

God's Natural Healing Way Ministries, Inc.

January 2012 Newsletter



Fighting the Winter Blues

Holiday seasons remind us of the blessings in our lives. However, they also amplify the negative feelings associated with this “sensitive” time of year.

This can lead to stressful emotional situations, as well as anxiety and depression. These factors can lead to over-eating, oversleeping and under-exercising; all of which can exacerbate de-

pression.

According to Professional Complementary Health Formulas, Inc., The majority of today’s medical community relies mostly on drugs in an effort to try to resolve the problems with mental and emotional health issues.

Perhaps some of the drug solutions that psychiatric care provides today will be

considered barbaric in the near future. Simply masking symptoms with petroleum-based drugs is not a solution.

This edition of the newsletter is centered on viable solutions for helping each of us get through the “Winter Blues,” naturally and healthily.

Stay positive and eat healthy for a great start in 2012!

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Walkin in a Winter Wonderland

According to ArthritisToday.org walking in the winter air can have very positive benefits:

Keep bones strong. Like bears, people tend to hibernate during the winter and, as a result, get too little sunlight, explains Lynn Millar, PhD, a physical therapist and professor at Andrews University in Barrien Springs, Mich. That’s too bad for bones. Sun exposure triggers vitamin D production in the skin, and bones need the “sunshine vitamin” to make the body absorb bone-strengthening calcium properly. Not getting outside during winter months slows down production and decreases the body’s store of vitamin D. “Vitamin D is important for keeping bones strong; it’s particularly important for people

with arthritis who take corticosteroids, because they have an increased risk of brittle bones,” says Millar. Going for a winter walk and getting 15 minutes of sun on your face and hands two to three times per week should suffice for getting enough sun for vitamin D production.

Improve mood. Sunlight and just being outdoors can do wonders for lifting your mood, says Millar. Spending time with friends walking can have positive effects on mood and decrease pain. A University of Washington in Seattle study of 112 women aged 19 to 78 shows that women who took a brisk, outdoor walk for 20 minutes daily had better mood, higher self-esteem and an improved sense of well-being at the end of the eight-week study.

Winter walking could provide an effective, easy-to-stick-with therapy for mild-to-moderate depression, say the researchers, especially for those who experience side effects from prescription treatment options.

Motivate. You are more likely to complete a workout on a walking route if you walk outdoors, simply because you need to return home or to your car, says Millar. On a treadmill, however, you can hit ‘stop’ as soon as boredom strikes.

Burn calories. Outdoor walking through the park or around the neighborhood on a cold day won’t burn any more calories than walking on a warm summer day, but walking in the snow will. “You expend more energy because it’s harder to move your feet in the snow, and you lift your legs a little higher,” she explains.

Going Green Tip

- To conserve water, scrape dirty dishes clean, instead of rinsing them, before putting them in the dishwasher.
- Make sure your home’s ductwork is in good condition and properly sealed to stay warmer and conserve energy.
- Turn lights OFF in empty rooms!



“One of the most tragic things that I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon-instead of enjoying the roses blooming outside our windows today.”

-Dale Carnegie

Depression

Information from: *The Complete Encyclopedia of Natural Healing Revised and Updated*, by Gary Null, Ph.D.

There is virtually no person who is immune to depression. Becoming depressed is a normal response to certain situations that arise as part of our daily lives. However, when low or blue feelings hinder our normal functioning in society for an extended amount of time, they can be classified as a clinical depression requiring some type of treatment. The incidence of depression has risen dramatically over the past seven years; the condition affects over 30 million Americans. Its impact can range from mild-suggesting that the affected individual has the ability to defeat the illness through a variety of self-care techniques-to severe, a state that requires attention from a trained medical professional.

Depression can actually be classified as one of the three types:

Reactive Depression is a consequence of a painful or anxiety-producing incident, such as the death of a loved one, the loss of a job, or an illness, or family or relationship crisis. This is the most common type of depressive disorder, one that can affect anyone at any time of his or her life. A person suffering from a reactive depression generally displays a loss of interest in those things that used to provide pleasure, but is usually still able to function at a basic level.

