



LAWSONHEALTH WELLNESS

Your Health Matters



December 2017

YOUR HEALTH MATTERS

IN THIS ISSUE

The Food-Filled Season

by Dr. Lesa Lawson

The falling, crackling leaves and cooler temperatures speak quite obviously of the change in season. Even if you're living in a warmer state or country (I'm having just a little bit of envy) you might be experiencing the cool difference at night.

When the weather turns cooler, most of us tend to drink less water. The main reason is that we don't feel as thirsty because the water is cold, as are we.

Regardless of the weather, we need to hydrate. Our bodies still need water to function.

Here's a suggestion: drink hot or warm water. Hot water will cause the cells to 'plumb' and thereby inciting thirst. You say, 'But I don't want to revive my thirst.' Actually, you do. Water helps your brain, your joints, heart, and other organs; it even helps to prevent the thickening of the blood, and it flushes the body. Water is also good for the skin.

Below are some tasty and beneficial ways to 'spice up' your drinking water:

Lemon, Cucumber and Mint

Add these to a glass jar and fill with water. Try bruising the mint between your fingers before adding it to the jar. This will intensify out the flavor.

Lemon and Apple cider vinegar

Wash the lemon and slice, adding the unpeeled slices with 2 tablespoons of ACV to your pitcher of water.

Blueberries and Pineapple

Aloe Vera and Lime

Cucumber and Grapefruit

Cinnamon, Apple cider vinegar

Cucumber, Lemon/lime, Ginger, Peppermint leaves, Orange slices



Remedies for Overeating

With the holidays upon us, it's hard not to taste a little of everything... or a lot. Maybe food allergies reared its head and you need help. Learn about some things you can do to alleviate the symptoms.

Page 3



Flavor Food Without Salt

To view column breaks, section breaks, and other formatting marks, on the Home tab, in the Paragraph group, click the paragraph mark icon.

Page #

Flavor Food Without Salt

Adapted from FC&A

Need a low-salt option this season? Try a no-salt option and still get rich flavor and beneficial sodium that your body needs.

- ♣ Use lemon/lime juice on food, instead of salt.
- ♣ Use a readily available salt-free mixture of herbs and spices.
- ♣ Add fruit, such as mandarin oranges or pineapple to chicken dishes.
- ♣ Use raw honey or home-made mustard as a glaze for meat dishes.
- ♣ Use green or red peppers, parsley, paprika, or oregano
- ♣ Use extracts, instead of salt, in baking.
- ♣ Try fruit peels, fresh or dried herbs, and spices.

Picture of trout flavored with parsley, orange slices, and peaches.



LAWSONHEALTH WELLNESS

102 Dry Mill Road; Unit 102
Leesburg, VA 20175
(571) 252-3428

lawsonhealthwellness.com
lawsonhealth@gmail.com



**Alternative medicine with great care.
We'll help you regain your digestive health.**

The Vitamins You Shouldn't Be Without, During Winter



With the onset of winter comes less exposure to sunlight. We don't think much about it but there is a chain reaction that occurs in our bodies when we don't get enough sun and we need to make sure that we remedy it.

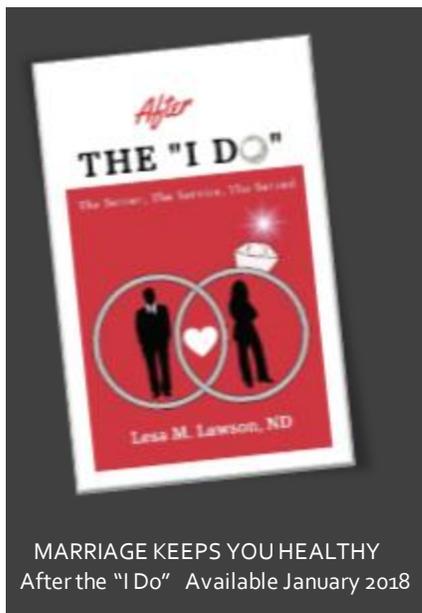
Sunlight, as we know, provides beneficial vitamin D; in fact, sunlight is its best source. Vitamin D helps prevent cognitive decline and mental impairment. It is needed for bone growth and bone restoration. Insufficient vitamin D can cause bones to become thin, brittle, or misshapen, resulting in rickets in children and osteomalacia in adults.

In supplements, the animal version is vitamin D₃ or Cholecalciferol; the plant version is vitamin D₂ or Ergocalciferol.

