

Life, Strength & Health

A Guide to Holistic Living

Vol. 1, Issue 2

**Spring
Issue**

INSIDE

Hemp Smoothies?

In a "Jam" over Jelly

Are you what you eat?

Also

Kale — The Green Giant

and

Putting our Children on a Path to Health

March/April 2008

Life, Strength & Health

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Greetings and welcome to the second issue of Life, Strength & Health Ezine. This online publication is dedicated to the education and empowerment of "Self". It is our hope to enlighten and liberate your mind, body and spirit through the information we provide on holistic health. Holistic Health is an approach to being healthy. It is also an umbrella for many different categories. We are constantly bombarded with negative information that is pushing us closer to a path of dis-ease (disease) and degeneration. Hopefully, this Ezine can serve as a beacon of light in the darkness intentionally placed upon us. We encourage our readers to use this information to find and stay on the path of wellness. We encourage them to use this information for preventative health measures, to gain knowledge of self, family and community.

Peace & Blessings...

*We can be reached at 1 (800) 503-7127
and on the web at www.lifestrengthandhealth.com*

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The Digestive System (Part I): The Problem

By Jamal Hester-Juzi

The digestion of food is the body's process of breaking food down, and extracting the necessary nutrients, and eliminating the remains. Now, I haven't read any statistics on how many people suffer from digestive problems in the United States; because there is no need. Nearly every person that I've come in contact with (in and out of the office) has some form of digestive issue. Poor digestion has become so common that it has been accepted as being normal. Poor health education on digestion continues to keep people in the darkness as everyone's digestive system gets worse.

LET'S take a look at advertisements and commercials. The pharmaceutical industry invests a lot of money in promoting products for poor digestion. The pharmaceutical industry is a TRILLION dollar industry and they know where to invest the time and money in order to increase their yearly profits. In the media, we are seeing more and more advertisements for acid reflux, indigestion, and heart burn more than ever before. From over-the-counter products, such as Tums, to prescribed medications, such as Nexium, the pharmaceutical industry knows that people will spend over \$100 billion dollars a year on digestive problems!

After reading last month's featured article "Traveling On A Road To Death" you understand that you have direct control over your health. What you put into your

mouth, and even what you don't put into your mouth, has an effect on the outcome of your quality of life. So, how well does your digestive system process what you give it? This is a multi-part article on the digestive system made easy to understand. If you're ready to travel on a road to optimum health it is important to understand how it all begins. Once you have this understanding, you will be sitting on the foundation of change.

The annual amount of money spent on digestive care (Gut Solutions by Brenda Watson) is as followed:

- \$25 billion on physician visits.
- \$21 billion on medical procedures related to the digestive system.
- \$10 billion on prescription medications.
- \$3 billion on over-the-counter medications.
- \$300 million on digestive dietary supplements.

The number of problems, disorders, and diseases are at alarming rates in the United States. With the country spending this type of money on digestive care, this crisis can be considered a medical emergency.

The digestive system is the foundation of health and you can only be as healthy as you make it. Digestive problems can easily lead to many other concerns, eventually setting off a chain reaction of health woes. For example; The medical industry has come up with many different names for digestive problems. These names are given based on what part of the digestive system the problems are taking place. However, with so many different names, the association to digestion is taken away and people are misled as to what is really going on.

Here are all of the common digestive problems that most Americans are suffering from:

- Heartburn
- Hepatitis
- Constipation
- Diarrhea
- Diverticulitis
- Crohn's Disease
- Irritable Bowel Syndrome
- Gastritis
- Gallstones
- Pancreatitis
- Inflammatory Bowel Disease
- Appendicitis
- Removal of Gallbladder
- Hemorrhoids
- Colonic Polyps
- Cirrhosis
- Fatty Liver
- Gastric (Stomach) and duodenal ulcers
- Cancers of the esophagus
- Stomach Cancer
- Colon Cancers

ALL of these problems listed in the chart above are a direct result of poor digestion.

These problems alone can lead to many other serious problems (obesity, various cancers, and diabetes to name a few). Remember (as stated in "Traveling On a Road To Death") that one health problem creates a chain reaction of other health problems. Here is an example; eating a diet that consists mostly of meat and potatoes puts a strain on the digestive system. This leads to fermentation in the gut which causes gas, bloatedness and indigestion. It also slows down the transit time of food which contributes to constipation. The average bowel transit time should be 24 hours but for some this easily becomes 48 hours and longer. Meat begins to rot at 98.6 degrees in 24 hours. This is the same exact temperature as the body so with transit times over 24 hours, food begins to rot within the body. This leads to parasites and an increase in bad bacteria. This is only the beginning process of this vicious cycle and it already has lead to gas, bloatedness, indigestion, digestive flora imbalance, parasites, constipation

and colitis. The catalyst of digestive health disorders begin from the food you eat. Therefore, I will begin with the source: food.