A **Physically –based Depression** originates from an imbalance of chemicals in the brain. This type of depression tends to affect people after midlife, although this is by no means always the case. There may

be a genetic predisposition to this type of illness. It is characterized by a severe loss of interest or pleasure in almost everything, and the condition has the capacity to negatively impact normal everyday functioning in a significant way.

The last major type of depression, also physically based, is **Manic Depression**. This is manifested as severe mood swings. A person with manic depression will fluctuate between periods of extreme energy and vivacity and those of complete hopelessness. Regardless of how the disease originates, the way it manifests itself, or the degree of severity, depression should generally be considered both a mind and body disorder. Both realms should certainly be addressed when planning treatment.

Ways to beat the blues:

- Walk outside for at least 20 minutes every day. This activity is great exercise and it will also expose you to necessary sunlight. If the weather doesn't permit, get up and move around your house. Walk to each and every window and look at the view. Vacuum or chose a room to clean. This will kill two birds with one stone.
 - Call a friend who likes to chat. Speaking with someone else will remind you that A) You
- are not alone; B) They may need the communication as much as you do.
 - Drink a glass of water. As simple as it sounds water is good for suppressing your appetite and hydrating your body.
 - **MAKE A PLAN!** Having something to look forward to should give you some enthusiasm and an energy boost. Plan a potluck with friends or family. Make a date with your significant other or friends. Go out to dinner, hit the after-Christmas or white sales, or go see a funny movie.
 - Start getting ready for Spring. Clean the inside of the windows, wash all the linens, go through your closets and make a trip to Goodwill to donate your unwanted/unneeded items.
 - Make someone's day brighter by doing something thoughtful for him or her.
 - Read that book that you have been meaning to read.
 - Don't forget to take your remedies!

Disclaimer: Note: Depression is a serious condition. If you experience depression that interferes with your daily life, please seek professional help and do not try to treat yourself. Please discuss any new therapy or supplement with your practitioner before starting. Please also be aware that none of these statements were evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any illness. Free Online OCR <http://www.newocr.com>.

Foods That Boost Your Mood

Neither stress nor holiday weight gain need ruin your winter this year. Here are tips about eating habits and foods that can boost your mood when a stressful situation strikes. You'll feel calmer – and be trimmer -- throughout the winter season.

How Blood Sugar Alters Your Mood

The best way to cope with stress is to keep your mood and energy stable. You'll not only feel better, but will be much less likely to overeat.

"Choosing foods that your body absorbs slowly keeps blood sugar steady, maintaining your feelings on an even keel," says Elizabeth Somer, RD, author of *Food & Mood*. Slow-digesting foods include whole-grain cereal with milk, brown rice with salmon or chicken breast, a peanut butter sandwich on whole-wheat bread, or a spinach salad and half a turkey sandwich with milk. You want to eat either quality carbohydrates or carbohydrates mixed with protein, she says.

Foods that absorb quickly, such as sugar, white bread, or anything refined, spike blood sugar high; then cause it to suddenly crash. After a crash, you'll feel crabby and hungry, and end up grabbing chocolate bars or candy -- setting yourself up for yet another blood sugar dive, Somer says.

Boost Your Mood With Feel-Good Serotonin

High-protein diets may help you drop pounds, but they won't do much to raise your spirits. That's because your body craves serotonin, the feel-good chemical found in foods that boost your mood.

"Carbohydrates are essential for moving tryptophan (the amino acid that makes up serotonin) across the brain," says Susan M. Kleiner, PhD, RD, co-author of *The Good Mood Diet*. When your blood sugar drops, less carbohydrate is available in the bloodstream; less tryptophan moves across into the brain and your mood can plummet.

Serotonin fights winter weight gain, too. "It tells you when you've had enough by causing satiety (a feeling of fullness) and reducing your appetite," says Judith J. Wurtman, PhD, co-author of *The Serotonin Power Diet*.

Nix Stress-Induced Mood Swings

Although experts generally advise avoiding simple carbs, afternoon mood swings beg for fast fixes. "If you feel grumpy in the afternoon, eat only carbohydrates," Somer says. Eating protein with carbs blocks serotonin production, while high-fat foods keep digestion slow. Wurtman agrees.

"Bingeing on simple carbohydrates is your body's natural way of dealing with stress -- but you can't include protein or fat." Wurtman recommends trying low-fat foods with carbs such as a baked potato, graham crackers, popcorn, pretzels, or low-fat cereal, which is also loaded with healthy fiber.

