researchers took skin biopsies prior to the treatment and at the end of the 12 weeks to look for insulin-like growth factor 1 IGF1 and forkhead box protein O1 FOXO1 gene expression. The placebo group experienced no changes. Probiotics also have the potential to protect against sun-induced damage. In one mice study, researchers found consuming probiotics provided protection from UV damage. In this study, one group of hairless mice were given oral administered live *Bifidobacterium breve* strain Yakult for nine days, and another group consumed fermented milk containing the strain for 14 days. During the final four days of the study, the mice of both groups were irradiated using UV light for each day. Then, after a period of 24 hours, the skin was evaluated to determine elasticity, appearance, and interleukin-1beta levels a marker for inflammation. The researchers found that there was a significant level of prevention through consuming the probiotics with both groups compared to a control group. Another study found that lipoteichoic acids, which are in the cell wall of lactobacilli and have immunomodulatory properties, help mitigate the UV damage that leads to skin cancer. In a study using LTA from *Lactobacillus rhamnosus* GG, the researchers treated mice with either a chronic irradiation with daily treatments for 20 days and long term where during 34 weeks the mice underwent irradiation three times per week. In the mice treated with LTA, the T-cells had higher levels of T-cells, including helper, and cytotoxic, as well as higher levels of interferon- γ . There was also a delay in growth of tumors. Studies have also found a connection between dry skin problems and abnormal bowel movements. Phenols, which are toxic metabolites from certain bacteria that point to disturbances in the gut. These phenols have the potential to disrupt the differentiation of keratinocytes, which are cells in the skin. Consuming probiotics and GOS, a specific type of prebiotics, led to less phenol and better skin condition, including less dryness in the skin. Certain probiotics also help with the general health of the skin. This helps to maintain homeostasis for healthier skin. Additionally, *Bifidobacterium longum* sp has helped to strengthen the barrier and decrease sensitivity, while kefir with probiotics assists with wound healing. Dysbiosis or other gut problems might be the cause of the issue or it might simply exacerbate it. In functional medicine, we have a standard gut protocol known as the 4 Rs: It sometimes also includes a fifth R: As the word implies, remove means to take away anything that might be contributing to an unhealthy gut. This might include stress, pathogenic microbes, environmental toxins, or food allergens. One of the most common treatments for this stage of the 4 Rs is the elimination diet. This diet removes all of the most common foods that trigger inflammation and gut reactions for a period of time and then reintroduces them to determine what might be the cause of the issue. For some people, the remove stage might also include protocols to eradicate any pathogenic species residing in the colon or the small intestine contributing to dysbiosis or SIBO respectively. Proper digestion and subsequent absorption require digestive enzymes, hydrochloric acid, and bile acids. In the replace step, these are supplemented, as needed, depending on the situation. Reinoculate is the step when good bacteria are reintroduced into the gut, typically through taking a strong probiotic. It is beneficial to also consume a diet high in fiber, and you might choose to supplement with prebiotics, which are non-digestible fibers known to fuel the commensal bacteria in the gut and further mitigate the building of a healthy microbiome. In the repair stage, vitamins, minerals, and other nutrients are introduced to assist in repairing any damage to the gut, including any inflammation or leaky gut. The final stage, rebalance, goes beyond just diet; it looks at your overall lifestyle to determine if there are negative aspects affecting the gut, such as lack of sleep or excessive stress. Modifications are made to create a lifestyle pattern supportive of a healthy gut. As discussed above, healing any inflammation or disorders of the gut can have a significant impact on the health of the skin. Removing triggers like allergenic food can also mitigate skin reactions. A healthy microbiome also provides metabolites and other benefits to alleviate skin problems. Therefore, following the 5 Rs is a great first step to balancing the gut-skin axis. Foods to Eat for Radiant Skin There is one more action you can take to maintain a healthy gut-skin axis beyond the 5 Rs: Nutrient deficiencies often manifest themselves through the skin and sometimes cause skin disorders. Of course, you will need to have a healthy gut ready to absorb these healthy nutrients to benefit from this, which is why it is key to start with the 5 Rs. If you have an issue with your gut that affects absorption, such as celiac disease or SIBO, then you might become deficient in some key

