

*The Gilead Centre*  
*Offering Hope, Healing and Wellness to All*

**Change**

**“If you always do things the way that you have always done them, they will always be the way that they are. If you want to see change, you have to make changes.”** ~Pastor Bill Prankard, speaking on revival.

What is the revival of your heart? What do you need to change internally in order to see the results externally? Is it a mindset? A false belief/ or lie? A habit? An addiction? Your self-talk? A mannerism? Your daily schedule? Your self will? A desire? Your dietary choices? Your recreational choices? Every person on this earth has something that needs to change within. Not one of us is perfect in every way. Not one of us has it all together, despite outward appearances.

Often instead of looking for what needs to change within, we look for outside sources, quick fixes if you will. We read the latest self improvement book, but don't apply the principles found within, we purchase the gym membership but only go for 6 weeks, and we buy fresh vegetables and then throw them out 2 weeks later. We may even go to our MD and ask for a prescription to help us deal with life, but the interesting thing is that life still happens, regardless of the prescription.

How is it possible to live the life that we have always wanted, always dreamed of?

We must change. We must change our thoughts, our behaviours, our attitudes, our desires. God gave us desires for our journey in life. Why don't you try and tap into those desires? Dare to dream! What did you want to be when you grew up? Are you living your dream? If your answer is no, why not? What is stopping you? What would it take to make your dream come true? Who can help you accomplish it? These questions may sound trivial or foolish, but was your dream trivial and foolish when you dreamt about it day after day, night after night? What is different now.....seriously?!

William J Clinton said “When our memories outweigh our dreams, we have grown old”. That is a profound statement.

**Welcome to the client newsletter that is distributed each month, for clients, supporters, and those interested in their own health. It is my hope to use this newsletter to share new theories, facts, and medical studies with you, to inspire you and to give you the heads up on what is happening with health both in our community and around the world.**

*The Gilead Centre*

**Roxanne Harris**

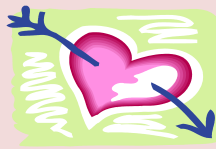
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Healing Prayer



We were made to dream, and to see our dreams come true. One of my visions for every patient is to see them reconnect with their dreams. I love it when I see someone's eyes dancing with excitement when they rediscover a lost part of themselves. Your health is just as much mental/ emotional as it is physical, and probably even more so. Once our dreams start dying we start to feel like we are dying. Look at a small child who is happily playing until they fall down and scrape their knee. They are usually okay until they see blood gushing down their leg, at which point they start to panic and cry because they think they are going to bleed to death. What happens as an adult when we don't pursue our dreams? A part of us dies. Depending on the dream this can create a spiral effect on our mental, emotional, physical and spiritual health. So go ahead, I dare you to dream and to share your dreams with someone.... you never know what may happen!

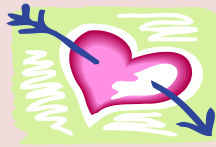
### **What is Chlorophyll?**

"Chlorophyll is the molecule that absorbs sunlight and uses its energy to synthesise carbohydrates from CO<sub>2</sub> and water. This process is known as photosynthesis and is the basis for sustaining the life processes of all plants. Since animals and humans obtain their food supply by eating plants, photosynthesis can be said to be the source of our life also". (Paul May, University of Bristol, School of Chemistry)  
Chlorophyll is commonly used therapeutically to reduce and treat bad breath, constipation and gas, and to assist in wound healing and detoxification of the body amongst other things. Exciting chlorophyll research has been underway for some time now.

"Research on the health benefits of chlorophyll has focused on the area of

cancer (including treatment and prevention). This research got underway when damage to genes (or more precisely, to the genes' DNA) by carcinogenic substances called aflatoxins .... , was found to be prevented by chlorophyllin... a derivative of chlorophyll .....Research studies in humans have found that damage to DNA by aflatoxin can be decreased as much as 55% through supplementation with chlorophyllin at 100 milligrams, three times a day, for four months. This amount of chlorophyllin, 300 milligrams per day, is the same amount of chlorophyll found in one weighted ounce of spinach (a little over 1/2 cup of chopped raw spinach). Although research is still in the early stage, prevention and treatment of liver cancer, skin cancer, and colon cancer are all being investigated in relationship to intake of chlorophyll-containing vegetables and supplementation with chlorophyllin.'  
Source: The George Mateljan Foundation.  
To read the full article go to <http://www.whfoods.com/genpage.php?name=george&dbid=52>

This is only some of the good news about eating your greens! Generally people can benefit greatly from consuming extra portions of greens, however there are instances when we would like to supplement with Chlorophyll based on the physical symptoms of the patient and what we see in the blood analysis, the chlorophyll gives them a kick start. Many people also report an increase in energy from the chlorophyll, which would make sense. I have had many patients complain about taking chlorophyll because it tastes like grass, however I know that there are very pleasant tasting brands out there. Personally I have been using a professional brand for years, available only through healthcare practitioners, so not available in most stores, which has virtually no taste,



due to the concentration and dose. The Gilead Centre is pleased to be able to carry Professional Health Product brand Chlorophyll in the clinic. It is definitely recommended for those who are taste sensitive. It sells for \$21.00 per bottle and will last months. For more information please contact the clinic.

*To love others we must also love ourselves!*

*Happy Valentine's Day*

*Doc Rox*

## Recipe Corner

### Spinach Salad

Spinach washed (6-8 cups)

1 cup sliced mushrooms

1 small purple onion sliced in rings

1 avocado

1 mango or 1 cup strawberries

2 hard boiled eggs

½ cup crumbled feta

½ cup black olives

Toss ingredients together

Dressing:

½ cup plain yogurt

½ cup sour cream

2 Tbsp sugarcane

1 Tbsp apple cider vinegar or raspberry vinaigrette

2 Tbsp poppy seeds (optional)

Serve dressing on the side

**Reminder\*\*\*The new office address is:**

**10600 Main Street/ County Road #3**

**South Mountain ON K0E1W0**

**The new phone number is:**

**613.989.1269**

**The new web address is:**

**[www.gileadcentre.com](http://www.gileadcentre.com)**

Spinach protects you from osteoporosis, heart disease, colon cancer, arthritis, and other diseases. Onions lower blood sugar and have excellent cardiovascular and gastrointestinal benefits, and have been shown to protect from cancer, and help build bone. Onions also have amazing anti-inflammatory and anti bacterial effects, which is why mom always put them in her soup!