Food and Diet Tips to Keep Your Mood Stable

Omega-3 fatty acids: Good sources of omega-3 fatty acids include fatty fish such as salmon, tuna, mackerel, and sardines. Other good food sources include flaxseed, nuts, and dark, green leafy vegetables.

Vitamin B-12: Good food sources of vitamin B-12 include lean and low-fat animal products, such as fish & low-fat dairy foods.

Selenium: Preliminary small studies indicate that selenium may help improve mild depression. Many foods rich in selenium are healthy regardless of your mood. It can't hurt to add these to your diet: seafood, nuts, lean meat, whole grains, beans, and low-fat dairy.

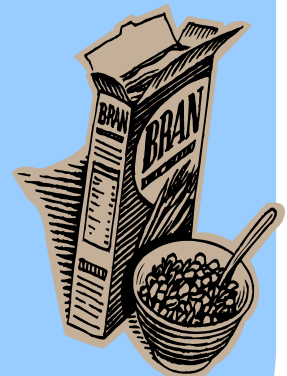
Frequent small meals: Eating frequent, small meals of healthy foods helps keep your blood sugar levels even, avoiding diet-related mood swings. Eat a small meal or snack every three to four hours to give you sustained energy and keep your blood sugar stable.

Eat breakfast! Breakfast-eaters report maintaining a better mood and more energy throughout the day, studies show.

Drink water: "The first symptom of dehydration is fatigue," says Somer. Down a glass or two of water; then see if you're still hungry. Not drinking enough water is the first thing that will impact your mood, Kleiner tells WebMD. "Without it, you won't be able to exercise at peak levels, and you won't burn fat as readily."

Drink nonfat milk: "It has the tryptophan you need for your brain, plus the natural carbohydrate that assists its transport," Kleiner says.

"Alter your eating habits, and you'll notice a change within just two weeks," Somer says. "Your body will reward you with more energy, and your mind with a calmer, positive, more stable mood."





Historical Uses of Natural Herbs

According to Genesis 2:7, God formed our physical body from the ground (soil) and He breathed into man the “breath of life,” or man’s spirit and that man became a living soul (mind) with a physical body. From this, we believe that man’s spirit (which comes directly from God) creates a vital force that gives us life and keeps us alive. This life force, although perhaps called by different names, is found in every culture throughout the world. We now understand that this life force is an energy that exerts unique and different subtle energies on every organ, gland and system causing each one of them to be unique.

And although our vital forces can be used to heal ourselves, natural herbs can be added to remedies to aide our vital forces in self-healing. The list below is the second installment of natural herbs; the first list is on Pages 4 & 5 of the December 2011, God’s Natural Healing Way Newsletter. Look for future installments as the more knowledge we have of these Natural Herbs, the more we will understand the healing process.

Visit
NaturalPedia.com
 for Knowledge of
 the World.
 Naturally.

- **Algin**-Good for detoxification, absorbs heavy metals such as lead cadmium,. is able to remove any radiation from the body.
- **Aloe Vera**-(Freeze-Dried)-Great for digestion, hemorrhoids, ulcers, and is a nutrient.
- **Black Cohosh**-Is used for female estrogen, menstrual cramps, high blood pressure, spinal meningitis, poisonous bites, relieves childbirth pain at delivery.
- **Black Walnut**-Cleanses parasites, TB, expels tapeworms, and diarrhea.
- **Blessed Thistle**-Strengthens the heart and lungs, takes oxygen to the brain.
- **Buckthorn**– Used to cure rheumatism, gout, dropsy, skin disease.
- **Burdock**-Blood purifier, diuretic.
- **Cascara Sagrada**-Used for chronic constipation, gallstones, and increase secretion of bile.
- **Chaparral**-Cleanser that is good for arthritis, blood purification, acne and boils.
- **Comfrey Root**-Blood cleanser, and good for ulcers, stomach, kidneys, and bowel.
- **Cornsilk**-Used for kidney and bladder problems, prostate gland and painful urination
- **Fenugreek**-Used for healing, fevers, & lubricating the intestines, useful for the eyes.

