

INSPIRE

“Sometimes our fate resembles a fruit tree in winter. Who would think that those branches would turn green again and blossom, but we hope it, we know it.”

- Johann Wolfgang von Goethe

A Quarterly Newsletter

Issue N° 2 — Winter 2011

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THE WINTER BLUES

FEEL BETTER DURING THE WINTER

Wintertime depression and fatigue plague many and can last for a few days or throughout the winter season. For some, the symptoms are mild and for others, the dark months of winter can be extremely troubling. Here are a few suggestions to help you through wintertime misery:

1 | EXERCISE

Exercise improves your mood and reduces stress by increasing Serotonin levels. Recent studies have shown that

one-hour of outdoor exercise had the same benefits as 2.5 hours of blue light treatment indoors. Running, briskly walking, skiing, sled-

ding and even enjoying a snowball fight have all proven to help sufferers of the blues.

If inclement weather prevents outdoor activities, then keep moving indoors. Doing chores, exercising with home equipment (treadmill or stationary bike), all help to get natural Serotonin levels higher.

2 | DIET



Winter months can create an urge to indulge in high-sugar or comfort foods that may provide a quick burst of energy that fades rapidly and increases fatigue. In an attempt to maintain energy, some can overeat and gain weight. Rather than breads and pasta, try eating natural or complex carbohydrates such as whole grains, potatoes, root vegetables, oatmeal, fruit and vegetables.

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3 | AROMATHERAPY



Aromatherapy are essential oils that can be used as bath salts or oils, candles or applied oils for cleansing and calming, but also for balancing thoughts and emotions. In the dark days of winter these oils are generally regarded as being uplifting and may be useful to improve mood:

- Bergamot (Citrus Aurantium)
- Cedarwood, Atlas (Cedrus Atlantica)
- Chamomile (Chamaemelum Nobile)
- Geranium (Pelargonium Graveolens)
- Hellchrysum or Immortelle
- Jasmine (Jasminum Officinale)
- Lavender (Lavandula Augstifolia)
- Neroll (Citrus Aurantium Bigaradia)
- Peppermint (Mentha Piperita)
- Rose (Rosa Damascena)
- Sandalwood (Santalum Album)
- Ylang Ylang (Cananga Odorata)

[\(Cont. page 2\)](#)

A NOTE FROM THE CO-FOUNDER

GETTING WELL

My journey to recover my health from near death took time. I started from an extremely low point after three-dozen surgeries, mercury toxicity and a cold-turkey withdrawal from nearly 1000 pills a month - all left my immune system extremely weak. My pain was excruciating and reoccurring bouts of bronchitis and pneumonia were a common occurrence during my first year of recovery. I slept poorly and had continual eye infections as well as asthma and allergies. I felt fragile and although my spirit was strong, I had neglected my body for decades and therefore had much healing to do.

I learned patience and dedication in the healing process. I used various nutraceuticals, organic foods and specialized physical therapy to augment healing. I learned to identify what helped and hindered my progress and to devote tremendous care to nurturing my body back to a state of health. And I learned that attitude is everything on the path to healing.

We all face challenges in life and our suffering does have merit as we are given an opportunity to grow from each experience. But our willingness to accept responsibility and choose not to remain a victim is critical to growth. We rarely decline overnight, and thus developing a readiness to devote time and energy to healing is paramount. For those of us who have spent years on pills, we must learn to rethink our approach to wellness, as we've already learned that instantaneous methods to ease symptoms were not worth the price we paid.

I never lost sight of how horribly I deteriorated and each step toward healing filled me with gratitude. The length of time it took me to recover was not wasted - I learned to cherish the small steps while my body was recovering, and to instill measures that would ensure I never returned to my state of decline.

I also never forgot the words of John Newton, "I AM NOT WHAT I OUGHT TO BE. I AM NOT WHAT I WANT TO BE. I AM NOT WHAT I HOPE TO BE. BUT STILL, I AM NOT WHAT I USED TO BE."

