

# Life, Strength & Health

A young girl with dark skin and her hair styled in many small braids is the central focus of the image. She is wearing a dark blue zip-up jacket and is drinking from a clear plastic cup that has a green, textured sleeve. The cup is partially filled with a dark liquid. She is looking directly at the camera with a neutral expression. The background is slightly out of focus, showing a window with white frames and a white door.

*A Guide to Holistic Living*

Vol. 1, Issue 1

**PREMIER  
ISSUE**

***INSIDE***

**Greetings & Welcome  
Supermarket Pitfalls  
Amazing Agave**

***Also***

**The Sacred "Mother Grain"  
*and*  
Which Road Are You On?**

January 2008

# Life, Strength & Health

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Greetings and welcome! To Life, Strength & Health Ezine. This on-line publication is dedicated to the education and empowerment of "self". It is our hope to enlighten and liberate your mind, body and spirit through the information we provide on holistic health. Holistic Health is an approach to being healthy. It is also an umbrella for many different categories. We are constantly bombarded with negative information that is pushing us closer to a path of dis-ease (disease) and degeneration. Hopefully, this Ezine can serve as a beacon of light in the darkness intentionally placed upon us. We encourage our readers to use this information to find and stay on the path of wellness. We encourage them to use this information for preventative health measures, to gain knowledge of self, family and community.

Peace & Blessings...

*We can be reached at 1 (800) 503-7127  
and on the web at [www.lifestrengthandhealth.com](http://www.lifestrengthandhealth.com)*

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# Quinoa

## The Sacred Mother Grain



**W**hen people think of grains, the typical ones come to mind such as: rice, wheat and oats. However, when it comes to optimal health there are various grains that are far more superior. Quinoa (pronounced Keen-wah) is considered a super grain because of its high nutritional value. This grain was referred to as the sacred mother grain of the ancient Incas of South America. It is mainly imported to the United States from South America and comes in many varieties ranging in colors from beige to black.



The most common color found in the United States is beige (although you may find other colors such as red Quinoa). It is gluten free, which means that it doesn't affect most people who are allergic to

grains. It also has all of the essential amino acids which make it a complete protein. It has other key nutrients such as fiber, B vitamins, copper, magnesium, manganese, phosphorus, potassium, zinc, iron, vitamin A, and Phytochemicals. It is truly the ultimate complex carbohydrate. It is easy to prepare (cooked like rice) as a side

dish or as a hot cereal. It can also be used in soups, salads and many other dishes.

You can buy Quinoa in bulk from most health food stores that have bulk food sections. There are a few companies that produce various shades of packaged Quinoa and Quinoa flakes. It is an ideal breakfast cereal and takes only 2 minutes to prepare. Quinoa is processed differently; therefore, it doesn't lose its nutritional value, unlike other instant cereals such as instant oatmeal. Add Quinoa to your weekly grain rotation for great health benefits. The addition of Quinoa means less of other inferior grains. It is a slow burning energy food that is great to have for breakfast or lunch for sustained energy throughout the day.

Enjoy! ♦

### **Recipe Of The Month:**

#### **Basic Quinoa**

Cooking Time: 20 to 25 minutes

To Serve 4: 2 cups water, 1 cup rinsed and drained quinoa, ¼ teaspoon Celtic or Tropical sea salt.

Cook: Place all ingredients in a heavy-bottomed pot, cover, and bring to a boil. Once the mixture is boiling, turn down the heat to very low and simmer for about 15 minutes. The quinoa should be translucent and the germ ring should be visible. Fluff with a fork and serve.



# Traveling on a Road to Death

**M**any cultures and societies have different perceptions of death. Throughout the world there is a common thread that death is a physical occurrence. It is believed that when the physical body ceases to operate a person dies. This may be due to natural causes, trauma or degeneration. In this month's issue we will discuss death from a physical perspective.