nutrients, requiring supplementation. The main vitamins necessary for skin health include vitamin A, C, E, and D. Vitamins C and E have the potential to act as antioxidants to fight against UV damage and other oxidative stress in the skin, which can contribute to aging. Vitamin D helps keep skin hydrated to prevent dry skin. In one study, women with more wrinkles had lower intakes of protein, phosphorous, potassium, vitamin A, and vitamin C than those without. Those with dry skin had lower levels of vitamin C and linoleic acid. Additionally, certain key minerals aid in skin health, namely zinc, selenium, and copper. Many of these also provide antioxidant properties as well as elements in the structure of the skin. For example, copper plays a role in maturing collagen and melanin synthesis. In addition to micronutrients, phytonutrients have been shown to be beneficial in health. Antioxidants are one of the key contributors to fighting aging skin and other issues. Pollution, UV rays, and other environmental toxins create significant reactive oxidant species, which can lead to wrinkles, sagging skin, discoloration, and other signs of aging, not to mention skin cancer. Consuming adequate antioxidants to counter the oxidative stress is essential. However, it requires more than just isolated supplements of specific antioxidants. It is best to consume antioxidants in their natural state in plant foods. As an added bonus, it also provides numerous nutrients and phytonutrients to act in synergy that also have vitamins, nutrients, and in some cases, anti-inflammatory benefits. A healthy diet rich in colorful fruits and vegetables will go a long way to providing the nutrients necessary for radiant skin.

4: 8 Keys to Radiant Health - Holistic Doctor Los Angeles - Santa Monica

Benefits of Juicing: Your Keys to Radiant Health Marketing Last Updated: 05 May Congratulations! You have made some great changes to your life. The last step will be to implement a juicing plan. I am firmly convinced that the benefits of juicing are the keys to giving you a radiant, energetic life, and truly optimal health.

This is the secret to balancing the whole mind-body system. Advances in scientific research have increased our ability to predict which therapies and treatments will be safe and effective for each person – and which will not. From the perspective of conventional Western medicine, personalized medicine is a relatively new field, yet an individualized approach to healthcare has been a cornerstone of Ayurvedic medicine for thousands of years. This understanding will allow you to make the best choices for your own health and wellbeing, including identifying the foods, activities, and lifestyle that will have the greatest benefit. Every substance, experience, and sensory impression carries energy and information that your physiology interprets according to the unique characteristics of your body and mind. As an integrative, mind-body healing system, Ayurveda recognizes that the body and mind are inextricably connected. For every event that occurs in the mind, there is a corresponding event in the body. For example, happy thoughts of all kinds, including thoughts of love, peace, compassion, kindness, and tranquility, produce a corresponding state in the body by triggering a flux of neurotransmitters and hormones in the central nervous system. The Junction of Mind and Body According to Ayurveda, at the junction point where thought becomes a physical manifestation in the body, there are three governing agents called doshas. Doshas are mind-body principles that govern the flow of intelligence throughout the physiology. From your earliest years, all of your thoughts, emotions, desires, dreams, and other mental events have provoked changes in your physiology, shaping the body you have today. Unfortunately, for many people the messages of the mind are more detrimental than beneficial. Years of stressful, fearful thoughts take a toll on the body, leading to accelerated aging and an increased likelihood for illness. According to Ayurveda, an imbalance in the doshas disrupts the flow of intelligence throughout the entire mind-body physiology and is the underlying cause of disorder and disease. However, restoring balance in the doshas creates the possibility of a mind-body system that is always healthy and evolving. Vata, Pitta, and Kapha. Each dosha is governed by two of the five master elements or mahabhutas that make up everything within our bodies and everything outside of our bodies: Space carries all the aspects of pure potentiality – infinite possibilities; air has the qualities of movement and change; fire is hot, direct, and transformational; water is cohesive and protective; and earth is solid, grounded, and stable. According to Ayurveda, we are all born with a varying amount of each master element in our mind-body constitution. Some of us have more fire and water, which are the two elements that make up the Pitta dosha. If fire and water are the predominant elements in our constitution, then our primary dosha is considered to be Pitta. Here are the three primary doshas, the master elements that comprise them, and how they manifest in our physical body and emotional characteristics – both when these elements are in balance and when they are out of balance. Movement and Change Vata is made up of the space and air elements and controls all movement in the body, including the movement of your vocal cords when you speak, the flow of blood, the motion of your arms and legs, and the movement of thought. Cold, light, dry, irregular, rough, moving, quick, changeable If Vata dosha predominates, movement and change are characteristic of your nature. Those with a predominance of Vata dosha are usually have a thin, light frame and excellent agility. Their energy comes in bursts, and they are likely to experience sudden bouts of fatigue. Vatas typically have dry skin and hair and cold hands and feet. They sleep lightly and their digestion can be sensitive. When the Vata dosha becomes imbalanced, it manifests in the body as weight loss, constipation, hypertension, arthritis, weakness, restlessness, and digestive challenges. Vatas love excitement and new experiences. They are quick to anger but also to forgive. When Vatas are in balance, they are energetic, creative, and flexible. They also take initiative and are lively conversationalists. When unbalanced, they are prone to worry and anxiousness and often suffer from insomnia. Transformation and Metabolism The elements that make up Pitta are fire and water. Pitta governs all bodily functions related to digestion, metabolism, and energy production. Hot, light, intense, penetrating,