(Cont. from page 1)

4 | VITAMIN D3 / LIGHT THERAPY



Depression and lack of energy caused by the winter blues can lower the immune system and leave one exposed to colds and flu. As the sun rises in the morning, the light makes its way through our eyelids and is recognized by the pineal gland. This gland also excretes Melatonin and Serotonin, and both play a role in sleep and depression.

Melatonin is the hormone that our body produces to help us sleep, while Serotonin regulates mood and also energy. Both Serotonin and Melatonin assist in managing important aspects of our physiology, immunity, digestion, pain, sleep/wake cycle, body temperature, blood clotting, blood pressure and our daily body rhythms.

The shortage of light also affects our hormonal balance, which is why it's important to supplement with Vitamin D3 or utilize light therapy.

LIGHT THERAPY: The use of light boxes is a simple way to receive a similar effect to the sun's natural light. When emitting high intensities of light of 2,500 to 10,000 lux (the measurement of illumination), light boxes can improve mood. Full spectrum light is not necessary since intensity is the critical factor, yet a balanced-spectrum light minus the UV-B emissions is considered ideal and very comfortable on the eyes. A light box is placed on a table in front of the user at a desired intensity for approximately 15 minutes to an hour.

VITAMIN D3: Vitamin D supplements are an inexpensive way to ensure that you're obtaining adequate levels of this multi-beneficial vitamin. 1000 - 3000 iu of D3 (cholecalciferol) daily is what the body manufactures with sunlight, and cholecalciferol is the form most efficient for the body's needs.

For most of us, winter is difficult to escape, so it's important to take care of yourself mentally and physically. Keep moving, eat healthy and lift your spirits, because spring and summer always return. And if at all possible, escape for a vacation to a warm weather climate.

HOME REMEDIES FOR THE COMMON COLD - DO THEY WORK? YOU DECIDE.

**Use caution if taking medications.*

1 HEADACHES

- Drink lots of water
- Turn down the lights
- Eat peanut butter
- Apple cider vinegar, honey, ½ cup hot water
- Tiger Balm rubbed on temples for headache
- Potassium

SORE THROAT

- Gargling vinegar
- Gargling warm salt water
- Cup of hot water with honey & lemon

3 COUGH

- Tea w/Aloe juice, honey & water
- 1 tablespoon lukewarm honey w/ 1/4 teaspoon cinnamon powder for 3 days
- Zinc and selenium
- Olive Oil w/ 1-2 drops of Oregano Oil rubbed on feet. Cover with socks.

EAR ACHES

- Warm sweet mineral oil - 1-2 drops
- Warm compress
- Vinegar & rubbing alcohol - 1-2 drops
- Goldenseal in Olive Oil - equal parts 1-2 drops

5 STUFFY NOSE & CONGESTION

- Peppermint lozenges
- Wasabi
- Jalapenos
- Humidifier w/ a drop of eucalyptus oil
- Massage chest w/lavender oil, camphor & olive oil
- Cover your head with a cloth & bend over a container of hot water to inhale the steam. Can add a few drops of eucalyptus oil to the water.
- Drink lots of liquids, especially water
- Netti Pot

6 SINUSES

- Cayenne pepper
- 1 Tbsp honey with 1/4 teaspoon cinnamon powder daily for 3 days

DIARRHEA

- Activated charcoal
- Buttermilk
- Ginger

8 NAUSEA

- non-carbonated syrup
- ginger
- peppermint or chamomile tea
- boiled rice water
- 1 Tbsp of honey with cinnamon powder

Alesandra Rain, co-founder



DEHYDRATION

THE IMPORTANCE OF WATER



The human body is 55%-75% water and needs adequate hydration to survive. Every function of the body requires sufficient water to perform properly, and that includes the brain.

Did you know that?

