

# INSPIRE

*Knowing is Not Enough; We Must Apply. Willing is Not Enough; We Must Do.*

- Johann Wolfgang von Goethe

A Quarterly Newsletter

Issue N° 1 — Fall 2010

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4 easy Steps to a Healthier Brain

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# EXERCISING THE BRAIN

## 4 EASY STEPS TO A HEALTHIER BRAIN

Our brain is a complex organ that allows us to move, feel, hear, taste, smell and think. It controls our body and thoughts by receiving, analyzing and storing information. And although the brain is only 2% of the body's weight, it uses 20% of the oxygen and 20% of the blood flow. The brain is also a muscle that must be exercised to prevent atrophy.

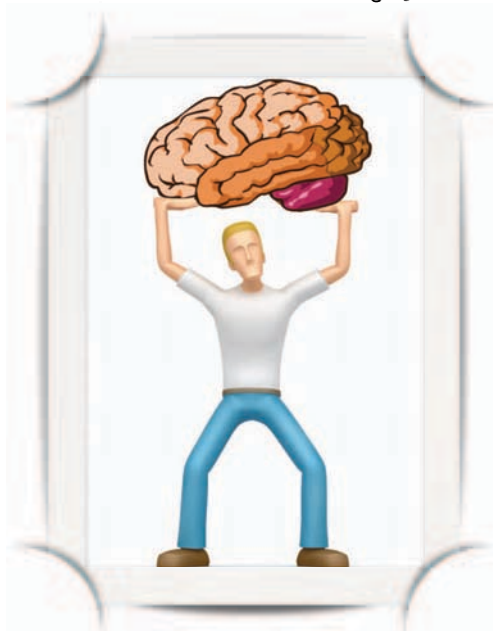
The four pillars for enduring brain health include: **Nutrition, Mental Exercise, Physical Exercise and Stress Management.**



### 1 | NUTRITION

Our brain functions optimally when we consume a balanced diet of healthy Omega-3 fats. The modern diet consists of synthetic trans

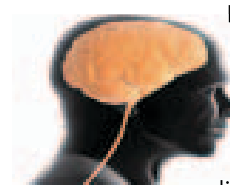
fats, created by overheating oils and hydrogenated (heating and passing hydrogen through it) to extend the shelf life. But Omega-3 fats are



required for new cell replication. If the proper fats are not available, the body is forced to use damaging trans fats that cause metabolic damage.

Healthy fats are found in oily fish such as mackerel, herring or in Omega-3 supplements; olive oil; sunflower oil, nuts and seeds.

### 2 | MENTAL EXERCISE



Humans are creatures of habit. A repetitive and routine life restricts the brain's ability to learn and adapt. But taking on new challenges and modifying our life can exercise your brain.

#### Mix Things Up By:

- Rearranging you kitchen drawers and cabinets.
- Singing your to-do lists to make them rhyme.
- Take a new way to work.
- Close your eyes in the shower or while eating. this strengthens other senses and allows the brain to process information in a new way.
- Play games with other people that require you to strategize.

A NOTE FROM THE CO-FOUNDER

**STAYING DRUG FREE**

*I spent ten years on a cocktail of sleeping pills, benzodiazepines, antidepressants, painkillers and muscle relaxers, after surviving 34 surgeries, 14 of which were on my spine. And I've spent most of my life in excruciating pain with non-existent sleep. After swallowing over a thousand pills a month, I knew there had to be a better way.*

*This realization took me to my depths into a cold-turkey withdrawal. At the time it seemed the only way I could regain my life, but I had absolutely no idea how I would face the daily pain and constant insomnia. And for many months after I quit the pills, I didn't sleep and my pain soared.*

*After quitting, I made a decision to take pills out of the equation. Never again would they possess and hold me hostage, so to return to them was not an option. It meant searching for answers to heal my body, mind and soul. And it meant learning patience as my body healed from the years of abuse.*

*I lost everything long before I went cold turkey. My finances were depleted, my health destroyed, friendships had vanished and my identity was lost. Addressing each area was exquisitely laborious, and often I was overwhelmed with the magnitude I faced. So I took a tiny step at a time and learned what was within my control.*