pungent, sharp, acidic. Those with a predominance of the Pitta principle have a fiery nature that manifests in both body and mind. People with a predominance of Pitta are usually of medium size and weight. They sometimes have bright red hair, but baldness or thinning hair is also common in a Pitta. They have excellent digestion, which sometimes leads them to believe they can eat anything. They have a warm body temperature. They sleep soundly for short periods of time and have a strong sex drive. When in balance, Pittas have a lustrous complexion, perfect digestion, abundant energy, and a strong appetite. When out of balance, Pittas may suffer from skin rashes, burning sensations, peptic ulcers, excessive body heat, heartburn, and indigestion. Pittas have a powerful intellect and a strong ability to concentrate. They are precise, sharp-witted, direct, and often outspoken. Out-of-balance Pittas can be short-tempered and argumentative. Structure and Fluidity

Kapha is derived from the water and earth elements. This dosha controls the structure of the body and maintains strength and the physical form in everything from the bones, muscles, and tendons, right down to the cellular level. Heavy, slow, steady, solid, cold, soft, oily Physical Characteristics: Kapha types have a strong build and excellent stamina. Large, soft eyes; smooth, radiant skin; and thick hair are also important Kapha characteristics. Those who are predominantly Kapha sleep soundly and have regular digestion. But when Kapha builds to excess, weight gain, fluid retention, and allergies manifest in the body. Kaphas are naturally calm, thoughtful, and loving. They have an inherent ability to enjoy life and are comfortable with routine. When in balance, Kaphas are strong, loyal, patient, steady, and supportive. People with an excess of Kapha tend to hold on to things, jobs, and relationships long after they are no longer nourishing or necessary. Excess Kapha in the mind manifests as resistance to change and stubbornness.

Applying Ayurveda to Medical Treatment In my medical practice, I always take into consideration the underlying dosha of a patient, or what their main imbalance is, when choosing treatments out of the many options available. For example, if I see someone who has the symptoms of hypertension as well as a Kapha imbalance, I may prescribe a diuretic, since excess water is more likely to be a contributing factor. I would also encourage more exercise or physical activity, since lack of movement is often a causative factor for these individuals. However, in a Vata-type person with hypertension, a diuretic may actually cause harm, as the Vata system tends to have too much dryness air and space. In addition, I recommend meditation and calming activities to settle the excess energy as an adjunct to or at times, instead of the medicine. This is just one example of the way in which we can tailor our choice of medication to best suit the individual. In contrast with conventional medicine, which until very recently has assumed that a given disorder or disease is the same in all people, Ayurveda places great importance on recognizing the unique qualities of individual human beings. Keeping the doshas balanced is one of the most important factors in keeping the whole mind-body system in balance. When our mind-body system is in balance and we are connecting to our inner wisdom and intelligence, then we are most able to realize our full human potential and achieve our optimal state of being. Special pricing available for upcoming dates Are you feeling stressed out and anxious? Are you struggling with pain, a chronic condition, or a difficult diagnosis?

5: Benefits of Juicing: Your Keys to Radiant Health | The St. Lucia STAR

Virtually every health authority recommends that we get servings of vegetables and fruits per day and very few of us actually get that. Juicing is an easy way to virtually guarantee that you will reach your daily target for vegetables.