- The Brain is over 76% water
- Muscles contain 75% water
- Blood that transports nutrients is 82% water
- Lungs are over 90% water
- Bones are 25% water
- Depression and Insomnia can both be caused by dehydration as lack of water interferes with the transport of Tryptophan (a precursor to Serotonin and Melatonin) across the blood-brain barrier. In states of dehydration the liver uses more Tryptophan as an antioxidant, thus causing a shortage for the production of Serotonin.

Elevated Cholesterol is often related to chronic dehydration. When the inner environment of cells starts to dry out, the cell membranes begin to seal off to prevent further loss of water. This defense mechanism causes the liver to produce more cholesterol, a waxy substance to 'waterproof' the membranes.

Inadequate hydration allows wastes and toxins to build and can cause the following:

- Insomnia
- Lower back pain
- Diabetes
- Chronic fatigue
- Headaches/migraines
- Asthma
- Colitis
- Allergies
- Rheumatoid arthritis
- High blood pressure
- Depression
- High cholesterol
- Neck pain

Water not only assists the body in removing toxins, but also:

- Cushions the joints
- Protects tissues & spinal cord
- Regulating body temperature
- Assists in normal sleep patterns
- Lowers Cholesterol
- Eases Pain
- Increases Metabolism

It is estimated that 75% of Americans are chronically dehydrated, but this trend is increasing worldwide. Dehydration contributes to weight gain as the thirst mechanism is often mistaken for hunger. Additionally, the body compensates for this lack of water by producing water-conserving chemicals, including histamine. This reduces water loss but can also

trigger allergies and respiratory problems such as asthma.

The brain is particularly susceptible to dehydration, and inadequate water will lower mental ability tremendously. As dehydration continues, memory problems ensue as does confusion, lethargy, and irritability, fatigue, insomnia, and headaches including migraines. The brain works 24 hours a day and requires more water than any other area of the body. Under normal conditions, the brain contains 20% of the total blood circulating through the body, and without adequate water, brain function diminishes.

Lean people have more water in their bodies because muscle holds more water than fat. The lungs expel 2-4 cups of water daily through normal breathing, but this amount increases during cold temperatures so its essential to consume more water in the winter months. Normal perspiration (not including exercise-induced sweating), urination and bowel movements account for another 4-6 cups lost daily.

We lose water throughout the day through our bodily functions, therefore it is critical to replenish by drinking ½ your body weight in ounces of water. For example, a 200 lb. individual requires a minimum of 100 ounces of water per day. Our health is dependent on adequate supplies of water. **So Drink Up!**



OUR IMMUNE SYSTEM

THE DEFENDERS OF OUR HEALTH

The immune system is a complex and exquisite mechanism that defends our body against millions of bacteria, microbes, viruses, toxins and parasites. This intricate system developed over millions of years to its sophisticated state, and to understand immune health, it helps to first understand the immune response.

Before a harmful microorganism can enter the body, it must pass some natural barriers that work as our sentries. For instance, in the respiratory tract, cilia are fine hair-like projections that are in constant motion to prevent contaminants from lodging in the lungs. Both saliva and stomach acid also provide an unwelcome environment for disease-causing agents, and the gastrointestinal tract is a prominent part of the immune system (70%), and is estimated to have a surface area the size of a football field. The low pH environment is fatal to many hostile microorganisms that enter it and the enzymes produced in the gut region are instrumental in detoxification of pathogens. The healthy bacteria are engaged in a dynamic interaction with the immune system and trigger the development of key immune cells. There is more and more evidence that gut flora has a tremendously important influence on human health, and poor diet, stress, drugs and antibiotics all damage this critical environment, leaving us susceptible to infections.

If a virus or bacteria does penetrate the initial barriers, it is confronted by macrophages, or specialized cells produced in the bone marrow.