*I discovered the value of organic foods and eliminated processed and junk from my diet. I located a gifted physical therapist, skilled at spinal injuries and I went religiously. And I learned patience to my core.*

*I've never been a good sleeper and it took many months to garner 3-4 hours of sleep, but I discovered a few hours of true sleep were far more rejuvenating than 8 hours of drugged unconsciousness. I learned perseverance, natural alternatives and acceptance. It's been nearly eight years and when I'm under extreme stress I don't sleep. I let go of any expectations and was grateful for every morsel of growth. I felt the full range of emotions including, joy, pain, grief, betrayal and loss... Basically I learned to live again. And I healed.*



Alesandra Rain, co-founder

**3 | PHYSICAL EXERCISE**

The human brain is continually rewiring itself and creating new cells. Even in old age it can grow new neurons. Movement and exercise increase breathing and heart rate so more blood flows to the brain and improves oxygenation.



Walking is especially good because it increases blood circulation, oxygen and the glucose levels to the brain. That is why many feel that walking "clears the head".

**4 | STRESS MANAGEMENT**

Chronic stress increases the production of Cortisol, the stress hormone of the body. Continually elevated Cortisol levels can adversely affect how the brain functions. The following approaches can naturally lower Cortisol levels by prompting the relaxation response:



**VISUALIZATION OR GUIDED IMAGERY.** Guided imagery generally uses tapes and a guided suggestion, such as imagining yourself in a beautiful spot on the beach or in the mountains. Visualization is where the individual creates their own inner scene without the use of suggestions.

**MEDITATION** slows thought and can lower heart rate, lower pain and increase longevity.

**DEEP BREATHING** is a simple way to bring balance into your life. As your breathing deepens, respiration slows.

**5 THINGS TO ELIMINATE FROM YOUR CHILDREN'S LUNCHBOX**

**1** Premade Lunch Kits - Tend to be high in salt, sugar and heavily processed foods.

Chips & Granola-Type Bars - Most chips have nearly no nutritional value and are high in salt and fat. Many granola or health bars are high in sugar, read the labels for hidden sugars.

**2**

**3** Yogurt - watch for high sugars. Read the labels.

Soda, Juice, & Sports Drinks - high in sugar, coloring and synthetic vitamins.

**4**

**5** Fruit Rollup Type Snacks - Bad for teeth and usually high in sugar.

**5 HEALTHY LUNCHBOX ALTERNATIVES**

**1** Wraps, soup, mini homemade quiche, healthy sandwiches. Tip: For kids it's all about the presentation. Try cutting shapes (cookie cutters) for unique looking sandwiches or mini size them.

Replace chips and high sugar "bars" with pretzels, rice crisps, rice cakes or "bumble bars". Tip: Try homemade mini muffins with added flax and blueberries.

**2**

**3** Buy large containers of plain organic yogurt, add fresh blueberries, strawberries or other fruit with a touch of honey.

Replace sodas, juices and sports drinks with water, non-fat milk or mineral water with a splash of juice for taste. Use a cute cup with a decorative straw.

**4**

**5** Instead of fruit-rollups, substitute with fresh fruit slices with peanut butter.



# HEALTHY KIDS

*WITH CHILD OBESITY AND ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) ON THE RISE; AND THE COMPUTER AGE MAKING OUR KIDS LESS ACTIVE; PARENTS MUST TAKE ACTION NOW TO TEACH THEIR CHILDREN GOOD HABITS TO CARRY THEM FOR LIFE.*

## Eat Your Vegetables



Teaching your child new eating habits can be an arduous task often overwhelming for both parent and child. The key to success is to convert eating habits little by little. Make small changes and then ensure each change becomes a habit by incorporating it regularly into their routine.

For example, if you have a little fast food fiend on your hands don't just put the complete kibosh on it, but cut back to once or twice per month and opt for healthier fast food choices at other times.