Henson and Bulldog Publications. Introduction An infrared sauna made by Rocky Mountain Saunas This guide is designed to provide a potential infrared sauna buyer with a comprehensive understanding of far infrared sauna safety, far infrared sauna technology, far infrared sauna therapy, far infrared sauna design, component comparison and far infrared technological evaluation. If you are reading this guide, you are probably considering purchasing an Infrared Sauna and want to make certain your investment is the best choice possible. Shopping for a Far Infrared Sauna is no easy task. At first glance, many infrared sauna brands look very similar to each other. During the past year, more than 40 new vendors have entered the infrared sauna marketplace and most claim to sell the best sauna. After a few days of checking out websites and different sauna retailers, you may be more confused about far infrared saunas than when you started searching! We created this guide to provide straightforward accurate information regarding the features, components, safety and materials of far infrared home saunas. Your investment in a far infrared sauna is a decision you want to make correctly the first time, so understanding what to look for and what to avoid is essential. A quality far infrared sauna will last you a lifetime. Traditional Saunas "Hot Rocks" in a traditional sauna Steam and hot rock saunas utilize the principle of Convection Heat. Convection heaters simply heat the air inside the sauna cabin and then the hot air heats the skin. Your kitchen oven is an example of a convection heater. Temperatures inside traditional saunas may reach - degrees Fahrenheit. High air temperatures above degrees F present a number of sauna user issues: High air temperatures in sauna cabins are often overwhelming to the sauna user and produce an unpleasant experience. Many people report feeling light headed, claustrophobic or experience difficulty breathing. In this muggy environment, the sauna user is neither comfortable nor fully relaxed. Hot air convection heat overheats the surface of the skin and does not actually soak into the human body very deeply. Limited heat penetration into the body severely limits the detoxification ability of steam and hot rock saunas; only a small percentage of your sweat actually contains expelled acids, toxins, carcinogens and heavy metals. High air temperatures in sauna cabins can be harmful to the viscous membrane tissue of your eyes, irritate nasal and throat passages, and cause rashes and itching in other skin sensitive body areas. The hot air heating technology in conventional saunas is rapidly becoming obsolete due to the lack of direct health benefits, oppressive user environment and undesirable side effects.. Radiant Heat transfer radiant energy from an emitting heat source to a specific object; in Far Infrared Saunas, the object that directly heated is the human body. Far Infrared Light Waves tuned to the human body are emitted by large high-tech Carbon Heater Panels mounted in the wall and floor of the infrared sauna. Our bodies readily absorb infrared energy since the tuned infrared light waves and the human body vibrate at the same frequency. This process is called Resonant Absorption: Carbon heater panels emit a special bandwidth of tuned infrared light energy that penetrates human body tissues, muscles and organs up 3 inches below the skin. Inside the body, the light energy is converted into heat energy. In physics, this reaction is called Direct Light Conversion. An infrared sauna literally heats the human body from the inside out. The soothing warmth you feel in an infrared sauna is from your body heating up when the infrared light energy turns into heat. Infrared sauna cabin air temperatures are degrees F lower than traditional saunas, which creates a relaxed and comfortable environment. Over the past decade, the advent of far infrared radiant heat has revolutionized the sauna industry in the United States. The long list of dynamic health benefits credited to far infrared therapy has been scientifically researched and medically documented for more than 30 years. Quality infrared carbon panel heat emitters have taken the safety, efficiency and comfort of Far Infrared Saunas to a new level of home sauna performance and user satisfaction. Far Infrared Saunas have replaced traditional saunas steam saunas and hot rock as the sauna of choice for Americans for several notable reasons: In fact, hospitals across the USA have been using far infrared heat to keep newborn and premature babies warm for decades. One of the cornerstones of far infrared sauna therapy is detoxification of the body. Regular Far Infrared Sauna Therapy has become a

recognized, results driven tool for optimum health maintenance, metabolic balance, increased immune function and disease prevention. Far Infrared Saunas have provided serious, results based therapy for more than different health conditions including Cancer Therapy over the past three decades. The air temperature inside an infrared sauna is degrees F cooler than conventional saunas. Because infrared saunas heat more body mass and increase the core body temperature without burning the skin, you will sweat twice as much as you do with a traditional hot air sauna. Breathing is easy and natural. Far Infrared Saunas offer an inviting, comfortable atmosphere with warm, gentle heat waves rolling over your entire body. Compared to using a conventional sauna, you will find the experience much more pleasant, much safer to use, and enjoy numerous proven health benefits! View a list of contraindications and conditions that may preclude you from using an infrared sauna. If you have any concerns about a specific condition, please refer to a qualified medical advisor.