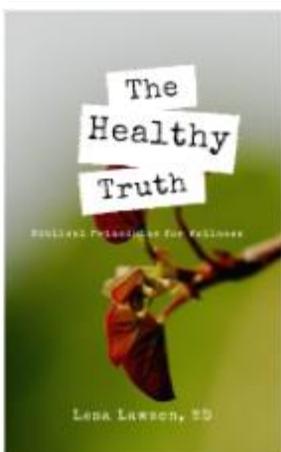
Vitamin D deficiency among adults and children has increased, significantly. While we are all susceptible, those at greater risk for deficiency include infants, the elderly, dark skinned individuals, those with minimal sun exposure, fat malabsorption syndromes, inflammatory bowel diseases, kidney failure, and seizure disorders.

Sources of vitamin D are sunlight, mushrooms, salmon, mackerel, sardines, tuna, eggs, supplements

When vitamin D is low in the body, the calcium levels are also affected.
(continued on page 4)

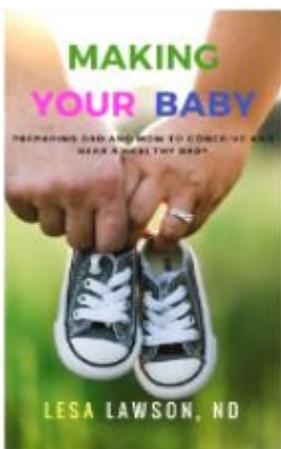


MARRIAGE KEEPS YOU HEALTHY
After the "I Do" Available January 2018



The Healthy Truth

To find the root of our health problems, let's go back to the beginning.



Coming in 2018!

How can dad and mom prepare their bodies to conceive a healthy baby? How do you take care of baby, naturally, after he/she arrives? Wonder no more! Stay tuned for details or contact us to be placed on the expectant list.

FAST FACTS

85% of people in the US are Vit. D Deficient
Half the world's population is vitamin D deficient.

68% of Americans

Don't consume the recommended intake of magnesium.

Remedies for Overeating and Other Food Blues

This time of the year signals the period of celebration, food and drink (we used to call it fun, food, and fellowship when I was younger).

For some, the festivities have already begun, with the influx of candy from Halloween, followed by the turkey, cranberry, stuffing, and macaroni and cheese and other foods of Thanksgiving tradition. Christmas and its corresponding holidays are just a few weeks away but already, people are coming to see me with complaints of stomach aches, indigestion, reflux, lots of burping, distended "big" bellies, constipation, and diarrhea, food allergies, and headaches.

I realize that its' easier said than done to advise you not to overeat and to pay attention to foods that might be causing inflammation or allergies. Even if you are paying attention, there is the added unknown of food dishes brought by other family members and friends – you don't know what's in them.

Some quick tips:

Ginger tea can help with upset stomachs or indigestion. Even chewing on a piece of ginger is good, if you can handle the heat.

Activated charcoal is good to have on hand during the 'high food season', as it can be used in cases of food allergy reactions and, upset stomach.

Bissy (Kola nut) tea: Grate some and keep in an airtight jar. Use ½ - 1 teaspoon to make a tea in cases of food poisoning or food allergy. Don't drink it too late at night, though; Bissy

is a stimulant, like coffee and will keep you awake.

Digestive enzymes and probiotics: These aid digestion in numerous ways. There are countless types and brands on the market. Some are good and some are not. I will share the one I trust and use. Nature's Sunshine offers Food Enzymes and, probiotics. Enzymes help to break down food, so that is not sitting in your digestive tract and causing indigestion. Enzymes, along with probiotics, reduce burping and indigestion. Probiotics help with the replenishing of good bacteria in the gut, which we need.

Colon Hydrotherapy: If you can find a trained therapist, colon hydrotherapy is the best thing that you can do for your body. Perhaps you have overeaten and your food is sitting in your stomach like lead. Perhaps, you have had this problem of 'lead stomach' for a while. If you're having a headache after eating or any of the symptoms mentioned above, a session or two of colon hydrotherapy will make your system right again.

Colon hydrotherapy, also called a colonic, is a gentle, elegant way to wash the colon with warm, purified, water. This will rid your colon or large intestine of all the residue from old food, and take the symptoms along with it.

Dr. Lawson provides colon hydrotherapy at LawsOnHealth Wellness, so if you are feeling out of sorts, come on in and take care of it before Christmas comes and the feeling intensifies.

Here's a [link](#) that explains [how to prepare for colon hydrotherapy](#).

Call now to make your appointment.

This will be the best 45 minutes that you will ever spend on your body.

We are also open on Saturdays.
(571) 252-3428.

