



The road to BAD health can be paved with GOOD intentions.

## Green Smoothies The Road to "Health Hell"

If your new year's resolution is to clean up your diet you should think twice about consuming green smoothies.

This past fall an oncologist was indicted on attempting to kill her boyfriend who was involved with another woman. The weapon of choice was ethylene glycol, popularly known as antifreeze, which had been placed in his coffee. Although emergency measures saved his life, extensive deposits of oxalate crystals, the main toxic metabolite of anti-freeze caused extensive kidney and liver damage, reducing the man's lifespan by about half.

**So what's the connection between antifreeze and green smoothies?** In one word oxalates. Normal daily adult consumption of oxalate is 80-120mg. When a person consumes a green smoothie with 2 cups of spinach leaves they are consuming 15,000mg of oxalates. Now if you are prone to have kidney stones (calcium oxalate crystals) drinking green smoothies or even eating spinach salads is a sure way to generate those exquisitely, painful little stones. But even if you don't have this problem these oxalate crystals can form in the bones, joints, eyes, thyroid gland, blood vessels, liver, and even the brain.

Just this past week I had a patient who was told that her extremely painful, swollen, hot joints were due to gout, a disease caused by uric acid crystals.

When she told me she was drinking green smoothies daily it became obvious that her joint pain was not from uric acid crystals but from oxalate crystals. Within 24 hours of stopping she felt dramatically better. Her comment was, "you know every morning when I drank my concoction of spinach, chard and kale mixed with berries I felt worse. I thought I was just detoxing." The road to bad health can be paved with good intentions.

A complete list of high oxalate foods is available on the internet

*"I Have Always Found That Mercy Bears Richer Fruits Than Strict Justice"* Abraham Lincoln (1809-1865)

## The Power of 10

**How many times do you hit the snooze button in the morning? Get up and do something instead!**

Take a brisk walk outside and get your Vitamin D for the day. Sit quietly and listen to your breathing to start your day calm and relaxed. Bounce on your mini trampoline and improve your lymphatic system. Do some stretching or yoga and help your body get more flexible and strong. Work out with weights to build muscle and burn more calories throughout the day. Use, don't snooze, that 10 minutes in the morning – you'll be amazed at the improvements you'll see!

Liz Kerby ~ Nutrition Consultant



"That just never gets old."

# Renaissance

Healing the Whole Person

## Anger and Rage vs Peace and Tranquility

Anger expresses itself most often as resentment and revenge and is, therefore, volatile and dangerous. Anger as a lifestyle is exemplified by irritable, explosive people who are over sensitive to slights and become "injustice collectors" quarrelsome, belligerent or litigious.

Often, anger has its origin in childhood. In Cheryl's case it was an angry, abusive father that planted the seeds of anger during her youth. Her anger became like a demon which she could not rid herself of. Not only was it having an erosive effect on her marriage, but was taking its toll on her body.

Other patients on the other hand have almost the opposite problem. They cannot express or even feel their anger. This suppressed anger has a destabilizing effect on ones emotions and can result in depression, anxiety, addictions and failed relationships. To feel and express anger occasionally is healthy. **It is only when we carry anger with us or attempt to suppress anger, that it takes its toll.**



## Devil's Snare

Cheryl who is in her late 40's has lived much of her life experiencing anger. However, there was one incident in her life that was like the straw that broke the camel's back. It threw her into an internal state of rage from which she could not escape. In her own words:

"I feel like I am constantly burning up. I am hot all the time. I feel that if people stood near me they could feel the heat radiating off me."

"I am so jumpy and so jittery that I cannot sleep. If anybody walks into the room I jump out of my skin. I feel like I am constantly plugged into a wall socket – like an adrenalin rush that will not stop. I have been tested for everything – liver, thyroid, kidney – you name it. They say nothing else can be done.

"I just cannot sleep. A lot of nights I cannot even fall asleep. If I can fall asleep I cannot stay asleep. I wake up and feel like boiling from the inside out.

"I am on edge all the time. I am very irritable and get angry at the drop of a hat. It takes nothing to set me into a rage. Now, I have had a temper all of my life, but it just is getting worse. The least little thing anybody does just infuriates me. My husband can come home and say that he did something and I can go into a screaming rage. It is usually something that is harmless. I'll yell at him, 'That's dumb! Why are you doing something like that? You are always doing something like that!' I can be so mean and cruel."

"I try to be very spiritual, yet something is not right. I have gone to counseling but that has not helped.

*continued...*

## Devils Snare ... continued.

"This all started two years ago. My second daughter had a child out of wedlock. She told me six weeks before she was due. I was so sick and disappointed, but I got behind her and was her only support. I was so angry with her that I wanted to strangle her. I did not have any time to get ready for it. It was the most stressful thing. We put the baby up for adoption. It is the worst thing that I have ever lived through having a grandchild somewhere and not even knowing where she is has left a huge void. I have not been the same ever since."

"I have been angry ever since childhood. I promised myself that no man was going to treat me the way my dad treated my mom. I have developed a hard heart and callous attitude. I made sure that if anyone was going to be mean, I was not going to be the victim. My husband has borne the brunt of this."