These cells circulate constantly in the bloodstream to guard against harmful substances. Once an attacker is identified, the virus is passed to T-cells, a helper that genetically identifies the invader and produces antibodies to ban it from the body, sometimes for life. If this pathogen appears again, the cells already have the antibody code to fight back. Our bodies are capable of reacting against more than a million agents and must operate at peak efficiency to protect the body.

HEALTHY LIVING & THE IMMUNE SYSTEM:

Your first line of defense for a healthy Immune system is to choose a healthy lifestyle. Good-health guidelines are the most important toward keeping your immune system strong and healthy. Your body, including the immune system, functions better when protected from environmental assaults and sustained by healthy-living strategies that include:

- Eating a diet high in fruits, vegetables, and whole grains
- Eliminating saturated fats
- Exercising regularly
- Getting Adequate sleep
- Maintaining a healthy weight
- Cooking meats thoroughly, this is especially true if not organic.

STRENGTHENING THE IMMUNE SYSTEM:

Extra supplementation can be extremely helpful in keeping the immune system healthy and to fight off infection during the cold winter

months. The immune system gains strength from minerals, healthy bacteria and antioxidants.

- Iron can fight infection and strengthen overall immunity. Meats, dried beans and tofu are good sources of iron.
- Selenium helps increase the number of antibodies and encourages growth of immune cells. Food sources are fish, nuts and grains.
- Probiotics are healthy bacteria that help to replenish the digestive tract and gut region. The ratio of good bacteria should be 85% to 15% unhealthy, and yet due to modern lifestyles, many have compromised gut regions.
- Glutathione plays a critical role in protecting the cells from oxidative stress and also in maintaining the immune system. Glutathione is the master antioxidant of the body and is a potent immune booster as it is required by the Lymphocytes to increase in number, produce antibodies and function efficiently.
- Vitamin B6 deficiency can depress aspects of the immune response, such as the lymphocytes ability to mature and become T-cells.
- Zinc is a trace element essential for immune cells. A deficiency affects the ability of T-cells and other immune cells to function properly.

THE WONDERFUL BENEFITS OF SUPPORT



Supplement Facts

Serving Size: 1 Tablespoon (4.7 grams)
Servings Per Container: About 121

Amount per Serving		% DV
Total Calories	20	-
Calories from fat	.2 g	-
Total fat	0.02 g	<1%
Saturated fat	0.01 g	<1%
Cholesterol	.09 mg	<1%
Total Carbohydrate	.15 g	<1%
Protein	4 g	9%
Vitamin D (as Vitamin D3)	500 IU	125%
Vitamin B6 (as Pyridoxal-5-Phosphate/ P5P)	0.3 mg	15%
Folic Acid	0.1 mg	20%
Vitamin B12 (as Methylcobalamin)	0.5 mcg	8%
Zinc (as Zinc Picolinate)	3 mg	17%
Selenium (as L-selenomethione)	20 mcg	29%

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Bioactive Microfiltered Undenatured Whey Protein Isolate.
Contains Milk Product.

To understand the unique quality of **SUPPORT**, you must first learn about Glutathione.

Did you know that Glutathione (the master antioxidant of the body) has a major impact on your immune system? The amount of Glutathione you have in your cells has a direct bearing on whether you catch a cold or how quickly you are able to combat viruses. The immune system locates unhealthy microorganisms then attacks them with natural killer cells called lymphocytes. These killer cells protect us against a huge variety of infectious organisms and are all activated by Glutathione.

Glutathione has been referred to as “Food for the Immune System” and the higher our levels, the stronger our ability to fight infection and disease. But taking Glutathione in its whole form is ineffective in building intracellular levels. Glutathione must be generated within each cell and the body needs the correct items for this process to occur.

BUILDING GLUTATHIONE

SUPPORT is a bioactive pharmaceutical grade, microfiltered, undenatured whey protein isolate that is 90% protein by weight (highest available today). It is carbohydrate, sugar, virtually lactose and fat-free, and rich in undenatured whey proteins that have the highest biological value (BV) of any protein, which is the measure of “protein and efficiency”.