Email: lawsonhealth@gmail.com
Website: lawsonhealthwellness.com

The Vitamins You Shouldn't Be Without, in Winter

Vitamin D helps calcium to be absorbed in the gut, the two working together to enable normal mineralization of bone and protecting older adults from osteoporosis.

The mineral, **calcium** is vital to bone health. Calcium also helps maintain heart rhythm, muscle function, and nerves. Some studies suggest that calcium, along with vitamin D, may have benefits beyond bone health: perhaps protecting against cancer, diabetes and high blood pressure, reducing PMS symptoms as well as contributing to the prevention of certain cancers. Calcium with vitamin D, for instance, may help protect against breast cancer in premenopausal women.

Doctors also use calcium to control high levels of magnesium, phosphorus, and potassium in the blood.

Calcium sources: okra, green leafy vegetables, legumes, tofu, molasses, sardines, perch, trout, Chinese cabbage, rhubarb, sesame seeds, dairy (raw, hormone-free, unpasteurized milk)

Calcium and vitamin D work in tandem with magnesium. Every organ in the body needs magnesium to work properly.

Magnesium helps maintain normal muscle and nerve function, keeps the heart rhythm steady, supports a healthy immune system, keeps bones strong, helps regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism. It aids sleep and relaxation and regulates calcium levels. Studies are also emerging about its role in managing cardiovascular disease and diabetes

What foods provide magnesium? Green vegetables such as spinach because chlorophyll contains magnesium (chlorophyll gives green vegetables their color); some beans and peas, nuts, seeds, and unrefined grains. There are five different types of magnesium. The best is magnesium threonate.

Vitamin K2 completes the list, helping to situate calcium into the bone structure, rather than depositing it on the inside of the blood vessels, leading to atherosclerosis.

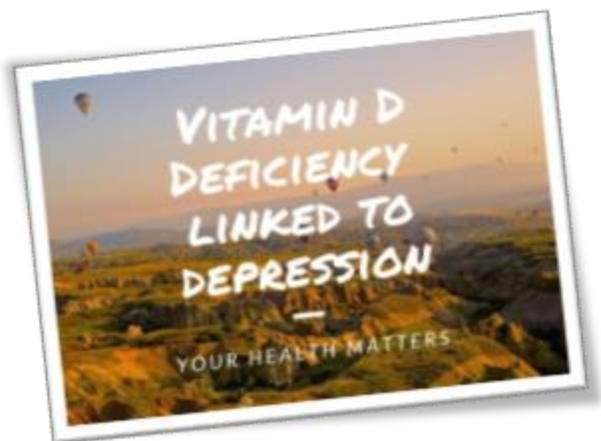
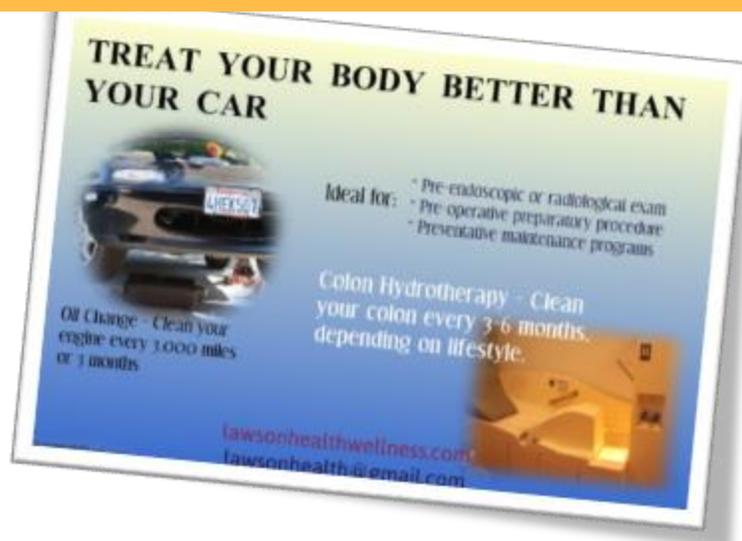
There is also supplementation. Aim for daily intakes of

Vit. D: 4000IU; Calcium: 1,500 mg (pregnant or lactating women) 1,000-1,200 otherwise and men 2000 mg. Magnesium: (400-420 mg for men and 310-320 mg for women);

Where to Find Supplements

All supplements mentioned in this newsletter are available at Nature's Sunshine. Visit www.naturessunshine.com

Want to get 33% discount on your order? Make sure your order is at least \$40, then create an account, instead of purchasing as a guest. You'll need my sponsor number: **794343** get or use my name: Lesa Lawson. That's it!