What is Food? You grow up eating it all your life and it seems so fundamental. Yet, this is the root of why most people find themselves in so many health problems. We eat for so many different reasons in our life. We eat for special occasions (birthdays, anniversaries, parties, etc.). We eat for emotional reasons (happy, sad, depressed, etc.), and sometimes we even eat when we are bored. Many people eat because it is something that they have always done, a routine. They know that it is important to live, but not too much thought goes into eating. The most thought your average person contributes to eating is thinking about what they are 'in the mood to eat'. So, it appears that everyone is eating for the wrong reasons. It is assumed that everyone understands food and the concepts of eating because it is so basic, but clearly this simple concept continues to elude many.

FOOD

provides nutrients needed to build, rebuild, repair, and

maintain the body. The quality of your food determines how well your body will perform.

Your body builds from the ground up based upon the materials you provide.

Let's compare the body to a car: There are expensive cars, such as a Mercedes Benz. Then there are very inexpensive cars such as a Ford Focus. You have the ability to build your body into the exact type of car that you like. If you give it high quality foods it will build you into a Mercedes Benz. If you give your body lower quality foods it will build you into a Ford Focus. You are built based upon the raw material you give your body and it doesn't get any simpler than that!

Did you know that your body can fully rebuild itself in 2 years? That is correct! Your body can rebuild itself, cell by cell, if you feed it right. Everyone has heard of the phrase "You Are What You Eat". Let's take a look at how true that statement really is:

- **Step #1...You Eat Food**
- **Step #2...Food Supplies Nutrients**
- **Step #3...Nutrients Supplies Atoms**
- **Step #4...Atoms Build Molecules**
- **Step #5...Molecules Builds Cells**
- **Step #6...Cells Builds Tissues**
- **Step #7...Tissues Build You!!**

As you can see, you are in direct control of how your body functions, how your body feels and how your body looks. Again, it all starts from what you put in your mouth. So before I can discuss digestion, you have to understand

the concept of eating. Step #1 thru Step #7 happens every time you eat; therefore you always have the opportunity to upgrade your body. Would you like to upgrade from your Ford Focus to a Mercedes Benz? Better yet, would you like to upgrade a body of poor health and digestion to an optimum, fully functioning body of youthful health? Well, it is not as hard as it seems: Your skin can replace itself in 4 weeks. Your DNA

can replace itself in 4 months. Your skeleton can replace itself in 3 months. Your liver can be replaced in 6 weeks, and your brain can be replaced in 1 year! Imagine if you gave your body high quality foods/material for 2 consecutive years. You could literally rebuild and replace yourself. That type of hard work is what I call an upgrade.

In part 2 of this article, I will get into the process of digestion and how you should be eating. For now, I want to conclude with the types of foods that you are putting in your mouth. Below is a chart of better choices you can make to begin your upgrade process. Start using this chart right away and work towards making all the changes listed below. Good Luck!

“YOUR BODY CAN FULLY REBUILD ITSELF IN 2 YEARS”

Path to Diseases

Tap Water
Pork and Red Meat
Cold Cuts
Margarine
Vegetable Oil and Crisco
White Bread
White Wraps
White Pastas (all kinds)
White Rice
White Grits
White Sugar
White potatoes
White Flour
Oatmeal
Eggs
Bacon & Sausage
Pancakes
Whole Milk
Ice Cream
Corn Starch
Table Salt
Seasoning Salt and Herb salts
Vinegar
Canned or Bottle fruit juice
Commercial Peanut Butter
Jellies
Canned Vegetables
Yogurt
Syrup
Mayonnaise
Honey
Candy
Chips, etc.