If you have a child who adamantly refuses to eat fruits and vegetables try introducing them with sweet and [\(cont. on pg. 8\)](#)

## Get Your Child Involved



Involving your child in the grocery shopping, preparing of food and cooking is a fabulous way to increase their awareness of nutrition and health.

Find simple recipes or snacks that your child can make or help with. When shopping allow them to pick items they need affording dialog about healthy & unhealthy options, labeling and ingredients etc. You can be sure kids will be very eager to test and taste what they have made and proud to offer their goodies to other family members and friends to enjoy.

Kids, especially young kids, love to be involved and help Mom or Dad in the kitchen.... [\(cont. on pg. 8\)](#)

## Exercise



Gone are the days of bike riding, tree climbing and rampaging the woods for hours on end with friends. Our kids live in a cyber generation and more and more kids at a younger and younger age, spend a huge amount of time on electronic devices such as ipods, phones, computers, game machines. US Today reported that the average child spends approximately 53hours a week on electronic devices. This is having a tremendously detrimental impact on both our children's physical and mental health and wellbeing. More and more children are becoming obese and suffering other health concerns that were rarely heard of 30 [\(cont. on pg. 8\)](#)

## Cooking with Kids



### Applesauce Pancakes

- 2 cups dry pancake mix
- 1 tsp. ground cinnamon
- 2 eggs
- 1 cup applesauce
- 1 tsp.
- 1/2 cup milk

1. In a large bowl, stir pancake mix & cinnamon. Make a well in the center of the dry mix. Add in eggs, applesauce, lemon juice, milk and stir until smooth.
2. Heat a lightly oiled griddle over medium heat. Pour 1/2 cup batter onto griddle and brown on eat side

Serves 4.

## Halloween Tricks



Whilst Halloween undoubtedly brings tons of fun for kids, it also brings with it tons of SUGAR! It is one of the BIG THREE candy holidays that most kids love and most parents dread with huge amounts of high sugar, color and additive laden candy being given to kids at various friends Halloween parties, schools events not to mention the pillow case hauls made from actual trick and treating.

No one wants to spoil the enjoyment of this fun holiday but consider trading in all or some of the candy for money, a gift voucher or a coveted toy or game. A great option is to let the child choose a few pieces of candy from their stash and make a [\(cont. on pg. 8\)](#)



# GOING ORGANIC

*DOES IT REALLY MAKE A DIFFERENCE?*

## VEGETABLES & FRUITS



Conventional agriculture uses 400 chemical pesticides to control pests and chemical fertilizers that swell produce to hold more water. The United Kingdom recently found high levels of pesticide residues in baby food, dried fruit, spinach, bread, apples, celery, and chips. Some pesticides have been linked to disruptions in the human endocrine system (hormone regulation), breast cancer, uterine cancer and asthma. The U.S. Dept. of Agriculture revealed that since the 1940s, the mineral levels in conventional fruits, vegetables, meat and dairy have declined substantially by pre-ripened picking, long storage times and the over-processing of crops.

Instead of harmful chemicals or bioengineering, organic farms use natural methods, such as diversifying and rotating crops, combined with natural composts and fertilizers to maximize soil fertility. Healthy, organic soil produces nutrient-rich crops year after year while keeping the natural eco-system in balance without any pesticide or chemical run-off that leaches into the groundwater. The rich organic produces foods that have higher levels of antioxidants such as lycopene in tomatoes, flavonols in apples, and resveratrol in organic red wine. Organic produce can [\(cont. on page 5\)](#)

## GRASS FED MEAT



Animals on organic farms are raised without antibiotics, hormones, or other drugs. They graze on organic grass and are allowed to roam with unrestricted access to water, food sunshine and fresh air. And while organic meats may cost slightly more, the health benefits far outweigh the expense.

Organic beef is naturally lean, lower in total fat (up to 2/3 less fat) than conventional meat, and therefore lower in calories. A 6-ounce steak from a grass-fed steer can have 100 fewer calories than a grain-fed. There are two to four times more Omega fatty acids in organic grass-fed meats. Studies show that organic milk has 50% more vitamin E, 75% more beta-carotene, and 70% more omega-3 fatty acids than conventional milk.