It is very rare that you hear of someone dying of natural causes. Most deaths occur prematurely do to physical degeneration and accidents. Certain things are out of our control such as random occurring accidents. However, there are many things in your control such as physical degenerative disorders. Physical degeneration is when the body deteriorates. This rate of deterioration is different for each individual depending on their genetic makeup or other circumstances such as where the degeneration takes place or other factors that may accelerate this process. When the human body ages, slow degeneration takes place. Nonetheless, the average person lives a lifestyle that triples even quadruples this rate. Studies show that the human body is intended to live for at least 120 years. I'm not talking about a sick, barely living and totally dependent 120 years. I am referring to a healthy, vibrant, happy 120 years. The oldest living person known to date, died 3 years ago of natural causes. She was an African Caribbean woman from the Dominican Republic named, Ma Pampo. She died at 128

years old! Why then is the average age of death in the United States 75 years old? Why are we dying 50 or more years ahead of time? Many people struggle to live to be 75 and experience many health problems along the way that speed up their rate of degeneration. 7 out of the top 10 causes of death in the United States are due to degenerative disorders that cause pre mature aging, diseases and other illnesses that lead to death. The main reason that people are not living longer healthier lives is because of the lifestyle they've been forced to live. Everyone is responsible for their own actions; however, most people don't understand what it means to be healthy.

I decided to call this article "Traveling on A Road To Death", because I wanted to present another perspective from a health conscious frame of mind. This may be hard to believe but the average person has been taught how to think and see the world when it comes to good health (among other things that won't be addressed at this time). Many haven't been given enough tools to rationalize properly why the United State is one of the sickest places on the planet. You have been trained to literally poison yourself and enjoy it. You have been trained to get sick, and either ignore it, or just deal with it. When the pain becomes overbearing many people begin to see the truth, but by then it's too late. Most people never see the truth and die because of choices they make (or didn't make) in their lives.

If you consciously knew that you were traveling down a road that would lead to your death would you take a different route? Absolutely! I truly believe that most people would. What if you saw or knew someone traveling on “Death Road”, would you tell them? I would and this is what I want to warn you about today. The life road that you travel isn’t as safe as you thought it was. You have been lied to and misled into thinking your lifestyle does not play a role in the road that you travel. It matters more that you can imagine. I regret to inform you that you are traveling down Death Road. It may come as a surprise. Your map may show differently, but it is true. The human body is extremely strong and versatile; it finds a way to function under the poorest conditions. Although, the body adapts it does not mean that it is not being affected. Degeneration is a sign that the body is literally breaking down.

“Death Road” is a metaphor for the path of degeneration. When you live a lifestyle that causes the body to degenerate at detrimental speeds, you are traveling on Death Road. The U.S. has children who have been diagnosed clinically obese and young adults in their 20’s and 30 who are suffering from diabetes and heart problems. These are all signs that the body is failing. The road to death can be a long road. For some it can be a shorter one, but ideally it should not be traveled at all. If you know someone with cancer, heart disease or other degenerative diseases society clearly sees them as traveling on the road to death. It is easy to recognize that if you don’t take another route your road will end and you will die. To believe that a short detour down Death Road will suddenly bring life threat-

ening illnesses and disorders is unrealistic; this is a road that you have been traveling on all along but just didn’t recognize it. Here is an example; a son sees his father experience heart failure followed by a bout with prostate cancer. He becomes nervous because he feels that it may run in the family therefore, he gets tested early. Getting tested early because you think something runs in the family doesn’t prevent anything. We have been taught

that genetics play a large role in the outcome of our health but in actuality it has less to do with genetics and more to do with how we take care of ourselves. The father ate a lot of fried and fatty foods; he drank alcohol daily, and smoked cigarettes. The son ate and lived the same exact way as his father. The chances of the son having the same complications as his father are extremely high. His father passed him the driver’s wheel on a trip down Death Road. He inherited unhealthy lifestyle practices.

Holistic Health teaches us to look at the whole perspective as opposed to isolated incidents. Symptoms are a result of events that lead to the body’s outward reaction.

When dealing with the human body, there are no isolated events. The body is a complex machine that relies on every aspect of itself to function properly for optimum health. If one thing goes wrong it triggers a series of chain reactions that lead to other problems. Colon problems lead to kidney problems. Kidney problems lead to gallbladder and liver problems and so on. If you have high cholesterol it usually leads to high blood pressure, which leads to heart disease and eventually a stroke. There are no isolated events that occur within the body.

