

FEBRUARY NEWSLETTER

GIVING OUR BODIES THE QUALITY OF FOOD THAT THEY DESIRE

In February we celebrate our feelings. One of my favorite holidays is Valentines day because it give us a special reason for showing our feelings of love to those that are close to our hearts. Along with our hearts, it has often been said that our intestinal area is our emotional area. Our bodies often have a tendency to store our emotions there. As we show love to others, it is a good time to consider showing love and honor to our bodies. Our bodies are a great gift that we have been given. They were created to be in a state of health and will be. most often, as we live the truths that govern optimal health.

Many of us, also, at this time of year, have made a renewed new years commitment to get back "in shape". We often carry many extra pounds in our intestinal area alone because of many stored emotions...emotions that we just do not want to, subconsciously, let go of.

From my experience and from what I have observed and believe, I am totally convinced that as we give our bodies the **QUALITY** of food that they desire, they will take care of the **QUANTITY**. I have actually watched excess pounds as they have seemed to just melt off of bodies as the body becomes satisfied and balanced. And amazingly enough, if a person has had a tendency to be underweight, their bodies begin to be restored to their optimal weight. It is fascinating to observe complexions clear and eyes begin to sparkle as bodies become nourished!

As my daughter and I studied at the ANN WIGMORE natural health institute, we saw amazing changes in many of the people around us as we experienced the **LIVING FOOD** lifestyle there. The **LIVING FOOD LIFESTYLE** consists of fresh, living with enzymes, vegan, and mostly organic ... highly assimilatable and easy to digest foods, such as energy soup, wheatgrass juice and implants, blended, and many fermented foods, such as rejuvelac, saurkraut, and seed cheeses. We associated with many who were very successfully healing from very serious dis-eases. As you may already be aware...most all diseases are caused from one of two very basic causes which are either a **DEFFICIENCY** or a **TOXICITY**. The first cause is created by a lack of our bodies to **ASSIMILATE** what they need, and the second cause stems from an inability to rid our bodies, or **ELIMINATE** the things that our body does not thrive on.

Both of these causes originate in the digestive system. Most often, any disease will be proceeded by a problem in the digestive area. Most allergies are caused by undigested protein molecules. As we clear our intestinal area of the trapped and unwanted debris, called mucoid plaque, our intestinal villi are again allowed to do their work to absorb the nutrients that our bodies need to function at their optimal levels.

Wheatgrass juices, along with food and juices that are rich in chlorophyll are like intestinal brooms. Chloropyll is like liquid oxygen, it is energy from the sun. Diseases don't do well in the presence of oxygen. The more oxygen present, the more alkaline are bodies are.

As we apply these principles, and give our bodies these nutrient rich foods, I firmly believe that we will begin to regain, or retain, the VITALITY we were originally created to enjoy.

For further information on these topics, contact jaylene.vitalityfood@gmail.com or sign up for an upcoming class.

GREEN DRINK

6 stalks celery
1 cucumber
large handful sunflower sprouts
large handful buckwheat lettuce
1/2 lemon, peeled
1/4 inch piece of ginger

Juice all ingredients. (a Green Power juicer works great, minimizing the oxidation of the cells)

This is a cleansing, alkalizing morning drink