How Infrared Energy Works to Heal. This guide details both What to Avoid and What To Look For helping you to become knowledgeable and feel confident in making the best possible choice. Inefficient, poor quality heaters will require that you spend more time in your sauna in order to achieve results. They also directly affect your personal comfort and safety during your home sauna sessions. The Infrared light spectrum produced by these incoloy heat emitters is too broad for maximum effectiveness. Incoloy Heat emitters use a reflector tray mounted behind the emitter to compensate for the fact that a significant amount of infrared energy being produced is directed away from your body. Hot spots and poor coverage throughout the sauna cabin. Any Far Infrared heat emitter can only be as effective as the Total Surface Area of the heat emitter itself. Ceramic heat emitters have a very small infrared emission surface! Ceramic heat emitters also have several important shortcomings: This hot surface temperature is not comfortable and is not safe! Ceramic emitters get so hot that they have been known to scorch the back rests of saunas. It is virtually impossible to lean back on the backrest directly in front of a ceramic heater due to this extreme surface temperature. Uncomfortable and not necessarily safe. Metal Face Plates block infrared transmission, further impeding efficiency. Nearly all ceramic type heaters use rear reflector trays which distort and weaken proper light wave frequency. A cost cutting measure which is a definite safety oversight. An electromagnetic field also EMF or EMR field is a physical energy field produced by and surrounding electrically charged objects. In past few years there has been a growing public concern that long term exposure to high and low-level of electromagnetic radiation is. What EMF level is safe for humans? The EPA has proposed a safety standard of 1 mG. Sweden has set a maximum safety limit of 1 mG. Several of the better quality sauna brand names offer low EMF carbon panel heat emitters and a select one or two brands including Rocky Mountain Saunas currently offer Zero Rated EMF ratings for their carbon panel infrared emitters. However, having low or zero rated EMF carbon panels is not necessarily adequate to guarantee your total safety and EMF protection while you are enjoying your sauna sessions. Infrared saunas have a substantial amount of V wiring throughout the wall panels and the roof cap of their saunas. Many of the sauna manufacturers that offer low or zero EMF panels have neglected to properly shield all the wiring in their saunas. Look for a manufacturer, like Rocky Mountain Saunas, who provides special EMF shielded v wiring in your new sauna, as well. Many ceramic heat emitters contain cement and asbestos. Since the ceramic used in most infrared heat emitters is generally of poor quality, lumpy deposits of impurities are often produced on the tube itself. These deposits cause the ceramic emitter to decay rapidly and become inefficient over time. Most ceramic emitters have a short life expectancy. Due to the high surface temperatures of the ceramic heat emitters, it is virtually impossible to be positioned directly in front of the ceramic rods or ceramic concave blocks and be relaxed and comfortable. With the small surface area of ceramic emitters and the wide spacing between the emitters, Hot spots and cold spots throughout the sauna cabin are the inevitable result. Portable wooden "ergonomic" backrests are a common accessory for saunas using ceramic emitters. Most portable backrests slip out of position when leaning on them and only work in the upright position, which limits the variety of leaning positions. It seems like portable backrests are a "band-aid" appliance to compensate for 1 the high surface temperatures of ceramic heat emitters and 2 the wide-spaced horizontal back wall slats found in most infrared saunas with both carbon panel and ceramic heaters. The small surface area of ceramic rod, tube and plate heaters limits the amount of infrared energy emitted directly toward your body. Since the tubular ceramic heat emitter produces

infrared energy across its entire surface, almost half of the infrared energy from a ceramic emitter is directed toward the outside wall, away from your body. Lots of wasted infrared energy. In an attempt to correct the tubular ceramic emitter design flaw, nearly all ceramic heat emitters employ the use of Reflector Trays mounted behind the tubes. This only creates another problem! Reflector trays are cheaply manufactured and have many surface area scratches and blemishes. Scratches and cheap surface coatings further distort the desired infrared wavelength emission. I feel that it is very important to cover the entire body with infrared heat, from head to toe, as evenly as possible, during a full sauna session. A major design problem, since it is important to heat the feet to expel toxins and lactic acid buildup, soothe nerve endings located in the bottom of the feet and relieve joint related pain. Ceramic plate foot heaters are safer, but typically have a low infrared output. However, nearly all far infrared sauna manufacturers still offer them for one primary reason. Ceramic heat emitters are much cheaper to manufacture than large high-tech carbon heater panels. This frequency of light energy wave is precisely tuned to perfectly match the maximum infrared absorption level of the human body. Surface temperatures of carbon heater panels are much lower approximately degrees F and the infrared heat is distributed evenly over a very large total surface area. Carbon panel heat is warm, gentle and soothing. Most people comment that they are starting to feel relaxed, right away. You can lean right up against properly spaced vertical backrests in Safety and Comfort.