Undenatured bioactive whey protein isolates have been shown to enhance intracellular Glutathione. The combination of the natural depeptides Cysteine and Glutamyl-Cysteine, amino acids L-Cysteine, L-Glutamine and Glycine, and Alpha Lactalbumin Serum, Lactoferrin, and Beta Lactoglobulin, are all building blocks of Glutathione, the body’s most potent immune cell supporter.

Each container of **SUPPORT** is produced from nearly 75 gallons (283 liters) of organic milk from a closed herd of cattle that graze on natural selenium-rich grass. No hormones or antibiotics are used, and the whey isolate is produced without the use of high-heat pasteurization, which can damage the fragile proteins that support immune function and increase the body’s production of Glutathione.

SUPPORT also contains micronutrients that include: Zinc, Selenium, Vitamin D3, Vitamin B6, 9 and 12, without any sweetener or flavoring. The bulk container contains 570 grams.

SUPPORT YOUR IMMUNE SYSTEM WITH SUPPORT!

[MORE...](#)

HEALTH AND FITNESS

GET MOVING - LOOK AND FEEL BETTER

MODERN LIFESTYLES ARE MAKING US ALL TOO SEDENTARY AND IT'S TAKING A TOLL. TWO-THIRDS OF ADULTS ARE OVERWEIGHT WITH ONE-THIRD BEING OBESE. THIS TREND INCLUDES OUR CHILDREN, AS 15% OF TEENAGERS IN THE U.S. ARE OBESE. THE IMPORTANCE OF EXERCISE IS NOTHING NEW, AND CAN BENEFIT BOTH THE BODY AND MIND. THE HUMAN BODY WAS DESIGNED FOR MOVEMENT - LIFE IS MOTION.

EASING TIGHT MUSCLES

CALVES (GASTROCNEMIUS/SOLEUS)



LOOSENING THE CALVES

1. Place foam roll under mid-calf.
2. Cross left leg over right leg to increase pressure (optional).

MOVEMENT

1. Draw abs in and activate glutes.
2. Slowly roll calf area to find the most tender spot.
3. Once identified, hold tender spot until discomfort is reduced by at least 75%.
4. Progress to the next tender spot and hold again.
5. Repeat on opposite leg.

BACK (THORACIC ERECTOR SPINE)



RELEASING BACK TENSION

1. Sit on the floor with foam roll placed behind the back.
2. Cross arms to the opposite shoulder to clear the shoulder blades across the mid-back. Lie back on top of the foam roll so that it is positioned under the upper back.

MOVEMENT

1. Draw abs in and activate glutes.
2. While maintaining abdominal stability, raise hips until unsupported.
3. Slowly move back and forth to find the most tender spot.
4. Once identified, hold tender spot until the discomfort is reduced by at least 75%.
5. Progress to the next tender spot and hold again.

OUTSIDE THIGH (ILIOTIBIAL BAND)



SOOTHING TIGHT THIGHS

1. Lie on one side, with legs on top of the foam roll. Cross the top leg over lower leg, with foot touching the floor and the bottom leg raised slightly off floor.
2. Maintain optimal head alignment (ears in line with shoulders).

MOVEMENT

1. Draw abs in and activate glutes.
2. Slowly roll from hip joint to lateral knee to find the most tender spot.
3. Once identified, hold tender spot until the discomfort is reduced by at least 75%.
4. Progress to the next tender spot and hold again.
5. Repeat on opposite leg.

GUTES (PIRIFORMIS)



STRETCH THE GLUTES

1. Sit on top of the foam roll, positioned on the back of the hip. Cross on foot to the opposite knee.

MOVEMENT

1. Draw abs in.
2. Lean into the hop of the crossed leg. Slowly roll on the posterior hip area to find the most tender spot.
3. Once identified, hold tender spot until the discomfort is reduced by at least 75%.
4. Progress to the next tender spot and hold again.
5. Repeat on opposite leg.