Conventional cattle are routinely treated with hormones to rapidly increase the development of lean muscle growth. These synthetic hormones contain variations of estrogen, progesterone and testosterone that mimic the function of natural hormones. The genetically engineered bovine growth hormone labeled rBGH is used to increase milk production. A small amount of these hormones can create a massive change in our body, so [\(cont. on page 5\)](#)

## ENVIRONMENTAL ADVANTAGES



Single-crop fields mass-planted to feed humans and livestock genetically engineered corn and soy wipe out the biodiversity that keep our ecosystems in balance. This leaves plants and animals vulnerable to pest infestations and disease.

But properly managed organic pastures to graze animals, instead of factory farms, provide a net benefit to the environment. Grazing animals fertilize naturally and do an excellent job of harvesting solar energy and preserving topsoil and moisture.

Commercial agriculture is also a thirsty industry, consuming a staggering 72% of all the global freshwater. However, the United Nations states that 80% of our water supplies are being overexploited. This wasn't always the case. Crops were once restricted to areas best suited to their requirements (water-demanding crops in the tropics and drought-tolerant species in temperate climates). But worldwide production of grain is now dominated by high-yielding cereal crops, notably wheat, rice and maize. These thirsty cereals now account for half the world's plant-based calories, and an enormous amount of the water. if the topsoil is constantly eroded, and the [\(cont. on page 5\)](#)



## FRUITS & VEGETABLES

(cont. from page 4)

contain up to 50% higher phytonutrients than conventional produce, and these antioxidants are critical for health.

Newcastle University (UK) led a four-year project and their findings confirmed that organic foods contain more antioxidants and less unhealthy fats than conventional. Organic wheat, tomatoes, potatoes, cabbage, onions and lettuce had 20-40% more nutrients than non-organic foods.

The high pesticide content in conventional produce is because they are heavily doused with chemicals to ensure the fruits and vegetables are blemish-free. If you are on a tight budget and concerned about the cost of going organic, try to go organic with the fruits and vegetables that have the highest level of pesticide residue. These Apples, Bell Peppers, Celery, Cherries, Grapes, Nectarines, Peaches, Pears, Potatoes, Red Raspberries, Spinach, Strawberries (contain the highest pesticide content of any fruit).

The fruit and vegetables lowest in pesticides are Broccoli, Papaya, Bananas, Kiwi, Sweet Peas, Asparagus, Mango, Pineapple, Sweet Corn, Onions and Avocado.

Pregnant women are susceptible because the pesticides add stress to their already taxed organs. Pesticides can be passed from mother to child in the womb and through breastfeeding. Children are extremely vulnerable to pesticide exposure due to their less-developed immune system and developing brains.

The average family spends five times more on junk food, carryout, alcohol and tobacco than on fruits and vegetables. However, this trend is beginning to change. According to a recent report from the Hartman Group in the U.S., "Consumers believe that a fresh, real and clean diet is the first step to treating and preventing disease, supporting vitality and mental energy."

## GRASS FED MEAT

(from pg. 4) what happens when we continually consume animal products that contain them?

Large-scale cattle operations use six different steroid hormones that have been approved by the FDA for use in food production (estradiol, progesterone, testosterone, zeranol, trenbolone acetate, melengestrol acetate); antibiotics and often the remains of dead animals in the feed. Estradiol and progesterone are female sex hormones; testosterone is the male sex hormone; zeranol, trenbolone acetate and melengestrol acetate are synthetic hormones that promote growth. As a result, this has left many concerned about the high rate of early puberty for girls living in industrialized nations.

Experts have suggested that the overuse of antibiotics in animals may be the cause of human drug resistance and the subsequent development of more potent strains of bacteria that withstand antibiotics. The overuse of antibiotics causes the spread of toxic visitors (such as Candida) in humans. So it stands to reason that the same problem is occurring in animals that are treated with antibiotics regularly.

