

Health Quarters Monthly

VOLUME 105

(719) 593-8694

JULY

2007

3620 West Colorado Avenue ✠ Colorado Springs, Colorado 80904

From Dave's Heart...

I'm sitting here this morning trying to decide what all to tell you about.

There's the folks participating in our 8-day Lodge program as I write. Most are followers of Jesus. One isn't, and we're all praying for the spiritual healing that comes when a heart is opened to the One who created it for intimacy with Him. Physical health without spiritual health is a rather dead ended proposition.

There's the recent report from one of our past Lodge program participants that cancer is no longer evident in her body. We're rejoicing with her.

There's the couple who recently came through our Lodge program "just to stay healthy". We rejoice that more and more folks are being proactive about maintaining their health.

And there's our ever present need for your prayer support. This is a war we're in, here at HQM. The enemy of our souls absolutely hates what we're doing—helping people with their health so that they can more effectively serve Jesus in this world. It's hard to serve when you're sick.

Please know just how much we appreciate your prayers that God will protect and provide for this very unique work we're giving our lives to. To say that we are *desperate* for your prayer support would not be an understatement.



??QUESTIONS OFTEN ASKED??

Q: What can you tell me about iron, especially for women who become anemic due to bleeding, not necessarily due to a disease diagnosis? What would you recommend? **-Becky C.**

A: *When it comes to replenishing iron stores in the body, I'm a big fan of a product called I-X that we carry here at HQM. It's a blend of herbs--burdock, chickweed, mullein, nettle, red beet, red raspberry, and yellow dock—each an excellent source of this important mineral. Red raspberry leaf tea and dandelion root tea are also known as beneficial sources of iron.*

The Benefits of Eating Raw, Organic Fruits and Veggies

Why Eat Fruits?

Cleansing

According to nutritionist Ann Wigmore, fruits are, on the average, 90% liquid. Their water is the most health-promoting fluid on planet earth. It serves to clean out our systems by flushing our cells, bathing our tissues, and stimulating the workings of our metabolic processes.

Satisfying

Nutritionist Harvey Diamond points out that "fruit contains all of the necessary nutrients required by our body for sustaining life. That includes glucose from carbohydrates for energy and vitamins, minerals, fatty acids, and amino acids for the building of protein." (*Living Health*, page 39).

Energizing

“The digestion of food takes more body energy than any other function.” (*Living Health*, page 40). Fruit, however, is the only food that gives energy without taking it. It’s natural sugars give our bodies an energy boost while at the same time requiring virtually no digestive energies from our bodies. Ripe, whole fruits and freshly made fruit juices (not bottled or frozen) are loaded with their own digestive enzymes which go to work quickly in our stomachs. Within thirty minutes or so, the nutrients in fruit have been released into the intestines for absorption.

Why Eat Vegetables?

High in vitamins and minerals

A fact that will no doubt surprise you is that certain vegetables provide more milligrams of calcium per 3-1/2 ounce portion than cow’s milk! These include broccoli, mustard greens, watercress, turnip greens, kale, dandelion greens, collards, parsley, and kelp (a sea vegetable). So much for the theory that you must drink cow’s milk in order to have strong bones and healthy teeth! (In fact, drinking cow’s milk actually helps to rob the body of calcium...something I’ve written about in previous newsletters.)

High in dietary fiber

Both fruits and vegetables are excellent sources of dietary fiber. Dr. Norman Walker refers to this fiber as the “intestinal broom.” It keeps toxic wastes moving through the intestinal tract toward removal rather than being reabsorbed, which can lead to illness and disease. There is no fiber in animal products. None. Zero. Zilch.

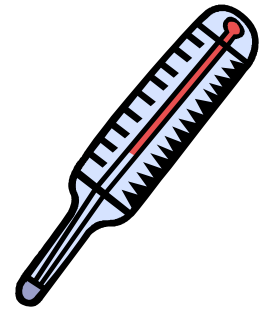
Packed with anti-cancer nutrients

The carrot is king of the “cabbage patch” when it comes to waging war on cancer. It is high in beta-carotene, a plant form of vitamin A. Certain members of the cruciferous wing of the vegetable family also have chemical properties that help to combat cancer. These include cabbage, broccoli, brussels sprouts, kohlrabi, and cauliflower.

Why Raw?

Enzymes

The enzymes in food begin to be destroyed at about 108 degrees F. “Enzymes are catalysts,” explains medical doctor Richard O. Brennan, “the essential biological catalysts that make life possible.”



The most important function enzymes perform is the digestion and assimilation of nutrients from the food we eat...Raw stuff is also loaded with their own digestive enzymes that help our body’s enzyme force remove and utilize these nutrients. These built-in workmen in raw foods thus serve to enhance the quality and quantity of nutrient assimilation, while at the same time allowing our body to conserve its own enzyme energy, redirecting it toward maintaining other systems.

Nutrients

At about 180 degrees F. the vitamins in foods are destroyed, and minerals, proteins and fats are made less assimilable by the body. Some complain that if they eat raw foods such substances tend to go right through them. The problem is not the foods. Such individuals need help to identify and effectively address the compromises that have been allowed to develop in their digestive system. Most of the time, it’s a lack of stomach acid production. Without such acid being sufficiently produced, not only are foods not well digested, but the rest of the body moves toward becoming very acidic.