Become More Healthy!

I will help you shift your focus to develop lifelong healthy habits and a deep understanding of your bio-individual needs. Together, we will work to create lasting changes to your health, energy, and well-being.

Call now. 571-252-3428

LAWSONHEALTH WELLNESS

Services: colon hydrotherapy (colonic); heat lamp therapy (for pain and inflammation), zapping, weight loss/gain programs with metabolic age monitoring.

Addressing stomach issues, constipation, adrenals, blood pressure issues, diabetes, overall health and wellbeing.

OFFICE:

102 Dry Mill Road; Unit 102, Leesburg, VA 20175 Ph: (571) 252-3428. Lawsonhealthwellness.com

My Sweet Crush

by Dr. Elle

It was over! I had gone through the ringer and the withdrawal and now, eighteen months had passed. I was cured! My love affair had ended. I declared it with pride,

“I am no longer addicted to Sugar!”

Sugar had done a number on me for years. Protein was faithful and had been a wonderful friend but I threw him over for Sugar. My sweetie, I thought, was perfect. I was horribly mistaken; Sugar was mean. Sugar hurt me, messed with my mind, wore down my body, constantly gave me colds and the flu, and made me sad.

I couldn't remember the last time that I felt good with my sweet crush. My whites of my eyes were yellowing, and dark circles sat under them like little boats bobbing on an unstable sea.

Now, though, I was free! Yeah! I could stand and speak with integrity, without having to give a disclaimer that went something like, “I'm still working on myself, so I can understand/overlook your faux pas.” No, this was much better. My stomach was flat, my skin was clearing and, thankfully, so was my mind. Life was grand.

Then, I met Carbs.

Carbs was waiting for me when I went on vacation. Carbs, don't you know, is sugar's fraternal twin. They usually run together but sometimes, each takes a turn hiding behind the other, so, most people don't realize that there are two of them. I'm still trying to figure out which one treated me worse.

(to be continued, next issue)

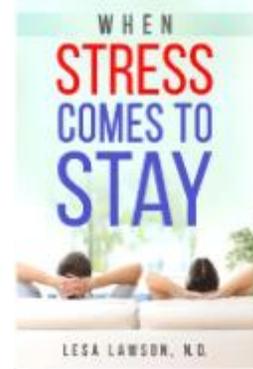
What can you make with these for the holidays?

Let us know on Facebook



Pictured: carrots, kale, walnuts, tomatoes, cabbages, cauliflower, celery, Brussels sprouts, pumpkin, tangerine, broccoli, chickpeas

OTHER BOOKS BY DR. LAWSON



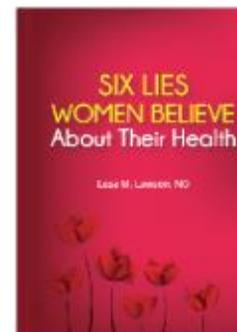
When Stress Comes to Stay

Learn how to handle stress before it handles you. Available on Amazon.com



Wind of Change

Poetry devotional. No step program; just thoughts for you to ponder and pray about. Available December 29.



Six Lies Women Believe

- Explode the myth that you have to live on medications for the rest of your life
- Challenge the belief that poor health comes naturally with old age
- Show all women why we have embraced lies that keep us bound and ill for years, and how to stop teaching those lies to our children

Available on Amazon.com

Fingertip Herbs, Launching in 2018

Herbs selected with care, ground with precision, and packaged with pride; shipped right to your door or available in office at LawsOnHealth Wellness. Fingertip Herbs has long been a dream of Dr. Lawson's and now, she is bringing those herbs to you.

- ♣ Moringa Blend
- ♣ Diabetes Blend
- ♣ Candida Crusher
- ♣ Gentle Clean
- ♣ Cholest Check



These are just some of the herb combinations that Fingertip Herbs provides.

LawsOnHealth Wellness

Your Health Matters

102 Dry Mill Road; Unit 102
Leesburg, VA 20175

(571) 252-3428
LawsOnHealthWellness.com

You are worth the time, the attention,
and great health.

Supplements

Which ones to take?
What brand? How many?

Let your Personal
Health Shopper help

**Dr. Lawson
takes the confusion
out of it all**

We'll take the hassle, the
guesswork, the research, and
the ordering away from you.

Use our pay-as-needed
service or pay a one-time
fee for service all year long.

What a relief!



Contact us: lawsOnHealthWellness.com or
571 252 3428

ProteinWall.com