Chickens that are housed indoors and deprived of grass produce eggs that are artificially low in Omega-3s. Whereas eggs from hens that are pastured can contain as much as ten times more Omega-3s than eggs from factory hens. Additionally, eggs from hens raised outdoors on pasture have 3-6 times more Vitamin D than eggs from hens in confinement. Pastured hens have direct sunlight, which their bodies convert to Vitamin D and pass on to the eggs.

A study from the Journal of Clinical Nutrition stated that the more full-fat dairy products people consume, the lower their risk of heart attack---provided the cows were grass-fed. Grass-fed milk has up to 5 times more conjugated linoleic acid (CLA), which is a healthy fat found in meat and milk of grazing animals. In this new study, people with the highest levels of CLA in their tissues had a 50% lower risk of heart attack than those with the lowest levels.

## ENVIRONMENTAL ADVANTAGES

(cont. from page 4)

United States alone is losing three billion tons of nutrient-rich topsoil each year. About 50 years ago farmers began using chemical fertilizers and pesticides to boost crop yields. Over time the insects, weeds and plant diseases developed a resistance to the chemicals, and stronger pesticides were developed with multiple applications required during the growing cycle. Even this dramatic increase of pesticides has not diminished the amount of crop volume lost to pests.

The International Food Policy Research Institute conducted a study that showed 40% of the world's agricultural soil is seriously depleted due to erosion from planting the same crop continually. There was also significant nutrient depletion due to the use of chemical fertilizers, while containing a substantial build up of salt (salinization) from the excessive irrigation.

Organic farming methods include rotating crops, using compost or manure instead of chemical fertilizers that rebuild healthy soil. Wildlife is an essential part of a total farm and pastures for grazing actually reduce topsoil erosion by 93%.

Cows that are fed grains and diseased animals and not a natural diet of grass develop dangerous strains of E.coli in their intestinal tracts. Its no wonder that mad cow is becoming more prevalent in industrial agriculture. Additionally, meat that hasn't been properly aged (most meat sold to consumers) has up to 40% water in it.

Grass fed is the way nature intended animals to graze. Cows take what we can't digest in cellulose and turn it into something we can - dairy, meat, and fats high in omega-3 fatty acids that are essential for good health. Organic agriculture respects the balance within nature for a healthy ecosystem. So, does "going organic" really make a difference? You betcha.



# TREATMENT CENTER PLANS

The need for an inpatient treatment facility for psychotropic medications is a necessity. Many people have health challenges or are not in an environment that are conducive to an in-home program, and we must have a safe and healthy place for everyone to regain their lives.

Rapid detox facilities shock the nervous system and most standard treatment centers are geared toward alcohol and illegal drugs. Yet the attitudes and lifestyle of the vast majority of people taking psychiatric medications is vastly different. We are not living a life of criminality and while the drugs have numbed our senses, we just need a nurturing environment to regain our freedom.

At Point of Return we believe in a natural approach to drug withdrawal and to recover wellness. Rather than approaching symptoms from

a disease model, we take an Integrative approach – one that combines the body, mind and spirit while also using nutraceuticals (food items that have medical benefit) and specific supplements to begin the healing process. Medications can be used if necessary, but our approach to healing is one that includes staying as close to nature as possible.

Currently there are no treatment facilities available to adequately address the tremendous need today. It is our hope to launch a Point of Return treatment center that is open to all faiths and inclusive, regardless of economic status.

As a non-profit, the treatment needs to meet patient requirements is not possible without financial support from our friends, families and alumni. When you donate to Point of Return,

you can be assured that you are investing in a better future for our society. The saying, “The only thing we have to do different in recovery is everything” is applicable.

So please, help us advance our movement. All donations are tax deductible and can help save a life.