*In the beginning of your journey you may see simple road signs such as; “Low Water, Dehydration Ahead” or “Processed Sugars, Low Energy Ahead”. As you travel a little further you begin to see other signs that you don’t pay attention to such as; “Low Vegetables and Fiber, Constipation Ahead” or Too Much Alcohol, Toxic Liver Ahead.”*

**A**s you travel down the road to death there are certain road signs that you can use as an indicator that you are traveling down Death Road. Normally, a person would see such road signs and continue their travels because they didn't know it exemplified their journey. In the beginning of your journey you may see simple road signs such as; "Low Water, Dehydration Ahead" or "Processed Sugars, Low Energy Ahead". As you travel a little further you begin to see other signs that you don't pay attention to such as; "Low Vegetables and Fiber, Constipation Ahead" or Too Much Alcohol, Toxic Liver Ahead". There are many warning signs that present themselves often as you travel down this road of degeneration that people fail to recognize.

*Beyond the obvious signs, if you are experiencing any of the following problems you are traveling on death's road even though it may be at the beginning of the trip:*

<b>Chronic Fatigue</b>	<b>Heavy Periods Lasting Longer Than 3 Days</b>
<b>Chronic Constipation</b>	<b>Over weight</b>
<b>Arthritis</b>	<b>Oily skin</b>
<b>Poor Flexibility</b>	<b>Acne</b>
<b>Lower back aches (not injury related)</b>	<b>Headaches</b>
<b>Insomnia</b>	<b>Get Sick Often</b>
<b>Fibroids, cysts and tumors</b>	<b>Anxiety</b>
<b>Pre-mature ejaculation</b>	<b>Difficulty getting going in the morning</b>

These are just a few of the early road signs that indicate you are driving down Death Road. Now that you have been informed of your journey, what are you going to do about it? Many people will decide to continue their journey, but there will be a few who will decide to take a detour and merge onto the road of optimum health and vitality. For those of you who would like to change your path, you are not alone. Life Strength and Health Magazine is here to serve as a road map to lead you away from Death Road and help you to merge onto a road of life, strength, and health. You are in the driver's seat and you have direct control over the direction your health travels. It's a matter of understanding your body is your vehicle and health is something you have control over.

*Put on your seat belt and get ready to travel with us on an enlightening and educational journey of taking back your health article by article, issue by issue.*

Safe Travels. ♦

# DEADLY TRIP TO THE GROCERY STORE: COMMERCIAL SYRUPS



**P**ancake and waffle syrups have become a staple on many people's grocery lists. I remember as a child smothering my pancakes, waffles, toast and biscuits with gobs of syrup as many people do. Whether it is the more popular brands or store brands, syrup is used on a regular basis by many. Pancake syrup is on this month's worst food list because it isn't real syrup. You have been led to believe that the syrup you use comes from maple trees, however, that couldn't be farther from the truth. It looks like maple syrup, smells like maple syrup but is actually a combination of chemicals designed to excite the senses. When I peruse aisles in the grocery store I look at the ingredient labels of all of the major competing syrup companies and find that their lists are almost identical. See below:

**INGREDIENTS: CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, WATER, CELLULOSE GUM, CARAMEL COLOR, SALT, SODIUM BENZOATE AND SORBIC ACID (PRESERVATIVES), ARTIFICIAL AND NATURAL FLAVORS, SODIUM HEXAMETAPHOSPHATE.**

Looking at the list above it consists of nothing but chemicals. Corn syrup is a mildly sweet thickening agent chemically processed from corn. It provides no nutritional value and causes blood sugar levels to rise. It is a form of processed sugar. High Fructose Corn Syrup also is derived from corn and it is very sweet. It causes the blood sugar levels to spike and crash fast. It contributes to an acid pH balance and dam-

ages the pancreas, which leads to diabetes. These are just a few of the hazards. Both corn syrups are clear in color with caramel added to mimic the color of real maple syrup. Water is added to increase volume, other chemicals to preserve and manipulate taste, and to trick the consumers. Do you even know what sodium hexametaphosphate is? What about Sodium Benzoate? Sodium Benzoate is being studied for its link to DNA damage and contributing to disorders and illnesses such as ADHD and Parkinson's.

