

Create Vibrant Health News Issue #1 May 27, 2004

www.createvibranthealth.com

Hello friends and fellow students of natural healing,

In this issue you will find:

- Summer nutritional cocktail recipes
- Suggested dietary adjustments for the change of season
- Tips for how to enjoy the sun and not harm your skin
- Valuable feedback from clients on balancing hormones
- Information on an exciting new tool to customize your diet with **Food Pharmacy**, including a **Special Offer for my clients**
- An upcoming workshop on Legal Guidelines for the Natural Health Care Practitioner

Many of you have been my clients or friends over the years and know that I have a passion for health and healing. A large part of this passion stems from my own health struggles, particularly when I was in my 20s. Over the years as I became involved in the natural health field as a nutritional consultant and health coach, I've seen many people's lives improve dramatically--from both a physical and emotional aspect--when they took responsibility for their own health. In my view having a truly healthy and happy life all comes down to two basic principles: understanding and determination.

My formula is KNOWLEDGE + DISCIPLINE increases the likelihood of SUCCESS.

In other words, we have to know what supports health and healing, as well as have the desire to put that knowledge into action, if we are to achieve real success. As one of your health coaches in life I'm very excited to offer all of you this newsletter in the hope that it will inspire you to continue with all the good things you're doing for your health and further your understanding of how your environment, diet and emotions affect your health.

As many of you know, my view of health is that there are three main influences on our wellness that we can control to some degree:

1. **Diet**
2. **Emotions**
3. **Environment**

Your Diet: Seasonal Adjustments

The basic principles of diet that I teach are to eat as much of your food as possible:

- Fresh
- Raw
- Organic
- Right for your metabolic type

Fresh, raw and organic are pretty clear, and those who have had their metabolic type assessed know that different foods are balancing (or energy-producing, fulfilling, healthy and so on) for different people. But did you know that your ideal foods and ratios of fat, protein and carbohydrates can, and likely will, change depending on the season, your levels of stress and activity, and climate?

The basic rule is that as the weather gets warmer and/or you have less activity and stress one would eat **more high-water content fruits and vegetables and eat less cooked protein and fat.** You may inherently know that this makes sense yet often people will ignore their instincts and instead stick to the same diet year round.

So if you're a protein type and summer is approaching as it is now, or you're going on a winter vacation to the Caribbean, you might lean a little more toward a mixed type diet plan with a larger selection of fruits and vegetables and definitely more vegetable juices. You might also eat less cooked red meat and start consuming more poultry, fish and raw sources of protein during these times.

Remember these diets are all relative--no diet is suited to fit everyone and no philosophy of nutrition is perfect. Experiment with more fresh vegetable juices and fruit smoothies in the summer. Always add some protein and fat, such as a raw egg or two, coconut oil, whey protein and/or ground flaxseed, to your smoothie.

I had a delicious smoothie the other day at Whole Foods with pineapple juice, blueberries, banana, spirulina and egg protein. As I mentioned above, it's always a good idea to add some protein to the smoothies to balance the carbohydrates and prevent an insulin spike.

Two incredibly healthy and delicious summer drink recipes include:

1. **Vegetable Juice Cocktail:** celery, spinach or other leafy green, cucumber, parsley and pureed pineapple added for more enzymes. Add either some spirulina powder, whey protein, a raw egg or some ground flaxseed to balance the carbohydrates.
2. **Raw Milkshake:** 6-8 oz. of raw milk; 1-2 free-range, omega-3-rich raw eggs; ground flaxseed or lemon flavored fish oil; 1/2 cup of blueberries and either a banana or 1/2 a papaya or mango.

Each of these can be adjusted to be more in alignment with your metabolic type by substituting different fruits or vegetables. Also, remember that **raw milk** is good for virtually everyone regardless of metabolic type.

Environment: Is the Sun Your Friend or Foe?

Contrary to what the mainstream media and health care professionals tell us, the sun is not dangerous unless you overexpose your skin. We need sunlight on our skin to synthesize vitamin D and indirectly in the eyes to activate the pituitary gland to balance our hormones.