Path to Wellness

Purified or Spring water.
Grilled, baked or broiled fish, chicken or turkey
Sliced whole meats or high quality cold cuts
Butter (limited)
Extra Virgin Olive Oil, cold pressed coconut oil
Multi-Grain Bread toasted
Wheat, spinach, herb wraps
Spinach, spelt, quinoa, wheat or rice pasta
Brown Rice, Wild Rice, Jasmine Rice
Yellow Grits
Turbinado, Sucranat or Evaporated cane juice
Yams, sweet potatoes and red potatoes
Whole wheat unbleached flour
Irish Oats, steel cut oats
Egg whites
Turkey Bacon & turkey sausage
Whole wheat, Buck wheat, Multi Grain
1%, skim milk,
Sherbet, Sorbet
Arrow Root Powder
Celtic Sea Salt, Tropical Sea Salt
Seasoning powders and herb powders
Raw apple cider vinegar
100% fruit juice not from concentrate
Natural Peanut Butter no salt or almond butter
“All fruit”
Frozen and mostly fresh vegetables
Kefir
100% Maple syrup,
Canola Mayonnaise, Olive Oil Mayonnaise
Raw Honey
Unsweetened dried fruit (raisins, mangos, etc)
Home made popcorn, baked chips low salt



KALE: “The Leafy Green Giant”

By Jamal Hester-Juzi

Kale is a green leafy vegetable that flourishes in cool to cold climate during the fall and winter season. It is a part of the cruciferous plant family and considered a super food. Super foods have the highest nutritional value for their size. Kale is popular in the Southern states. It is vastly gaining popularity across the rest of the country due to its health promoting sulfur phytonutrients. Phytonutrients are known for their cancer preventative affects. One single cup of cooked Kale will provide:

Over 1000% (RDA) of Vitamin K,

Almost 200% (RDA) of Vitamin A

Almost 100% (RDA) of Vitamin C

It is also high in; Manganese, Fiber, Potassium, B6, Calcium, Magnesium, Iron and Chlorophyll.

Adding Kale to your weekly rotation of foods will help take your health to another level. The high Vitamin K is a great preventative for osteoporosis and heart disease. The Vitamin A is great for eye health and cataract prevention. Vitamin C is a powerful Anti-Oxidant and a booster to your immune system. The other nutrients assist with brain function, lung health, bone and dental health as well as colon health. Kale is also a detoxifying food and assists your body with cleansing and repairing on a cellular level. Kale is truly a super food and it is very easy to understand why it is considered the Leafy Green Giant.

Kale is not only great for you, but it taste great too. It is harvested right before the frost sets in and has a slightly sweet taste. Traditionally it is boiled but for greater health benefits it can be steamed. It can also be sautéed or used raw in salads. However, it is best consumed organically to increase nutrients and eliminate chemical toxins. If organic Kale is unavailable you can use conventional Kale and clean it with a veggie wash. On your journey to optimum health it is recommended that you add Kale to your weekly rotation of foods. ▲

Recipe Of The Month: Stir-Fried Kale

INGREDIENTS:

3 tablespoons olive oil
2 tablespoons of raw shelled sunflower seeds or raw shelled cashew nuts (optional).
1 onion, chopped
3 to 4 cloves garlic, minced
1 tablespoon of Nama Shoyu Sauce or Tamari Sauce
3 bunches kale - washed, dried, and shredded

DIRECTIONS:

Heat oil over medium-high heat in a large frying pan. Add onions, garlic and nuts/seeds; cook and stir until garlic and onions are soft. Stir in kale, and cook until wilted. Add Shoyu or Tamari

Serve hot or warm over a bed of the Basic Quinoa recipe from last month's issue.

Life, Strength & Health Holistic Center Educates the Youth

By
Daniel Olcsvary



Puerto Rican Action Board. Pre-School Class # 10. Head Teacher: Daniel Olcsvary, Assistant Teacher: Maria Lacayo. Jamal & Kim Hester-Juzi of Life, Strength & Health Holistic Center.

Childhood obesity is on the rise in this country. With the internet, video games, and hundreds of T.V. stations at their disposal, children are exercising less and less. Instead of encouraging physical activity, most schools are cutting down on recess and gym class. These same children are also eating and drinking nutritionally ill meals on a daily basis. Poor eating habits and low levels of exercise is a terrible combination. Is this what we want for our youth?

My answer is no. I have had the pleasure and privilege of being a preschool teacher in New Brunswick, New Jersey for the past seven years. I work at The Puerto Rican Action Board with Class Number Ten. I enjoy this age, because children have a real sense of innocence and look at their teacher as a positive role model. I have the responsibility of teaching my class educational and social skills, and nothing is more rewarding than seeing my students learn something positive that they take with them when they leave my classroom.

