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Welcome to our second issue of the Feed & Teach Nutrition Newsletter. Though, it has been a while since our first issue, this and future newsletters will feature Dr. Gladys T. McCarey.

Dr. McCarey, Co Author of *The Physician Within You: Medicine for the Millennium*, *The States of Stress Leading to Disease*, *There Will Your Heart Be Also*, and wrote *Born to Live*. In 1990 Dr. McCarey received the Humanities Award for Outstanding Service to Mankind, presented by the National Committee for the Advancement of Parapsychology and Medicine. She also was named one of Arizona's "Ten Outstanding Women" by a state publication, *Today's Arizona Woman*. In 1994, Dr. McCarey was nominated for both the National Women's Hall of Fame and the Temple Award for Creative Altruism presented by the Institute of Noetic Sciences. In 1996 Dr. McCarey received a Lifetime Achievement Award, presented by Larry Dossey, M.D., from the Gladys Taylor McGarey Medical Foundation. In 1997, Dr. McCarey was a finalist for the Athena Award honoring women who have devoted time and energy to their community. Also that year, she was the recipient of the 1998 YWCA "Tribute to Women" award in the healer category. In 1999 she received the Elmer Green Long Achievement Award presented by ISSSEEM. **A**

Simple Things To Do To Maintain Health

The world is in crisis and we are threatened from many sources. The threat is as great from outside our country as it is from within. The threat is from outside ourselves and correspondingly within ourselves. We are afraid of attacks from outside but in responding to our fears, the fear from within can be as dangerous and as immobilizing as from outside. In response to this it is important to do all we can to maintain our health, our center of calm, and our awareness that God who is the God of all the earth is still in charge. When we bring peace first within ourselves it can then extend outside of ourselves to the whole world.

1. Eat well. Keep our diet low in sugar and processed foods, high in fruits, vegetables, whole grains, and good proteins, adequate amounts of unsaturated fatty acids in the form of oils, such as olive oil and flax seed oil, and moderate amounts of dairy products.
2. Water intake: A minimum of six to eight-ounce glasses of water a day. If we do not give our cells enough water, they get sick, and our immune system is compromised.
3. Some basic vitamins: vitamin C 2000mg, vitamin E 800iu, a good B complex 100mg, and a good multiple vitamin.
4. Minerals: zinc 60mg, calcium 1000mg, magnesium 500mg.

Simple Things To Do To Maintain Health (Cont.)

5. Gastro-intestinal enhancers: Large quantities of acidophilus which can be either in capsule form or powdered, fresh garlic or garlic in capsules. Rule of thumb-antibiotics should never be taken without acidophilus. Garlic is a natural antibiotic and helps to kill hostile elements within the intestinal tract. For some people the use of digestive enzymes and/or hydrochloric acid are important.
6. Exercise: Exercise needs to be appropriate for each person.
7. Conscious breathing: Breathing in life, breathing out fear; breathing in joy, breathing out anger, etc. We cannot live without breath. Each cell of our body needs that breath.
8. The use of a castor oil pack or some similar modality which allows the body to cleanse itself of toxin.
9. Keep the body alkaline using 10 drops of glycothymoline three times a day in water or a fourth of a teaspoonful of baking soda in water or an Alka Seltzer in water once a day. During times of stress the body tends to get more acid.
10. Various herbs, such as goldenseal and echinacea can be helpful in counteracting disease process.
11. Prayer and meditation: To keep our bodies centered and aware of what we are living for, helps us to maintain our ideal. Our focus on love and healing is all tied together with laughter and joy **A**