MIX IT UP

IN THE WINTER MONTHS GO FOR A VARIETY OF DEEPLY COLORED VEGETABLES TO BOOST YOUR IMMUNE SYSTEM.



Red

Red vegetables are high in lycopene, a powerful bioflavonoid that constitutes approximately 50% of all carotenoids (organic pigments) found in human blood serum. Lycopene studies have shown it assists with memory while reducing the risk of cancer. When red vegetables are cooked (tomato paste, pasta sauce and ketchup) the lycopene content becomes even stronger. Current studies are examining the relationship between low carotenoid levels and the increased risk for cancer. Lycopene concentrations are higher in the prostate gland and as we age, lycopene serum values decrease while the risk for prostate cancer increases. One Harvard Study showed that lycopene decreases the incidence of lung and stomach cancer. Lycopene also aids in muscle recovery.

Anthocyanin is another powerful agent found in red foods, which is known to reduce heart disease while serving as a strong antioxidant.

Best choices include:

- Beets
- Watermelon
- Tomatoes
- Radicchio
- Radishes
- Red Onions
- Red Peppers
- Red Potatoes
- Rhubarb

Tip: Concentrated Tomato items such as puree, paste and sauce are higher in lycopene than whole raw tomatoes.

Orange & Yellow

This group of vegetables are high in Vitamin C and Beta-Carotene, and promote heart health, muscle recovery and also fight cancer. Beta-carotene and other carotenoids provide 50% of the Vitamin A needed in our diet.

Yellow and orange vegetables also contain zeaxanthin, flavonoids, lycopene, and potassium. These nutrients reduce age-related macula degeneration, lower LDL cholesterol and blood pressure, promote collagen formation, healthy joints, encourage alkaline balance, and work in conjunction with magnesium and calcium to build healthy bones.

There are currently no specified daily requirements for carotenoids, but the National Academy of Sciences encourages the public to consume between 3 to 6 milligrams of beta-carotene daily. Yellow and orange fruits and vegetables can be enjoyed fresh, steamed, boiled or frozen.

Best choices include:

- Carrots
- Pumpkin
- Sweet Potatoes
- Yellow Bell Peppers
- Yellow Summer Squash
- Butternut Squash
- Yellow Tomatoes
- Rutabagas

Tip: Sweet potatoes are more nutritious than white potatoes and are higher in fiber, beta-carotene and folate. Sweet potatoes also digest slower than white potatoes.

Green

Folate is the natural source of Vitamin B9 found in leafy green vegetables, and is essential to create new DNA (genetic material) and RNA when cells divide. Folate also plays a critical role in developing healthy red blood cells and in the growth of new muscle cells, while also protecting DNA from damage that may lead to diseases such as cancer. Folate reduces the risk of anemia and may help to prevent cancer.

Green vegetables contain naturally high levels of chlorophyll, fiber, lutein, zeaxanthin, calcium, folate, vitamin C, and beta-carotene – all reduce the risk of cancer, lower blood pressure and LDL cholesterol, support retinal health and vision and boost immune activity. Dark green vegetables are also high in fat-soluble vitamins such as Vitamin A, K, D and E and require a bit of dietary fat in order for the body to absorb them.

Best choices include:

- Arugula
- Artichokes
- Asparagus
- Broccoli
- Brussels sprouts
- Cucumber
- Kale
- Romaine
- Spinach
- Watercress
- Zucchini

Tip: Broccoli sprouts are higher in antioxidants than mature broccoli. So add broccoli sprouts to sandwiches and salads.

White

Allicin is a phytochemical found in onions and the garlic family and have been called “Mother Nature’s Defender”. John Hopkins Medical School has reported that the most common cause of sinusitis is a fungal infection and antibiotics often yield disappointing results. But the pharmacological activities of allicin have been proven in many areas including fungus, anti-aging, antiplatelet, detoxification of heavy metals, antibody production, lipid lowering, and immune enhancing. Allicin assists in inhibiting Cortisol (the stress hormone) production, while also maintaining healthy testosterone levels in men and women.