One thing I always try to focus on (which schools these days seem to ignore) is to teach my class about

exercising and healthy eating. During my first year as a teacher, I was horrified to see one of my students come to school with a bag of Cheet-O's, a Kit Kat and an orange soda for breakfast. The sad truth is that these poor eating habits were passed on by their

parents, in which many of them don't eat nutritiously themselves. From that moment on I made it a point to try and educate all of my students on eating healthy and staying fit. I want this to be something they can carry on with them for the rest of their lives.

The best way to encourage children to eat healthy is by practicing what I preach. Since I eat lunch with my class, I make

it a point to eat plenty of fresh fruits and vegetables. These young minds look up to me, and if they see me having a colorful salad and spring water for lunch, it will inspire them to want to do the same. You would be surprised how many kids decide to 'suck it up' and try their broccoli at lunch because I made eating vegetables cool!

“During my first year as a teacher, I was horrified to see one of my students come to school with a bag of Cheet-O's, a Kit Kat and an orange soda for breakfast.”

— continued on next page

Educate the students on healthy eating by teaching about the Food Guide Pyramid, including weekly cooking activities in the classroom. We discuss that there is more to eat in this world than fast food, salty snacks, and sugary sweets. In turn, I feel like I am opening their minds to try food they would usually find disgusting. By letting my students take part in making things like fruit smoothies, salads, and other healthy treats, it gives them hands-on experience with fresh and nutritious ingredients. We are fortunate to have The George Street Co-op, a local vegetarian supermarket, within walking distance from our school. This gives my students a chance to actually take part in purchasing the healthy ingredients we use to cook.

On the flip side, I've had no problem promoting exercise to my students. At this age, most of these children have a hard time sitting still anyway! What I try to do is teach the children new ways of channeling that energy. We can play sports (basketball, soccer, etc.), dance to different types of music (salsa, merengue, jazz, rock, etc.), workout to kid-friendly exercise CD's, or just have fun in the school playground. The possibilities are endless! I just make sure I encourage my students to stay active and discourage the television and video game overkill that plague's our youth.

This year, my class was blessed with the presence of my good friends Jamal and Kim from Life, Strength & Health Holistic Center in North Plainfield, NJ. Since



Kim prepares the children for exercise with a fun warm up while Jamal plays the Djembe Drum.



Jamal teaches Kemetic Yoga by associating postures with animals. This is the camel.



Angel learns how to make fresh apple and pear juice.



The children enjoy fresh apple and pear juice that they made!

I was doing a month-long discussion on Exercise and Healthy Eating, I knew their experience and expertise could really shed some light on my students. They really did a superb job! Their hands-on approach allowed my class to fully get involved, and they thoroughly enjoyed it.

Kim started off lining the class up and taking them through some basic stretching exercises while Jamal played the Djembe drum. The infectious rhythm from the drum enticed the children as they warmed up the different muscle groups. Jamal followed with some basic yoga positions named after different animals. The children all happily participated, mimicking the positions of a snake, camel, turtle and tiger. This was an exciting and fun experience for my class. So much so, that we have now added yoga to our daily routine.

Kim and Jamal brought their Juicer and a bag of Organic apples and pears. The children were able to take part in making fresh juice. Each student was able to choose a piece of fruit to put inside the machine, and they were all mesmerized to see pieces of fruit transform into a cup full of juice. They liked the juice so much, that everyone asked for seconds!

I would like to thank Jamal and Kim for coming to my class and enlightening my students. We need more people like them to come into our schools and properly educate children about exercise and nutrition. What they did for my class is something the children will always remember. And for this, we thank you. ▲

Deadly Trip to the Grocery Store (part II):

Commercial Fruit Jelly & Jams

by Jamal Hester-Juzi

This month's trip to the grocery store was just as deadly as last month's trip. I was looking for something that most people stay stocked-upped on. As I strolled down the aisle a few items stood out, Jelly! You will find a jar in most people's refrigerator. This month's feature poison is commercial jelly.

Fruit jelly is a very popular condiment. It is used to bring many dishes to "life", by adding a fruity burst of flavor. Many people have childhood memories of peanut butter and jelly sandwiches, toast with jam and even jelly donuts. It became a natural habit and no one ever questioned whether or not it was good for your health. Today, we will take a closer look at this popular house hold staple.