Alkalinity

The body (apart from the stomach) needs to maintain an internal environment that is slightly alkaline. We produce acid as a by-product of metabolism, but we produce no alkali. We must maintain a constant supply of alkaline from an outside source lest we become too acidic and thus die. Food is the means of replenishing alkalinity in our systems.

Foods are of two types: acid or alkaline, referring to the ash value that remains post-digestion. Speaking in broad terms, cooked foods burn to acid while raw foods burn to alkaline. There are exceptions on both sides, but this broad categorization is helpful. If you wish to keep your body slightly alkaline, focus 80% of your daily intake of foods from the raw category. This includes raw, dried, frozen or lightly steamed fruits and veggies. By lightly steamed that means warm, but not cooked.

Why Organic?

Pesticide residue found in our food chain (both in conventionally grown produce and animals) is estrogenic in our bodies. It's referred to as a "xeno-estrogen" (pronounced zeno-estrogen). And it's the heavy imbalance that this helps to generate between estrogen and progesterone in both the female and male bodies that is the culprit behind breast, uterine, ovarian, cervical, and prostate cancers.

Dehydrating Your Harvest

I'm really looking forward to this year's crop from my "urban farm" here in Colorado Springs. Well, it's actually just an average-sized yard, but I love growin' stuff. Besides all my shrubs and flowers and trees and stuff, I also play care-taker to 4 large apple trees, a bunch of trees that bear miniature plums, a large garden completely devoted to raspberries, some elderberry bushes, a bunch of purple cone flowers (Echinacea)...and my large supply of dandelions. I don't spray my lawn, so yes, every year I get out and harvest my dandelions--drying the roots for dandelion root tea, and using the baby greens in salads. (Oh c'mon, give it a try.) I'm especially looking forward this year to trying my hand at harvesting leaves from my raspberry plants for tea, something I've not previously done. Way cool!

Truth is, I love to give away buckets of fresh apples and plums and raspberries every summer. This time 'round I'm gonna see what I can do about dehydrating some of that fresh bounty for good eatin' and gift-givin' into the fall and winter. Here's some tips if you'd like to give it a try with your own harvest...

- ✓ Perforate skin (via slicing, halving, or pitting) of fruit or veggie in order to allow moisture to escape.
- ✓ Dehydrate at or below 105 degrees F. to help preserve enzymes and nutrients.
- ✓ Once dried, cool completely before storing.
- ✓ Store in air-tight glass jars or plastic containers...(Because exposure to air stimulates deterioration of these foods, store in quantities that will be used up quickly.)
- ✓ Keep containers in a cool, dark, dry environment.
- ✓ For maximum storage time: vacuum seal, store at 60 degrees F. or lower.
- ✓ Shelf life ranges from 6 to 12 months... (Natural sugars in fruit help to slow enzyme activity, thus dried fruit keeps longer than veggies. Best to use dehydrated veggies within 6 months.)

Lodge Special

8 Day Lodge Session

\$2,800*/Individual (regular price is \$3,200.)

\$5,000*/Couple (regular price is \$6,000.)

***Special price expires 9/30/07**

****Note:** Everyone who attends (spouses, family members, friends) is required to pay, as they are expected to do the program. There are no exceptions.





HealthQuarters Ministries
 3620 West Colorado Avenue
 Colorado Springs, CO 80904

NON-PROFIT ORGANIZATION
 U.S. postage
 PAID
 Colorado Springs, CO
 Permit #1041

Letters and Email

“I am so thankful for your ministry, and look forward to the newsletter each month.”
-Debra M.

“I recently received your book *How To Be Your Own Best Nutritionist: Don’t Guess, Muscle Test*, and read it straight through. A wonderful book. I especially liked the chapter “*New Doesn’t Mean New Age*”. For many years I have gone to a chiropractor (non-Christian) who uses muscle testing. It made no sense to me whatsoever, but...it worked! I had Christian friends who thought this was “dangerous doctoring”. But I always thought if muscle testing works, it is because the Lord made us that way. I just want to thank you for confirming my beliefs in this area.”
-Lisa W.

“My sister-in-law has your book *How To Be Your Own Best Nutritionist: Don’t Guess, Muscle Test*, and recommends your products all the time. **-Melissa B. (Simi Valley, CA)**

“Reclaiming my health over the last six years has been one of the most painful, yet

victorious, experiences in my life..... Your ministry was one of many tools I’ve used. I have been speaking to women’s groups and churches here in AZ, and receive questions from friends and family about health weekly....I recommend your HQM Lodge Program to those who are looking to speed up their knowledge on health and wellness, and speed up reclaiming their health.” **-Becky C. (Arizona)**

“I attended your Lodge Program 5 years ago. I am now 6 years in remission from Hodgkins, praise the Lord!” **-Valerie**

“Thanks again for not only your commitment to help others get well, but first and foremost for your commitment to Christ. I appreciate when you share things in your newsletters that you are learning in your own walk with the Lord. What a great witness!”
-Dana

2007 Projected Lodge Session Dates:			
Jul	9-17	Aug	6-14
Sep	10-18	Oct	8-16
Nov	5-13	Dec	3-11

Please feel free to copy and/or share this newsletter with your family and friends.

HealthQuarters Monthly
 Is a publication of:
 HealthQuarters Ministries

3620 West Colorado Ave.
 Colorado Springs, CO 80904
 TEL: (719) 593-8694
 FAX: (719) 531-7884
 Website:
www.healthquarters.org
 Email:
healthqu@healthquarters.org

HealthQuarters Ministries is a non-profit organization. Your donation helps support our ministry and is tax deductible.