6: JUICING - A KEY TO YOUR HEALTH: Juicing: Your Key to Radiant Health

I am firmly convinced that juicing is the final key to giving you a radiant, energetic life and truly optimal health. I've said this in the other levels of this nutrition plan, but it's so important I'll say it again: There are valuable and sensitive micronutrients that are da.

Cabbage juice is one of the most healing nutrients for ulcer repair as it is a huge source of vitamin U. The "Eat Right for Your Type" approach does not support lectin compatibility for blood type A individuals like myself and so I avoid it. Herbs also make wonderful combinations, and there are two that work exceptionally well: Parsley Cilantro You need to be cautious with cilantro, as many cannot tolerate it well. If you are new to juicing, hold off. These are more challenging vegetables to consume, but they are highly beneficial. Only use one or two of these leaves, as they are very bitter: Kale Dandelion Greens Mustard Greens bitter When purchasing collard greens, find a store that sells the leaves still attached to the main stalk. If they are cut off, the vegetable rapidly loses many of its valuable nutrients. I prefer to juice my vegetables at room temperature. I leave my vegetables out overnight, or for at least one hour in the morning, as I do not enjoy drinking cold fluids, especially when it is cold outside. Make your juice a balanced meal. Balance your juice with protein and fat. Eggs will add a significant amount of beneficial fats and protein to your meal. An egg has about 8 grams of protein, so you can add two to four eggs per meal. I suggest that you add the whole eggs, raw, into the vegetable pulp not the juicer. The reason I advocate this is because once you heat the eggs, many of their nutrients become damaged. Additionally, if you are not sensitive to milk, you can add some raw milk cheese, as it will improve the flavor. There is a potential problem with using the entire raw egg if you are pregnant. Biotin deficiency, a common concern in pregnancy, could be made worse by consuming whole raw eggs. Please read my recent article, Raw Eggs for Your Health -- Major Update , for further information on consuming raw eggs. Raw seeds, freshly ground and alternated regularly, are another great addition to the pulp. The simplest way to grind the seeds is to use an inexpensive coffee grinder. The seeds are full of protein and essential fatty acids that bring a juice into balance beautifully. I recommend pumpkin and flax seeds. If you use flax seeds, please note my special caution. Chlorella is an incredibly powerful nutrient from the sea and is a form of algae. I use it quite a bit for mercury detoxification as it binds very strongly to mercury to eliminate it from the body. The normal dose is one teaspoon in the juice. However, about 30 percent of people cannot tolerate the chlorella, so if it makes you nauseous you should definitely avoid it. Is a useful source of chlorophyll. Adds magnesium and protein. Binds to heavy metals and pesticides. If you have high iron or vitamin D levels you will want to avoid chlorella though as it is loaded with both of these nutrients. Spirulina is another algae that has many similar benefits and is a good balance to chlorella. However it does not bind to heavy metals like chlorella. Consider a protein powder. While protein powders are convenient, I believe them to be far inferior to whole food choices like eggs or chlorella. Glutamine is an amino acid and the majority of our skeletal muscle is made of it. You can obtain glutamine powder and add one teaspoon into your drink for a very effective healing addition. You can also use protein powders. My two favorites are whey and rice protein. Some people are concerned about my milk avoidance suggestion and taking whey protein. Although whey protein is from milk, most people tolerate it quite well as the major protein in milk that causes an allergy is casein. I would strongly advise against the use of soy protein powders. I strongly advise you to do this regularly to balance out your bowel flora. The ideal dose is just below the social threshold where people start to notice that you have eaten garlic. One large clove, two medium cloves or three small cloves is the recommended dose. But not just any oil! I highly recommend cod liver oil for the winter months and fish oil for the summer months. The reason for this is that cod liver oil has a level of vitamin D that can prove toxic to those in very sunny climates. The reason why fat is important is that green vegetables contain vitamin K, which is very important for gluing the calcium into your bone matrix. Additionally, new research suggests that vitamin K significantly reduces calcification in the arteries. However, vitamin K is not absorbed very well unless there is some fat. Additionally, the vitamin D in the cod liver oil will work with the vitamin K to increase calcium absorption and build stronger bones. The dose for cod liver oil or fish oil is one teaspoon for

