



*Truly You Holistic Health Clinic*  
*What's Hot, What's Not, and What's Next*

**YOUFEEDTHEM.COM**

Truly You is proud to partner with the You Feed Them project. For every bottle of **Nutra-Fix Probiotics** that we sell all proceeds go to support this awesome venture. The mission statement is: "To grow self-sustaining solutions that will provide economic stability, famine and spiritual relief both locally and abroad". There will be a team of people leaving for Kenya on October 31<sup>st</sup> to deliver food, water, clothing, and the love of Jesus, but also to teach and implement a safe water program and an agricultural and farming program. **Probiotics** are a key component of this endeavour, and they will be used to treat the water to make it safe for drinking, and also to restore the land for an increase in harvest and nutritional quality of the food. The Kenyan people will also be taught how they can use probiotics to treat and prevent disease in their cattle. The probiotics are being supplied to the community in a massive outreach effort. Please go to the website for more information and to see how you can be involved: <http://www.youfeedthem.com/>

**Why Probiotics?**

Many people ask me why probiotics are so essential to one's health, and why I highly recommend them in my practise. Although the benefits of probiotics have been well known and researched for over 100 years, western MD's give them little attention.

Bacteria live in the gut, about 5 lbs or so of the microscopic guys, and science has proven that an absence of bacteria in the intestine is not only detrimental to good health, but actually drastically

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.

**Truly You Holistic Health Clinic**

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By Appointment Only

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Healing Prayer



increases the risk of illness, including gastrointestinal issues such as gas, bloating, IBS, Crohns and more. Our gut is so important for our health that the body will designate up to 80% of its immune response to the bowel to get it back in balance, even to the detriment of other tasks.

Due to great marketing on behalf of some of the food giants, most people are familiar with the term probiotics and feel that if they eat a probiotic laced yogurt that they are getting what their body needs and will reap the benefits of probiotics. Unfortunately, this is one of those too good to be true statements. The quantity and quality of probiotics (good bacteria) are key. The processing practice of foods supplemented with probiotics usually kills off the beneficial bacteria, leaving little benefit to the consumer, and like all food additives, the amount is of so little quantity, that virtually no therapeutic value exists.

So are probiotics a new thing? Why do we need them all of a sudden? Once upon a time people ate differently, daily diets included fermented foods, which naturally supplied the all important bacteria to the intestine. Foods that were naturally fermented were dairy products, such as kefir, cheeses, yogurt, various vegetables such as cucumbers, beans, and cabbage, sourdough breads, beer, cider, wine,

vinegars and even meats. Of further disappointment is that the food industry has found ways to faux ferment foods, such as treating olives with a lye solution, and then packing them in salt, leaving the product totally void of any nutritional value.

The way we eat as a society puts stress on the body. Processed foods are not natural, and therefore difficult for the body to digest and breakdown. With the addition of chemical additives, preservatives, flavourings, colour and more the increase in various diseases has also increased due to the body's compromised GI system.

Probiotics can help to reduce high cholesterol levels in our blood, they strengthening and support our digestive and immune systems---thereby helping our bodies to fight off and prevent diseases. Probiotics help with natural detoxification of the body, cleaning and restoring the bowel, and are a natural anti-inflammatory. Probiotics produce vitamins B and K, they encourage mineral absorption, they assist in digestion, help regulate metabolism, and breakdown toxins in the bowel. Probiotics have been found to be beneficial in helping with:

Food and skin allergies

Inflammatory bowel disease

Bacterial vaginosis

Candida yeast

Premature labour in pregnant women



Ear and bladder infections  
Chronic diarrhea  
Autism  
Weight regulation..... to name a few.

Bottom line: Probiotics do the body good, and are essential to digestive and immune system health! We carry Nutra-Fix brand in the clinic because they have a proven track record for quality, quantity, and results. Not all probiotics are the same, and do not deliver the same benefit. As with all supplements, don't skimp, always purchase the best. Health food store staff will be able to help you find the product with the best absorption, assimilation and utilization. If they don't know then you should go to another store. There is no benefit in purchasing a product that does not do what it is intended to do.

**He, who angers you,  
controls you! ~anonymous**

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.

**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.**

## Recipe Corner

### Pumpkin Curry Soup

*4 cups of chicken stock (or 4 cups water and 3 chicken stock cubes)*

*1 cup milk*

*1 pie pumpkin cut up in chunks (about 4 cups give or take)*

*1 cup chopped celery*

*1 cup chopped onion*

*2 cloves crushed garlic*

*1-3 tsp curry powder (depending on taste)*

*½ tsp grey sea salt*

*1 cup grated cheddar cheese*

*1 lb of browned ground beef (optional)*

*Sautee onion and garlic in 2 tbsp butter till translucent.*

*Put chicken stock and pumpkin in large pot, with celery, onion and garlic, and bring to a boil, reduce heat and simmer until pumpkin is quite soft. In batches put soup in a blender and blend till smooth.*

*Return to heat; add spices, cheese, milk and browned beef (if using). Heat till hot and cheese is melted. Serve with a dollop of sour cream if desired and a sprig of Cilantro. The addition of beef makes for a substantial meal.*

*Depending on the size of your pumpkin, you may need to add more water. Enjoy!*

**"Forbidden fruits create many jams". ~anonymous**

\*\*\*\*\*Truly You will be offering cooking classes in the near future on a wide array of topics including baking with alternative grains, Soups and Salads using ancient grains and unusual vegetables, Breads, Healthy Desserts and more. If this is something that would interest you please let us know. More information will follow in the next week or so.\*\*\*\*\*

*Happy Autumn!*

*Doc Rox*