These lesser known vegetables have more nutritional value than most realize. For instance, cabbage is a good source of potassium, fiber, folate, B vitamins, and vitamin A. One cup chopped contains 32.6 mgs Vitamin C (54.3% of the daily value), 67.6 mcgs vitamin K (80 percent) and 9% of recommended dietary fiber.

Best choices include:

- Cauliflower
- Garlic
- Jicama
- Mushrooms
- Onions
- Parsnips
- Shallots
- Turnips
- White Potatoes

Tip: To get the most out of healing benefits of Allicin in garlic and onions, do not over-cook.

JUST 4 FUN



AN APPLE A DAY DOG TREATS

INGREDIENTS:

- 2 cups whole wheat flour
- 1/2 cup unbleached flour
- 1/2 cup cornmeal
- 1 apple chopped or grated
- 1 egg beaten
- 1/3 cup vegetable oil
- 1 tablespoon brown sugar, packed
- 3/8 cup water

INSTRUCTIONS:

Preheat oven to 350 degrees. Cover cookie sheet with vegetable oil. Lightly dust work surface with flour. Blend flours and cornmeal in large mixing bowl. Add apple, egg, oil, brown sugar and water; mix until blended.

On floured surface, roll dough out to 7/8" thickness. Use cookie cutters to cut desired

shape. Place on prepared baking sheet. Bake in preheated oven 35 to 40 minutes. Turn off oven. Leave door closed 1 hour to crisp treats. Remove from oven. Store in airtight container. Enjoy!

RAW DOG FOOD

by Andrea Crocker

I put my dog on raw food after he was diagnosed with cancer. I research dog foods and was frightened about the ingredients allowed in animal products. My 9 year old Bernese Mountain Dog lived another 3 years and I'm convinced the raw food played a huge part. His skin & coat became healthy and he seemed to have that youthful energy he had as a pup.

There are many natural raw dog & cat foods available today. Here are a few...

- Primal Dog Food
- Nature's Variety Raw
- Stella & Chewy's
- Vital Essentials
- Aunt Jeni's
- Raw Health
- Northwest Naturals

MATZO BALL SOUP

"Jewish Penicillin"

INGREDIENTS:

- 2 eggs, lightly beaten
- 2 tablespoons melted butter
- 1/2 cup matzo meal
- 1/2 teaspoon salt
- 1 dash white pepper
- 1 tablespoon water
- 6 cups organic chicken broth
- 1 medium carrot, cut into julienne strips

INSTRUCTIONS:

In a small bowl, mix eggs with the melted butter. Stir in matzo meal, salt, pepper, and water to form a soft dough.

Bring chicken broth and carrots to a boil in a large pot. Reduce heat to a simmer.

Shape the matzo dough into 12 balls. (For easier shaping, dip hands in cold water from time to time). Drop the matzo balls into the simmering broth. Cover and cook for 30 to 40 minutes.

Enjoy!

OUR MISSION



By transforming lives from the grip of prescription pill dependence, Point of Return inspires people to recover and pass the message of hope to another in need.

We firmly believe it isn't enough to save only oneself. The use of prescription pills has skyrocketed and destroyed lives in its wake. It is our responsibility to heal and turn to help another. And through this act of giving, our individual worlds expand, as does society at large.

TESTIMONIAL



First of all, I want to say there is hope for all of you who are going through a trial you feel will never end! The POR program works. I never thought I would sleep again. I now sleeping great. [MORE...](#)

Statements in this newsletter are not intended as medical advise and are for informational use only. Statements and products mentioned have not been approved by the FDA and are not intended to diagnose, treat, cure or prevent disease or illness. Always consult your health-care practitioner before starting any health, fitness or dietary regimen.

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