every 25 to 40 pounds of body weight. Please be sure to read my comprehensive explanation on sunlight and vitamin D testing, and please review my updates on vitamin D information. Adding raw egg yolks, as described above, will also help you to absorb all the vitamin K from the juice. You could also use flax as a source of omega-3 fat, but many people have problems digesting it. Make your juice taste great. If you would like to make your juice taste a bit more palatable, especially in the beginning, you can add these elements: This is one of my favorites! You can purchase the whole coconut or use shredded coconut. It adds a delightful flavor and is an excellent source of fat to balance the meal. Coconut has medium chain triglycerides, which have many health benefits. You can also add some cranberries if you enjoy them. Researchers have discovered that cranberries have five times the antioxidant content of broccoli, which means they may protect against cancer, stroke and heart disease. In addition, they are chock full of phytonutrients and help many women avoid urinary tract infections. Limit the cranberries to about 4 ounces per pint of juice. You can also add half a lemon leaving much of the white rind on. If you are a protein Metabolic type you will not want to use lemons as they will push your pH in the wrong direction. This is an excellent addition if you can tolerate it. It gives your juice a little "kick"! Drink your vegetable juice right away, or store it very carefully. To store your juice: Put your juice in a glass jar with an airtight lid and fill it to the very top. There should be a minimum amount of air in the jar as the oxygen in air is about 20 percent oxygen will "oxidize" and damage the juice. Wrap the jar with aluminum foil to block out all light. Light damages the juice. Store it in the refrigerator until about 30 minutes prior to drinking, as vegetable juice should be consumed at room temperature. Most people juice in the morning, but if that does not work out well for your schedule please feel the freedom to choose whatever meal works out best for your lifestyle. Clean your juicer properly. I find that using an old toothbrush works well to clean any metal grater. For the Omega , the whole process takes about 5 minutes. Whatever you do, you need to clean your juicer immediately after you juice to prevent any remnants from contaminating the juicer with mold growth.

7: How to Hack Your Immune System - Dr. Axe

radiant, energetic life, and truly optimal health. I've said this in the other levels of this nutrition plan, but it's so important I'll say it again - valuable and sensitive micronutrients become damaged when you heat foods.

A few months later, she looked years younger. She water skis every summer. Here she is waterskiing at age 60! People report complete transformations after addressing immunity issues. Your immune system is a collection white blood cells scattered throughout your body. And there are two major goals for immune cells: Almost every healthy person will have enough of both types of cells, fully functioning and performing their critical roles. Addressing heavy metal and pesticide issues is possible. Especially if we take steps to reduce our exposure to harmful compounds. With a few tweaks to your shopping list buy organic and lifestyle choices avoid mercury-rich fish , you can see improvements almost immediately. And over time, you can see radical improvements in your health. But when it comes to addressing the remaining two issues, we have to look much deeper into our diets and digestive system. The Key to Immunity and Better Health When it comes to fighting potential immune issues, digestion is key. Thankfully, you can get some quick wins on this front. Two huge wins involve: Foods to avoid include: Excess sugar will wreak havoc on your immune system faster than almost anything else. That includes avoiding everything from high-fructose corn syrup to artificial sweeteners as well. Be aware that sugar is an additive in many breads, condiments and dressings. Try to avoid as much extra sugar as possible. Processed and microwaved foods: Highly processed foods have TONS of preservatives and fillers. Those things are hard to digest. Vegetable oils like soybean, canola and corn oil are highly inflammatory and can lead to inflammation. Try to only use good fats such as coconut oil, olive oil, organic butter or ghee, as these can be soothing on your gut and great for your immunity. Collagen supports the lining of the digestive tract. And it can work wonders for leaky gut. Increased intake can help strengthen and normalize mucus membranes in the GI lining, close tiny junctures and stop undigested food particles and chemicals from leaking out of the gut into the bloodstream. Probiotics are good bacteria that help you digest nutrients, detoxify your colon and balance out and support your immune system. While sauerkraut is extremely popular in Germany, kimchi is a close cousin and is the Korean take on cultured veggies. Both of the fermented formulas are also high in enzymes that can aid digestion and, thereby, boost your immune system. Many claims have been made about kombucha, but its primarily health benefits include digestive support, increased energy and support for immunity against bacteria and other invaders. If you make sure your digestion is strong, you can take your immune system to the next level. These probiotic foods will absolutely help you with that aim. To see what I personally use and recommend to support my gut and immune system health, [click here](#). This product is not intended to diagnose, treat, cure or prevent any disease.

8: Infrared Sauna Buying Guide : 10 Mistakes to Avoid!

Factors that affect your mitochondrial health Genetics - Mitochondrial diseases are the result of either inherited or spontaneous mutations in mtDNA or nDNA which lead to altered functions of the proteins in RNA molecules that normally reside in mitochondria.