Avoid commercial sunscreen and blocks as they contain toxic chemicals and, paradoxically, are linked to skin cancer. The best approach is to use either natural sunscreen made with botanicals--you can find this at the health food store--or multi-carotenoid creams like phycotene cream made by Royal Body Care (e-mail or call me if you want information on this product as it is not in stores).

Also, don't wear sunglasses or contact lenses all the time when outdoors. For sunlight to activate the pituitary it has to come through the iris of the eye. Without staring into the Sun make sure you get some indirect sunlight in your eyes every day possible.

The bottom line is that it is healthy to get outdoors and be active yet is not a good idea to roast your skin in the hot sun. So strike a healthy balance and enjoy all that the summer has to offer.

Emotions: An Ancient Technique

The more miserable you get, the less you should look for an escape (socializing, entertainment). Rather, isolate until you see and let go of the reason for it, or move into your real Self. Never let go of -- through escape from misery -- a good opportunity to grow.

--Lester Levenson, founder of the Sedona Method

The above quote really summarizes my advice on emotions, which is first to get in touch with them. Buried negative emotions like fear, anger and grief eat away at both the body and the mind. I have used many approaches over the years to release negative emotions, and one of the easiest do-it-yourself emotional release techniques is called the Sedona Method. This technique teaches you how to let go of your core negative emotions using an internal process that takes only seconds.

If you want to learn more about the Sedona Method, you can pick up the book, "The Sedona Method" by Hale Dwoskin . The course comes on audio tape and if you're interested in ordering it you can e-mail or give me a call and I'll go over it in more detail with you.

Once you're in touch with the painful emotions you can either release them (as in the Sedona method) or experience them fully--all the way until there is no separation between you and the emotion. Amazingly, when you don't think about the thing that is causing you pain and just experience the emotion directly without any accompanying commentary in your mind about what the emotion means about you or anyone or anything else, the pain disappears and you feel good.

This is an ancient technique one of my spiritual teachers taught me and always makes me feel happier and lighter when I am aware enough to put it into use. To read more about directly experiencing emotions to penetrate the illusion of emotional suffering, pick up a copy of "You Are That" by Gangaji.

Good News and Feedback

Lately I've been getting very positive feedback from women who had been experiencing hormonal imbalances. By making dietary changes that include the proper types and forms of fats they have been able to overcome many of their symptoms. I am seeing that a combination of the following nutrients are helpful:

- 1.EPA/DHA from cold-water fish (preferably raw) or fish oil; in the alternative use ground flaxseed or flaxseed oil.
2. Raw Saturated Fat from raw eggs, fresh raw dairy (non-pasteurized) including milk, cream and butter, and raw coconut oil/butter.
- 3.Gamma-linolenic Acid from Evening Primrose oil, Borage oil or Spirulina.

The quantities depend on a person's size and metabolic type. A good starting point would be 1 teaspoon of fish oil for every 50 pounds of body weight. For the raw saturated fat start with 2 or 3 raw eggs per day and either one 8-ounce glass of raw milk or 2 to 3 tablespoons of raw cream or raw coconut oil/butter. Feel free to increase these amounts if your symptoms do not clear up within a week or two.

Of course it is equally important to avoid sugar, caffeine and reduce consumption of foods sprayed with pesticides as all of these disrupt the endocrine system.

If you have news or feedback that you'd like to share, please let me know. I always want to hear from you on your success stories and when things aren't working right too. Please feel free to send me an e-mail with your stories or questions for future newsletters.

What's New With Create Vibrant Health

As some of you already know I've moved my office to downtown Oak Park. The address is 1111 Westgate, Suite 103, Oak Park, Illinois 60301. My new office phone number is 708-848-0254.

Food Pharmacy

I am also excited to announce that I will be offering an updated version of Metabolic Typing starting in June that includes an additional feature called Food Pharmacy. In the 15 years I've been involved in natural healing, Food Pharmacy is truly is the most precise system I've ever used. It is the best system I've encountered to customize a therapeutic diet for each individual.