Historical Uses of Natural Herbs

- **Garlic**-Used to emulsify cholesterol and loosen it from the arterial walls. Effective in arresting intestinal putrefaction and infection.
- **Glucomannan**-Used to reduce the appetite if taken before meals.
- **Gotu Kola**-Good for mental troubles, blood pressure, energy, depression, longevity. It strengthens the heart, memory and brain.
- **Grapevine**-Used to combat the affects of exposure to smog. Also a diuretic.
- **Hops**-Great for insomnia, restlessness, shock, and it decreases the desire for alcohol.
- **Horsetail**-Used as a diuretic, heavy in silica, helps with kidney stones.
- **Mullein**-Used for breathing problems, hay fever, pain, and glandular swelling.
- **Parsley**-High in vitamin B and potassium, also contains a substance in which timorous cells cannot multiply.
- **Pau D'Arco**-A strong blood cleanser, also used for all kinds of tumors and liver problems.
- **Psyllium**-Excellent colon cleanser and anti-intoxication.
- **Red Raspberry**-Good for dysentery, diarrhea,. It strengthens uterine walls prior to giving birth.
- **Safflowers**-Natural hydrochloric acid (utilizes sugars of fruits and oils), neutralizes uric acid, gout, hypo- and hyperglycemia..
- **Sarsaparilla**-Male hormone, used for rheumatism, gout, psoriasis, and as a antidote for poison.
- **Saw Palmetto**-Used for alcoholism, asthma, bladder problems, colds, bronchitis, diabetes, frigidity and prostate issues. Helps underweight people gain weight and has also been used to help enlarge small breasts.
- **Skullcap**-A nerve tonic. Also used to combat rabies, hysteria, migraines.
- **Slippery Elm**-Used to heal inflamed mucous membrane of the stomach, bowels, and kidneys.
- **Spirulina**-High in protein and B-12. Used for energy, hypoglycemia, diabetes, weight control.
- **Uva Ursi**-Good for diabetes, kidney, hemorrhoids, spleen, liver, pancreas, gonorrhea.
- **Valerian Root**-Used for nervous disorders, muscle twitching, spasms, and promotes sleep.
- **Wood Betony**-Good for indigestion, stomach cramps, worms, jaundice, and Parkinson's disease.
- **Yarrow**-Used for diarrhea, has soothing and healing action on mucous membranes.



"To the uninformed, naturopathic medicine, as well as the entire concept of natural medicine, appears to be a fad that will soon pass away. To the informed, however, it is quite clear that naturopathic medicine is at the forefront of the future."

*-Michael Murray,
N.D.*



**JANUARY 2012
NEWSLETTER**

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The new website is
here!

Visit us at:

Godsnaturalmedicine.com

January's Bounty

Not only is salmon a great mood booster, it has many nutrients. This recipe for Northwest Salmon Chowder is straight out of Marie's kitchen and a delectable way to stay warm & healthy!

Northwest Salmon Chowder

Ingredients

- ½ Cup each of Celery, Onion & Green Pepper; chopped
- 1 Garlic Clove, minced
- 3 Tbsp. Butter
- 14-1/2 oz. can of Chicken Broth (organic, No MSG)
- 1 Cup Potatoes; uncooked, peeled & diced
- 1 Cup Carrots; shredded
- 1-1/2 Tsp. Salt
- ½ Tsp. Pepper
- ¼-3/4 Tsp. Dill Weed
- 14-3/4 oz. can of Corn; cream style
- 2 cups Half and Half
- 1-3/4 to 2 cups Salmon, fully cooked chunks or 14-3/4 oz. can Salmon; drained

Directions

1. Sauté celery, onion, green pepper and garlic in butter until vegetables are tender.
2. Add broth, potatoes, carrots, salt, pepper, dill and salmon; bring to a boil.
3. Reduce heat, cover and simmer for 40 minutes or until the vegetables are nearly tender.



Medicine the Way God Intended It!

Marie's Journey



As Marie brings in the new year with a huge sense of fulfillment for completing her Naturopathic Doctorate and her many other accomplishments in 2011, she is looking ahead to 2012 with high hopes for her personal well-being and success with her practice.

To further enhance her education and knowledge,

she is headed to Atlanta February 10-13th for a Muscle Testing Workshop.