Jelly falls under different names such as jam, fruit preserves and marmalade. They are all made slightly different and their names are used interchangeably. There are two major companies who manufacture different jelly products. All other companies use them as the standard (I'm sure you can guess which two). I went to the section of the grocery store with the most popular brand jelly and found that they had many different types. They ranged from, strawberry, orange, raspberry and the very popular grape jelly. As I read the labels I noticed that all the ingredients were the same for each type. The only differ-

ence was fruit that they used. I then compared the most popular brand to the other brands and as expected found that the ingredients were almost identical.

See Below:

*Concord Grapes, Corn Syrup, High Fructose
Corn Syrup, Fruit Pectin, Citric Acid,
Sodium Citrate Used as Needed*



The first ingredient listed is Concord Grapes. Companies list the ingredients on the label from the largest to the smallest. Concord Grapes are high in anti-oxidants which are a great thing, however; everything goes down hill from this point. The next ingredient is Corn Syrup. If you read the article on commercial syrups last month you know that corn syrup is used as a thickening agent that

is processed from corn. It is a concentrated sugar followed by the infamous and hazardous High Fructose corn syrup. It is a highly toxic concentrated sweetener that is cheap to manufacture and is used in many products.

The fastest way to become a diabetic is to load up on this sweetener. It puts a tremendous amount of stress on your pancreas far greater than that of cane sugar. Citric Acid is a light preservative and also gives foods a slightly sour taste. Sodium Citrate is an isolated salt. It is also used as a mild preservative and as a light flavoring. This is very interesting because I read a fact sheet on the website about the most popular company which specifically stated that they didn't use any preservatives in their jelly. I assume the last two ingredients are supposed to be used as flavorings and not preservatives right? For many it may be hard to swallow, but there is nothing good that will come from the use of commercial jelly. It is harmful to you and your family. It will cause hyperactivity in children and affect their ability to learn.

There are a few all natural jellies on the market that can be used as an alternative to commercial jelly that is healthy and non-harmful. As far as the super market is concerned there is only one

brand and that brand is called All-Fruit Jam by Polaner. When I was younger I remember watching and laughing at the Polaner commercials.

A group of people were at a fancy English restaurant and a southern gentleman asked if someone could "PLEASE PASS THE JELLY". The music that was playing came to an abrupt halt and everyone in the restaurant stared at him in utter disgust. They could not believe that he could have the audacity to compare All-Fruit to regular jelly. Twenty-three years ago I found this very funny. I was ten years old and didn't understand the concept and neither did many adults. Today, I realize that there is no comparison.

All-Fruit is all natural. It is made with fruit and sweetened with fruit juice and nothing more, and nothing less. You get to enjoy a great tasting fruit spread that is high in potassium. It would be perfect if it was organic. You and your family can enjoy All-Fruit without the harmful side effects that accompany commercial jelly.

If you go to the health food store or natural super market you can find other natural brands as well. Just make sure that you read the labels to ensure that it is sweetened with fruit juice. You will be making the right choice for your health. Make the decision to switch today and your body will thank you. ▲



Nutiva Organic Hemp Protein Powder

Hemp Protein is the perfect super food. That's right! Hemp protein is the **PERFECT** super food. Very few people have even heard of hemp protein. The word "hemp" can easily be linked to the drug. However, we are referring to the food which is 100% legal and comes from a different part of the plant. There is no THC (an illegal substance) found in hemp protein powder. It is different from any other protein powder on the market. Most protein powders are heavily processed. The protein is isolated, and you are left with a chemical by product. These types of products contain more unhealthy ingredients than healthy ingredients.

Hemp Protein Powder by Nutiva is organic and raw. It is a Whole food that is processed only by means of grinding. It is a complete vegetable protein which means it contains all the essential amino acids the body requires to build strong muscles and to boost the immune system. This protein is easily digestible, therefore, a person needs less than the amount



required for chemical protein powder. In addition, it is rich in zinc, manganese, iron, chlorophyll and essential fatty acids. The biggest surprise of all is that one serving of hemp protein powder supplies 50% of the daily fiber requirements. Your muscles, your cardiovascular system, and your colon will thank you! High fiber diets curb cravings and appetites which lead to weight loss while building lean toned muscle (while exercising).

A person can use Hemp Protein as a nutritional additive to their diet or as a meal replacement shake. It is ideal for any person who wants to vastly improve or maintain good health. Nutiva Organic Hemp Protein comes in a variety of flavors: plain (highest in fiber), chocolate, amazon acai, and berry.

For the months of March/April 2008 clients can sample the health benefits of Hemp Protein and receive a 10% discount when they purchase it from our online store. When shopping make sure to use the Product Code: Hemp2008 to receive discount.