Many commercial syrup companies now have "Lite" Syrup. "Lite" is the term coined to mean that a product is healthier because it contains less unhealthy ingredients that are used in the original food products. Let's take a closer look at the average Lite Syrup label:

**INGREDIENTS: HIGH FRUCTOSE CORN SYRUP, WATER, CELLULOSE GUM, SALT, NATURAL AND ARTIFICIAL FLAVORS, CARAMEL COLOR, SORBIC ACID AND SODIUM BENZOATE (PRESERVATIVES), SODIUM HEXAMETAPHOSPHATE**

In the list above everything is exactly the same in both syrups. The only difference is that the Lite Syrup does not contain the regular corn syrup. This makes the Lite Syrup more watery which creates the illusion that it is healthier. Nevertheless, it still contains all of the unhealthy ingredients as its predecessor. Buyers beware! There is nothing healthy about a plastic bottle full of chemicals.

These products should be avoided at all cost. The worst thing you can do is get your children addicted to this stuff. High fructose corn syrup is highly addictive. Once your children get hooked they might as well be addicted to crack. An occasional drizzle of real maple syrup over your pancakes and waffles (made with multi grain whole food flours) is okay. However, make sure it is 100% pure maple syrup. When you read the label there should be only one ingredient listed: maple syrup. Maple syrup may cost a little

more than the imitators, but used in moderation you will be consuming a natural ingredient that will not damage your body. The darker grades (Grade B or C) are best. It is very watery because it doesn't have the thickening chemical agents added to the other products. Once you get past the wateriness you will soon realize that it is the real deal and is far superior in taste. Your body will thank you once you change to 100% pure maple syrup. ♦

## Product of the Month

**R**aw Agave Nectar is gaining vast popularity. It was recently mentioned by Oprah Winfrey on her show as the best alternative sweetener. It is harvested from the Agave' Cactus plant of Central Mexico and is very similar to honey. Raw Agave' Nectar has all of its nutrients intact and is a healthy sweetener. The major attribute of Agave' Nectar is that it is very low on the Glycemic Index (32). What this means is that it will not spike your blood sugar levels and crash them like most sweeteners (except Stevia). This slow burning effect will not contribute to pancreas stress which leads to diabetes. It is a great alternative and taste great! It does not crystallize like honey and has a full bodied taste. Its consistency (not as thick as honey) is a great replacement for all recipes such as:



and Kosher, and enhances the taste of a variety of dishes. It comes in different grades and shades.

The lighter grades of Agave Nectar are flavor neutral, enhancing the natural flavors of coffee, tea, fruit beverages, baked goods, fresh fruits, fruit smoothies, salad dressings, jams and jellies, ice cream, yogurts, and various prepared foods, without altering their flavor. This is in marked contrast with bee honey, malt barley syrup, and certain other natural

sugar substitutes that do alter the flavor of the products they sweeten.

The amber and dark grades offer the delicate flavor of Agave with increasing intensity. The amber grade is much like honey and delicious in tea, suitable to sweeten a wide variety of foods, dry and hot cereals, pancakes, waffles, baked goods, protein drinks, and sauces. Heavier sauces such as BBQ, spaghetti, stews and meat glazes may be enhanced by the darker grades of this sweetener which deliver the rich and complex flavors distinctive to Agave.

*Until February 15, Life, Strength and Health will be offering 10% off all sizes of Agave' Nectar purchased from our on-line store. This is a great time for first timers to try Agave' Nectar and others to take advantage of their favorite natural sweetener. When shopping, enter promotion code: **Agave2008** to receive discount!*

- 🌿 In teas
- 🌿 In Coffee
- 🌿 On pancakes and waffles
- 🌿 Dry and hot cereals
- 🌿 Protein drinks and health shakes
- 🌿 Smoothies
- 🌿 Light and heavy sauces  
(from spaghetti to Barbeque sauces).
- 🌿 Baking goods
- 🌿 Any recipe that requires a sweetener

Agave' Nectar is another step forward in improving your health. We have found that most sweeteners available lead to degenerative diseases. Yet, Agave' Nectar is certified organic