Cheryl was treated with the homeopathic medicine Stramonium. After being on Stramonium for just a month her symptoms were 50% better, and by the second month 75% improved. Two and half year have past since Cheryl was treated she has continued to be free of her anger and rage.

### Other symptoms that Cheryl had which were cured with Stramonium.

- Ravenous craving for sugar and salt
- Phobias snakes and spiders
- Startling easily
- Chronic constipation
- Neuralgic headaches
- Painful canker sores
- Seasonal allergies
- Perfectionism
- Hair loss
- Bruising easily

*Cheryl's case reflects homeopathy's remarkable ability to cure the whole person. Most patients who are treated on a constitutional level experience this type of response. However, there are times when there is only a partial response or even no response to treatment. In such situations re-evaluating the case often will yield the correct homeopathic remedy.*

## Stramonium

**Stramonium know by the common names Jimson Weed and Devils Snare** Stramonium belongs to the botanical family Solanaceae, the nightshade family. The effect of Stramonium is that one becomes "as blind as a bat, mad as a hatter, red as a beet, hot as a hare, dry as a bone, the bowel and bladder lose their tone, and the heart runs alone" – all signs of an adrenaline rush that may occur with terror or violent anger.

When prescribed based on the law of similars the homeopathic preparation of Stramonium is an immensely powerful remedy.

## Homeopathic Evangelists

It is not uncommon when patients first experience the dramatic healing of homeopathic medicine to want tell all their friends and family. Through the years many converts to homeopathy have become "homeopathic evangelists" spreading the word about this amazing system of medicine.

One such convert was Constatine Hering, MD. He first approached homeopathy as a debunker, having been asked by his medical professors in Leipzig to write a paper condemning Hahnemann's new medical system. In an honest attempt to do that, he repeated Hahnemann's experiment with Cinchona bark and got the same results as Hahnemann.

Hering was later cured of a potentially fatal dissecting wound with a dose of Arsenicum album, and he became one of homeopathy's most ardent supporters and greatest practitioners. He wrote, "My enthusiasm grew. I became a fanatic. I went about the country, visited inns, where I got up on tables and benches to harangue whoever might be present to listen to my enthusiastic speeches on homeopathy. I told the people that they were in the hands of cut-throats and murderers. Success came everywhere. I almost thought I could raise the dead."



## "I Feel a Desire to Be Alive"

For many people depression can be totally debilitating, disrupting their normally productive lives. Jessica who is 35 shared what emotions she was experiencing.

"I feel emptiness with no interest in anything. Nothing motivates me. It's horrible. I just want to lay down. I wish I could hide. I think that it would be better if I were dead. I pray and pray. I lay there for days lonely even though my family is talking to me. My periods are normal but I hate it. I have taken a lot of vitamins but nothing works.

"My moods swing. I will fight with my kids for no reason. I don't want to talk to my husband and feel a lot of anger towards him. There is no intimacy between us. Nothing is important. Sometimes I do not shower for 2 days. There is no meaning."

Jessica was treated with the homeopathic remedy Sepia. At her follow up appointment she reported,

"I do not feel depressed at all. I Just feel happy. When I get up in the morning I feel a desire to be alive."

## Sepia

**Sepia is made from the ink of the Cuttlefish**

Sepia is one of our most important homeopathic remedies. It's usefulness was first discovered by Samuel Hahnemann when he visited his artist friend who was complaining of being constantly fatigued. As he sat talking with his friend who was painting he noticed that he repeatedly was putting his brush into his mouth to shape the bristles into a point and then dipping it into the Sepia color. Suspecting that the sepia ink was the cause of his friends fatigue he gave him a homeopathic preparation of sepia which promptly cured his fatigue.



The sphere of action comprises, in particular, the sexual organs of women, the gastro-intestinal tract, the skin and glands, and the nervous system of animal life.

## Vermont Folk Medicine - Insomnia

Next to fatigue, insomnia is the most common complaint that I hear from patients.

**Unless you get the rest your body requires it will be impossible to have good energy.** Vermonters have known for centuries: working with nature, instead of against it, is the best medicine. One such natural Vermont remedy for insomnia relies on just two simple ingredients – honey and apple cider vinegar.

Honey acts as a sedative to the body and is one of the best remedies to produce natural sleep. Being a predigested sugar, digested in the stomach of the honey bee, honey requires no digestion by the human stomach but is ready to be used immediately by the body. Twenty minutes after it is taken by mouth, it is in the blood stream To cope with chronic fatigue, Vermont folk medicine knows no better treatment than this: add three teaspoonful of apple cider vinegar to a cup of honey, placing the mixture in a wide mouthed jar and keep it in the bedroom. Take two teaspoonful of the mixture when preparing for bed. They will enable you to fall asleep within a half hour after getting into bed. If by the end of the hour you should not be asleep take two teaspoonful more. In cases of extreme wakefulness, it may take several such doses, and if you should wake during the night and feel unable to get back to sleep you should take still another.