What Food Pharmacy does is customize your diet for many unique factors including:

- Diagnosed health conditions
- Sub-clinical symptomatology
- Blood type
- Body type
- Autonomic type (neuro-endocrine)
- Oxidation rate (glycolysis, beta-oxidation, Krebs)

- Allergies
- Intolerances
- Micro-nutrient imbalances
- Macro-nutrient ratios
- Ideal weight
- Lifestyle factors

The addition of Food Pharmacy to your program will place 137 foods into one of four categories:

- 1) Ideal foods
- 2) Neutral foods
- 3) Foods to eat very rarely
- 4) Foods to avoid

Food Pharmacy gives you not only more flexibility but also more guidance on what to eat to balance your mind and body through nutrition.

A Special Offer for my Clients

This exciting new program, which offers the most precise dietary system I have ever used, is available to my new and existing clients at a special rate.

The session will include both a complete Metabolic Type report and a comprehensive Food Pharmacy screening of the most important variables that affect your health.

I am offering this program for only \$160.00 to new clients (a special retest price, below, is available to my existing clients). The session takes about 1 hour and 15 minutes to review your Metabolic Type report and Food Pharmacy recommendations. You will receive a comprehensive diet plan with 137 foods listed in four categories based on how they affect your health (from ideal foods to foods to avoid) as well as any customization of dietary supplements to help you reach your health goals.

I suggest retaking your metabolic type evaluation within three to six months of your first test because as you improve your health with your initial MT recommendations, your metabolic type may actually change.

An example would be a person who tested as a protein type their first time and therefore began eating more meat and fat for a period of time thereby reducing their protein and good fat deficiency. Now that their deficiencies have been met, their body's macro-nutrient needs may change and the person may find him/herself needing more fruits and vegetables--and thus falling into the mixed Metabolic Type category.

Another example would be a person who tested as a carbohydrate type on their first test due to a self-identification as a vegetarian. He or she may start to see that as their body gets more balanced they in fact are a natural protein type. This is what happened to me many years ago when I changed from a vegan to a protein type over a several-year period.

I am offering the MT retest along with the new Food Pharmacy program to my existing clients for a special price of \$95.00 through June 15th.

For clients who have had a Metabolic Type report run for them within three months, wait until you've been on your program for at least three months to ensure your body has adjusted to the program, and I'll run the new MT/Food Pharmacy program for you for the same special re-test rate (just mention that you saw the special offer in my newsletter when you make the appointment).

More News

For those of you in the natural health care field I am developing a three-hour seminar titled Legal Guidelines for Practicing in the Natural Health Care Field. This seminar will provide both the licensed and unlicensed practitioner with the following:

- Understanding of their constitutional rights, occupational licensing laws and 9th amendment rights.
- Common sense suggestions for talking about and conducting a practice
- Suggested consent, disclaimer and disclosure statements that protect your practice.
- Options to take in the event of a legal dispute.

I've had several requests for such a course, which is fitting because before I turned to the natural health field I was an attorney.

Please let me know if you are interested in the course. I will be offering this important seminar at Healing Earth Resource Center on Ashland in Chicago within the next 4-6 weeks. If you are interested in this course please call or email me I will have the date and time within the next week. The fee for the half-day seminar is \$125.00, but if you register before June 15th you'll get the special early-bird rate of \$95.00.

Join the Natural Health Movement

What got me initially interested in helping people with their health was the experience I had with healing my body in 1989 after having been ill for five years. By working with the underlying causes of illness I was able to bring myself up from a state of utter depletion and despair to health and hope. This healing experience is available for anyone who still has a spark of hope left.

If you have friends or family who you feel would benefit from this information, please forward the newsletter along. Anyone who is interested in receiving my free newsletter can send me a quick e-mail and I will add them to the list.

I hope you have enjoyed the Create Vibrant Health News . Look for the next edition coming out in mid-June. As always, I welcome any feedback and questions you would like addressed in future issues.

Best of health and happiness to you,

Jim Jordan, JD, CNC