She is very excited about this workshop, as it will benefit our good health!

She will also attend yet-to-be-determined Continuing Education classes in 2012 to maintain her CNHP (Certified Natural Health Professionals) certification.

As we move into 2012 with high expectations for our own health and well-being, please always keep Marie in your thoughts and prayers. She is continuing her journey with commendable determination without her beloved Larry and she needs everyone's support to keep forging ahead for our good health. Happy New Year!



My prayers are with each and every one of you at the start of this New Year. I am looking forward to a wonderful year of great health and personal accomplishments.. God Bless.

Marie Tillman

Marie is now proud to offer a new line of all natural, pure bath products. Each is made from all natural products and have soothing and rejuvenating qualities. Each is made with essential oils which produce different healing properties. And they smell delicious enough to eat! We have a some Christmas stock left, but be sure to look for new and wonderful flavors in time for Valentines Day!

Candy Cane Bath Salts \$6.00



Few scents are as distinctly tantalizing as the cooling, minty vibrancy of Peppermint. Add 4 table-spoons to your bath water for a relaxing, refreshing, rejuvenating lift to your mind, body and spirit. Close your eyes, relax, and soak for at least 15 minutes. Candy Cane Bath Salts are great for circulation and the nervous system.



Gingerbread Body Scrub \$6.00



Give in to pure aromatic temptation and entice your senses with the rejuvenating sensuality of Gingerbread Body Scrub. Ginger is celebrated for its warm, lively aroma and brings on nostalgic feelings of the Holidays. Use this scrub on your entire body during your daily shower; then rinse. Proceed with your regular soap. This scrub can be soothing when massaged into overworked muscles, and is wonderful for respiratory health.



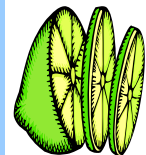
Lemon Salt Hand & Foot Scrub \$6.00



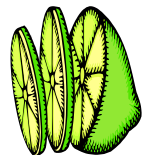
Arouse your senses with the cleansing, energizing, and purifying freshness of Lemon Salt Hand & Foot Scrub. Treasured for its sweetly mild, citrusy fragrance, Lemon Salt should be applied to your hands and feet during your daily shower to soften and smooth rough and/or dry skin.



Lime Body Scrub \$6.00



Weave harmony into your often-hectic days with the stimulating, cleansing, brisk, and balancing freshness of Lime. Beloved for its mild, yet zesty citrus aroma, Lime Body Scrub can be used on your entire body during your daily shower. Rub into your joints to soothe, invigorate, and comfort.



January Activity Page

Unique Winter Activities To Beat Winter Blues

* **Make REAL Hot Chocolate**

Forget powder from a packet! Homemade hot chocolate is a kid crowd-pleaser and much easier to make than you may think! All you need is milk, semi-sweet chocolate (regular candy bars will not work), sugar, cinnamon, and one egg. Gather up the kids for a warm cup of cocoa and take the time to have a talk as a family.

* **Build An Indoor Fort**

Bring adventure indoors with blankets, pillows, tablecloths, and chairs! You can use anything to make an indoor fort and kids love the idea of having their own space to transform into a clubhouse or secret hideaway. The easiest way to start is by draping a large blanket or two over your kitchen table. Add more space by using chairs or boxes. Construction of the fort is half the fun so let the kids throw in their ideas and start building!

* **Write A Family Storybook**

This activity is all about creativity. Let your little ones illustrate and write their own storybook using their family members as the main characters. Begin by either typing the story for your kids on the computer while they tell it to you or by letting them write it on paper. To avoid any bickering over the plot, split the book into parts and let each child decide what goes on in their portion of the story. After the story is written, give them plenty of utensils and paper to illustrate their story. Have a big finale reading of the story book after dinner in front of the whole family. For an extra special treat you could even have it bound at a printing shop (plastic binding is usually inexpensive).

* **Make A Snow Globe**

Snow globes are a classic symbol of winter and they're surprisingly easy to make. You can use any type of jar you may have as your base for the globe. Have your kids choose a figurine to feature in their globe before you get started. They'll need parental supervision for this activity so plan to get creative and crafty together! Follow this link for the [full instructions](#) for making snow globes.



Color the Skaters