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# EAT-RITE NEWS

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August 2019

## An Aspirin a Day Does Not Keep The Doctor Away.

In 2018 three major clinical studies cast doubt on the daily aspirin recommendation that has been so prevalent over the last few decades. The American Heart Association and the American College of Cardiology have recently decided **to stop recommending** aspirin to patients over 70 or for those patients at an increased risk of bleeding. The benefit of thinning the blood did not outweigh the risk of internal brain bleeds, or ulcers. How many people do you see everyday wearing long sleeves in the summer because their arms are covered in bruises. This is a tell tale sign that their blood is so thin that it seeps through the blood vessel wall. There are natural alternatives to aspirin that actually have very good health benefits. **Omega 3** fatty acids are great for preventing the platelets from sticking together, preventing blockages and keeping the blood fluid. **Vit. E** is also very helpful. You can strengthen the blood vessels with **Vit. C** and **Bioflavonoids** and **Rutin**. **AminoSculpt**, a pharmaceutical grade liquid collagen is also helpful with strengthening the blood vessel but also strengthening the skin so it does not tear so easily.

**Tune in to the Eat-Rite Radio show every Thursday at 5:00 pm on the Kingdom Keys Network. 88.3 FM here in Amarillo and the surrounding area**

## Effective Pain Relief!!!

### 4 Nutrients for effective pain relief.

1. **Hemp:** hemp phytocannabinoids interact with receptors and signaling compounds in the body known collectively as the endocannabinoid system, and by doing so, help relieve pain. That is where a full spectrum, high terpene content Hemp oil can help.
2. **Curcumin:** curcumin from turmeric is one of the most effective botanicals for stopping pain and inflammation across a multitude of pathways, including COX-2 the one typically targeted by prescription drugs. But unlike prescription drugs, curcumin does not affect the liver, kidney, stomach, or heart. The problem is that all turmeric products are not the same. Look for BCM-95, or Theracumin for the highest bioavailability forms.
3. **Boswellia:** Frankincense or boswellia has a special ability to block an inflammatory pathway called 5-LOX an inflammatory pathway associated with autoimmune diseases like rheumatoid arthritis and Gout.
4. **DLPA:** An amino acid that has been shown to enhance endorphin levels in the brain, which are feel good hormones that stop pain.

Curamin and hemp seed oil (CBD) are a very effective duo for controlling all of your Pain and Inflammation.

# Allergies Have You Down!

Why is it that some people can walk through a field of daisies and experience a lessening of the stresses of modern life, yet another may react with all the stress associated with a debilitating **allergic response**?

Why is it that some people are able to enjoy playing with a cat or a kitten and not experience an allergy to the animal's dander, yet the same experience for another person may result in sneezing, itchy and watery eyes or inflammation?

Well, the answer lies in your immune system's ability to interact with the environment. Because of the potential to react with an allergic response, millions of people unfortunately remain resigned in the belief that their only solution is to avoid everyday experiences like these.

There are many herbal and nutritional supplements that have been used over the years as anti-inflammatory. **Quercetin with bromelain, vitamin C, and bioflavonoids** is a wonderful anti-inflammatory product. It helps to stabilize the mast cells preventing the degranulation and the subsequent allergy attack. Adelle Davis refers to allergies as being stress diseases. In her book *Let's Get Well*, she talks about the correlation of a **B vitamin, pantothenic acid, vitamin C** deficiency and adrenal exhaustion causing allergic reaction. The adrenal glands are responsible for the production of corticosteroids, which help prevent inflammation. By supplementing with a **B-Stress complex with vitamin C** you can help rebuild the adrenal glands and therefore prevent allergies. **Thym-Adren** is a nutritional product that is designed to help support the immune system and the adrenal glands. By supporting the immune system, you help the body's response to allergens, and turning off the release of histamines. The adrenal support of the **Thym-Adren** helps support the adrenal gland and the production of corticosteroids, which help reduce the inflammatory pathway. **Allergena** is a homeopathic preparation that is specific to Texas, Oklahoma, and Kansas. It works against all the trees, weeds, and grasses in this area, and gives fact effective relief against allergy symptoms.

**Protocol for allergy prevention and treatment:**

1. **ThymAdren**
2. **Stress B complex**
3. **Quercetin**
4. Xlear Nasal Wash
5. Allergena

## Food For Thought!!!

One of the great things about the Texas Panhandle is that the people who live there are very friendly and supportive of locally owned business. Locally owned businesses are the bread and butter of community activities. These are the business that sponsor kids baseball teams, community theatres, non-profit fundraisers, like Young Life, CASA, Koben Pucket invitational. These are the people who support PTA, Teacher Appreciation events and church activities. If we do not support local business, who is going to sponsor all of these events? Last I checked Amazon, and other big chain stores were not on the back of a little league baseball team jersey, or on a poster for the local theatre or any other non-profit poster in the area. Support your local businesses so they can continue to support these great organizations.

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