May 21st, No Author comments Congratulations! You have made some great changes to your life. The last step will be to implement a juicing plan. I am firmly convinced that the benefits of juicing are the keys to giving you a radiant, energetic life, and truly optimal health. Cooking and processing food destroys these micronutrients by altering their shape and chemical composition. In this advanced nutritional level, you avoid all processed foods and eat only organic vegetables and fruits, unless not otherwise possible. The wonderful benefits of juicing Virtually every health authority recommends that we get servings of vegetables and fruits per day and very few of us actually get that. Juicing is an easy way to virtually guarantee that you will reach your daily target for vegetables. While you can certainly juice fruits, if you are overweight, have high blood pressure, diabetes, or high cholesterol, it is best to limit using fruits until you normalize these conditions. The exception would be lemons and limes which have virtually none of the offending sugar, fructose, that causes most of the metabolic complications. Additionally lemons or limes are amazing at eliminating the bitter taste of the dark, deep green leafy vegetables that provide most of the benefits of juicing. Benefits of Juicing There are three main reasons why you will want to consider incorporating vegetable juicing into your optimal health program: Juicing helps you absorb all the nutrients from the vegetables. This is important because most of us have impaired digestion as a result of making less-than-optimal food choices over many years. Juicing allows you to consume an optimal amount of vegetables in an efficient manner. If you are a carb type, you should eat one pound of raw vegetables per 50 pounds of body weight per day. Some people may find eating that many vegetables difficult, but it can be easily accomplished with a quick glass of vegetable juice. You can add a wider variety of vegetables in your diet. Many people eat the same vegetable salads every day. This violates the principle of regular food rotation and increases your chance of developing an allergy to a certain food. But with juicing, you can juice a wide variety of vegetables that you may not normally enjoy eating whole. If you are new to juicing, I recommend a mid-priced juicer. The cheap centrifugal juicers like the Juiceman break easily, produce low-quality juice, and are very loud, which may contribute to hearing loss. Here is my current favorite juicer. Many people initially think that juicing will be a real chore, but the majority are pleasantly surprised to find that it is much easier than they thought it would be. Vegetable Juice is Not a Complete Meal It is important to note that vegetable juice has very little protein and virtually no fat, so by itself, it is not really a complete food. It really should be used in addition to your regular meals not in place of it. So unless you are undergoing some special fasting or detoxification program, it is probably unwise to use juicing as a meal replacement. Ideally, it can be consumed with your meal or as a between meal snack. Important to Listen to Your Body This is partly because you should only start by juicing vegetables that you enjoy eating non-juiced. The juice should taste pleasant â€” not make you feel nauseous. It is very important to listen to your body when juicing. Your stomach should feel good all morning long. If it is churning or growling or generally making its presence known, you probably juiced something you should not be eating.

9: The Key to Perfect Health | The Chopra Center

Benefits of Juicing: Your Keys to Radiant Health Congratulations! You have made some great changes to your life. The last step will be to implement.

An enchanting darkness Favourite Love Poems Romeo i julija knjiga Embedded systems research papers The peace democrats. The Neurology of Eye Movements (Contemporary Neurology) Back On Track (Harlequin Nascar) Selective Agricultural Embargoes Act of 1998 The rhetoricity of historical knowledge: Pauline discourse and its contextualizations Oecd model tax convention 1963 A proposal for dividing the jurisdiction of the Court of Queens Bench in Upper Canada, and establishing a Bodybuilding encyclopedia arnold schwarzenegger Secret History 2. Careers in Biotech and Pharmaceuticals The Sunday school teacher : a look at yourself John H. Schall Understanding inflation accounting Esl basic business writing course The Disregard of a Legal Entity for Tax Purposes (Cahiers De Droit Fiscal International) McGregors journey Meditations on the life of christ Nipigon Lake and River to Thunder Bay. Mcqs in pediatrics with explanatory answers Variable spellings of the Hebrew Bible Classic Fm Guide to Classical Music Kingdom hearts sheet music Regulatory Mechanisms of Intracellular Membrane Transport (Topics in Current Genetics) Communication and sexuality Backroads of the Yukon and Alaska (Lone Pine Travel) New essays on Native son Thirty-six stratagems V. 1. 1812-1847. v. 2. 1847-1870. Fort McMurray, Grande Prairie Northern Alberta Towns The complete Star wars trilogy scrapbook Economics of inter-energy competition in the United States The Shapiro diamond Opportunities in fire protection services Commerce and the Internet Nancy friday my secret garden Just Me Cookin in Germany Introduction to heating, ventilation, and air conditioning