



Truly You Holistic Health Clinic

What's Hot, What's Not, and What's Next

Vitamin D, Sunscreen and Your Health

Many people are caught up in the media hype of the benefits of Vitamin D. There is absolute truth to the necessity of vitamin D and proper health and balance in one's body. Vitamin D is a fat soluble vitamin that helps the body absorb and use calcium and phosphorus. It is necessary for proper growth and development of bones and teeth in kids, regulates the heartbeat and protects against muscle weakness. Vitamin D has also been shown to be highly effective to prevent and treat cancers, osteoarthritis, and osteoporosis. Vitamin D is also helpful in regulating the thyroid function and in normal blood clotting.

Vitamin D3 (cholecalciferol) is the one we get from the sun, and is the one considered to be a natural form and the one that is most active. Some foods naturally have Vitamin D2 (ergocalciferol), like fish oils, eggs, saltwater fish, sweet potatoes, dandelion greens, liver, and oatmeal, but this form of Vitamin D is thought of to be incomplete or not fully active as the liver and kidneys have to convert it in order for the body to make use of it (coincidentally, this is why people with liver and kidney issues are at greater risk for osteoporosis). Exposure to the sun of the face and arms, without sunscreen, for 15 minutes three times a week gives you adequate amounts of vitamin D. However due to where we are situated globally, we cannot get enough vitamin D in the winter months, and need to take fish or krill oils to ensure our stores are kept up. The best source of vitamin D is exposure to the sun, in proper amounts, just as God intended. Sunscreens are one of big pharma's worst scams contributing to an increase in

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.

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skin cancer, due to the severely decreased absorption of UV rays, and the toxic products that are used to manufacture sun blocks. For example: Octyl methoxycinnamate (OMC), which is present in 90 percent of sunscreen brands, was found to kill mouse cells even at low doses. (*April 2004 Journal of Chromatography*) A better way to save yourself from sunburn is by increasing your skin's natural sunscreen ability by eating whole foods loaded with antioxidants such as fresh vegetables and fruits like goji berries, raspberries, blackberries, blueberries. Aloe vera gel applied to the skin can also be beneficial.

Still better, get educated on the chemicals in your sunscreen, google them and get the dirty. Looking for a safer brand of sunscreen is a great idea, just remember that they still block the sun's rays, and therefore do not allow the metabolism of vitamin D.

Symptoms of vitamin D deficiency can be loss of appetite, burning sensation in the mouth and throat, weight loss, insomnia, issues with vision, and diarrhoea.

The following link has a great little chart with some of the major chemicals used in sunscreens, deodorant, lotions etc... the chart

identifies the main issues with each chemical.

<http://www.breastcancerfund.org/site/pp.asp?c=kwKXLdPaE&b=1203361>

God's Pharmacy!

It's been said that God first separated the salt water from the fresh, made dry land, planted a garden, made animals and fish... all before making a human. He made and provided what we'd need before we were born. These are best & more powerful when eaten raw



A sliced **Carrot** looks like the human eye. The pupil, iris and radiating lines look just like the human eye... and YES,

science now shows carrots greatly enhance blood flow to and function of the eyes.



A **Tomato** has four chambers and is red. The heart has four chambers and is red. All of the research shows

tomatoes are loaded with lycopine and are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows

grapes are also profound heart and blood vitalizing food.



A **Walnut** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.



Avocadoes, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical

cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility.



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Olives assist the health and function of the ovaries

Oranges, Grapefruits, and other



Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



Onions look like the body's cells. Today's research shows onions help clear waste materials

from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, **Garlic**, also helps eliminate waste materials and dangerous free radicals from the body.

“Forbidden fruits create many jams”. Anonymous

Recipe Corner

Apple Cranberry Rice Salad

*2 cups cold cooked rice (white and/or wild)
1 chopped apple dipped in lemon juice
¼ cup dried cranberries
2 chopped green onions (greens and bulb)
4 Tbsp chopped cilantro (fresh)
½ cup chopped walnuts
2 Tbsp chopped hot peppers (optional)
Sea salt and pepper to taste
Combine all together and let stand in fridge for flavours to meld at least 1 hour.*

“You can tell how big a person is by what it takes to discourage him”. Anonymous

Check out our Website, find past newsletters, FAQ'S, links, new patients forms, and other cool stuff.

www.trulyyouholistic.com

If you have been impacted positively throughout your treatment and you would like to help others on their journey to health, consider writing a testimony about how treatment has helped you, so that you can be a blessing to others who are struggling to find their way to physical, emotional, or mental freedom.

Existing patients who refer a new patient to the clinic will receive 20% off their next visit once the referral has had their initial appointment. New patients also benefit with the “I’m a Friend Discount” of 20% off their first appointment.



Happy Summer!

Doc Rox