# WELLNESS CENTRE OF MARQUETTE

[www.wellnesscentremarquette.weebly.com](http://www.wellnesscentremarquette.weebly.com)

Marquette, MI 49855

(906) 226-9301

**GUIDELINES TO ENHANCE OPTIMAL WELLNESS**

**DIET**

Feed your body nourishing, live, unprocessed food. Eat organic fruits and veggies when possible, especially those that are highly sprayed with pesticides, like, grapes, apples, strawberries, nectarines, greens, peppers, celery, and potatoes. Increase consumption of fresh vegetables, especially green and orange. Chlorophyll is a valuable nutrient for cleansing the blood and promoting healthy cellular function.

Avoid refined sugar, corn syrup, wheat and white bread, pasta, crackers, and other flour foods. Substitute spelt products instead. Spelt is ancient wheat which does not have an altered seed like wheat. If you have an autoimmune condition like Hashimoto’s you will need to avoid all gluten, including spelt, as well as yellow corn and dairy foods. These can elevate antibody levels and increase destruction of the thyroid gland. Also avoid packaged cereals, hydrogenated oils and margarine, artificial sweeteners like sucralose, Splenda, and Aspartame. Use stevia or small amounts of honey and maple syrup instead. Avoid all corn, canola, and soy additives in processed foods unless labeled “GMO-Free”. 90% of our refined sugar is genetically modified. These foods are extremely harmful to the body, and have caused cancer in animal studies. Avoid drinking more than 8 ounces of coffee daily, since coffee is acidifying, dehydrating, and a stressor for our adrenal glands. Drink only organic coffee, since coffee is highly sprayed with pesticides. Do not microwave your food, as this destroys many vital nutrients, even when warming foods. Eat organic or hormone-free dairy foods and meats. Turkey, chicken, fish, free-range eggs, legumes, and raw nuts and seeds are good sources of protein. Use nutritional supplementation of Vitamin D3, 4-10,000 IU daily depending upon body weight and serum level, and Iodine, as Potassium Iodide or Lugol’s solution, in a dose from 12 mg-50 mg daily, depending upon iodine level as determined by the Iodine Loading Test, available from Haakala Labs. If you have been drinking fluoridated water, you will have a low tissue level of iodine which is necessary for the production of many hormones, including adrenal and thyroid hormones. Mineral supplementation using magnesium glycinate or orotate may be needed if your first a.m. urine PH average is < 6.5.

**WATER**

Drink ½ your body weight in ounces of water daily. This may include unsweetened herbal tea. Increase this amount with any intake of coffee or soda. Do not drink distilled water, which leaches minerals from the body stores, or tap water which contains chlorine and/or fluoride. Both of these chemicals have a negative effect on many glands and organs in the body, including the thyroid, and should not be consumed in any form. Use shower filters to filter out chlorine in showers and baths. These are available from CWR, 800-444-3563 or visit their website at **www**.**cwrenviro.com** or information about water filtration systems.

**EXERCISE AND SELF-MASSAGE**

Do some type of exercise daily to stimulate the lymphatic system for 20-30 minutes daily. Application of essential plant oils to areas of pain or tight muscles will greatly increase circulation and help with pain. Young Living essential oils may be ordered online at [www.youngliving.com](http://www.youngliving.com), and are exceptionally high quality therapeutic grade oils. They are anti-inflammatory, anti-microbial, and increase circulation.

**REDUCE EXPOSURE TO TOXIC ENVIRONMENTAL CHEMICALS**

Avoid the use of toxic chemicals in your home and workplace, including synthetic air fresheners, like Glade and Febreeze. Use essential oils instead, and natural, non-toxic personal care products. Read the labels and avoid these: **aluminum containing deodorants or anti-perspirants, sodium laurel or laureth sulphate in shampoo or toothpaste, methyl or propyl paraben, and propylene glycol**. If you need to have dental fillings, ask your dentist to use materials that do not contain mercury as is found in silver amalgam fillings. Mercury is highly toxic to the body and accumulates in various organs and tissues. You can read more about this if you search **mercury** on [**www.mercola.com**](http://www.mercola.com). Avoid unnecessary vaccines, including the flu shot, which usually contain mercury or aluminum.

**CELL PHONES**

To protect yourself from the strong electromagnetic fields (EMF) emitted from cell phones please consider purchasing a diode. The diode will protect your brain and body and bring increased harmony and balance to the body’s electrical system. Contact Ener-G-Polari-T @ 1-800-593-6374 or visit their website at **www.energpolarit.com**. Cost of cell phone diode is about $39. Please turn off WiFi routers at night and keep cell phones out of the bedroom.

**STRESS REDUCTION**

Be aware of the relationship between your thoughts and your emotional state. Positive thoughts enhance the immune system. Gratitude, compassion, and forgiveness have a powerful effect on ones sense of well-being. Take time each day for self-care. Do the things that bring you joy, read an inspiring book, listen to music, take an Epsom salt bath, and process your unresolved emotional “stuff”, which can weaken your immune system. Do your homework using the below websites, and choose a doctor who will listen to your questions, partner with you in addressing your health concerns, and respect your choices.

[www.drbrownstein.com](http://www.drbrownstein.com) website of David Brownstein, MD, author of books on hormones, iodine, drug alternatives. Excellent blog.

[www.johnleemd.com](http://www.johnleemd.com) website of the late Dr. John Lee, author of several books on the use of natural hormones, and breast cancer.

[www.virginiahopkinshealthwatch.com](http://www.virginiahopkinshealthwatch.com) important info for men and women on hormones. Salivary test kits available for order.

[www.mercola.com](http://www.mercola.com) website of Joseph Mercola, MD. Info on various health topics, including GMO foods and vaccines.

[www.fluoridealert.org](http://www.fluoridealert.org) Vital information on the dangers of water fluoridation, with scientific studies for viewing.

[www.drtenpenney.com](http://www.drtenpenney.com) website of Dr. Sherry Tenpenney, researcher on vaccine safety. Her CD’s, DVD’s and books contain vital information for all parents and parents-to-be which will enable them to make informed choices for their infants and children.