**“FOR IT IS IN GIVING THAT WE RECEIVE.”** - St. Francis of Assisi.

[Donate Today!](#)



## ORGANIC PEANUT BUTTER DOG TREATS PRODUCT NEWS



### INGREDIENTS:

- 1 1/2 cups water
- 1/4 cup vegetable oil
- 1/4 cup organic applesauce
- 2 organic eggs
- 2 tsp vanilla
- 1/3 cup organic peanut butter (crunchy or smooth)
- 2 1/2 cups organic whole wheat flour
- 3/4 cup organic white flour
- 1 cup organic cornmeal
- 3/4 cup organic oats

### INSTRUCTIONS:

Preheat oven to 450 degrees.

Combine water, vegetable oil, applesauce, eggs, vanilla, peanut butter in medium bowl and mix well.

In a separate bowl mix dry ingredients. Fold in wet ingredients and mix until smooth.

Roll out onto a floured surface to a to a 1/2" thickness.

Cut out dough into shapes using cookie cutters and place onto a ungreased cookie sheet.

Cook for 20 minutes. After 20 minutes, turn off oven but leave the dog treats in oven for an additional hour to harden. Enjoy!



We are pleased to announce that Relax is now available in a larger size. at no extra cost. We have added 20% more to our original bottle size absolutely free!



For those who are not familiar with Relax, it is non-addictive and clinically proven to have anti-stress properties. Studies have shown that this natural protein is lactose and fat-free and contains a bioactive 10-amino-acid decapeptide, free of undesirable side effects, issues of tolerance or addiction. Relax is a natural alternative to addictive medications

and is now available in a larger size (120 capsules) for the same price.

For a limited time, we are offering a special. [Buy 5 RELAX get 1 FREE.](#)

## 1ST ANNUAL ALUMNI RECOVERY CELEBRATION



We have been considering an annual Alumni Recovery Celebration for our Point of Return clients who have finished our program and are drug free. We'd like to take an informal RSVP, to see how

many would be interested in attending. No firm date has been set, but thinking of August 2011 for the event, in California.

Our alumni committee is waiting to hear from everyone interested in the reunion, so please, give us your feedback.

Email Responses Here:

[YES, I WOULD LIKE TO ATTEND.](#)

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## HOMEMADE DETERGENT

Want to save money and help the environment?

It's cheap, lasts for months and easy. Many people are turning to alternatives these days in finding ways to save money.

I started making my own detergent after developing an allergy to my detergent that I had used for years. At first I purchased other brands hoping that would work. When I couldn't find a brand that I wouldn't breakout from, I called my mom. She suggested making my own. At first I was reluctant at the idea thinking it's too much trouble, I don't have time for "projects" or "hobbies", but finally I broke down and tried it. I've been making my own detergent for about a year now and have not had any allergy issues. Not to mention the staggering cost savings and with the money I saved, I put toward affording more organic foods.



### INGREDIENTS:

- 4 cups hot water
- 1 Fels-Naptha soap bar
- 1 cup Arm & Hammer Washing Soda
- 1/2 cup 20 Mule Team Borax
- 5 gallon bucket with lid

### INSTRUCTIONS:

1. Grate bar soap and add to saucepan with 4 cups hot water. Stir continually over medium heat until soap dissolves and is melted.
2. Fill a 5 gallon bucket half full of hot tap water. Add melted soap, Washing Soda and Borax. Stir well until all powder is dissolved. Fill bucket to top with more hot water. Stir, cover and let sit overnight to thicken.
3. Stir and fill a used, clean, laundry soap dispenser half full with soap and then fill the rest of the way with water. Shake before each use. Top will gel. Optional: You can add 10-15 drops of essential oil per 2 gallons, once soap has cooled.
4. Ideas: lavender, grapefruit, rosemary, lemon.

## EAT YOUR VEGETABLES

(cont. from page 3)

savory dips and toppings initially to make them more palatable and then you can slowly wean the amount of sauce or dip used. Jerry Seinfeld's wife, Jessica released a great kid-friendly cookbook called "Deceptively Delicious - Simple Secrets to Get Your Kids to Eat Good Food". With the help of a nutritionist and a professional chef, Seinfeld has developed a month's worth of meals for kids of all ages that includes, for example, pureed cauliflower in mac and cheese, and kale in spaghetti and meatballs. She also provides revealing and humorous personal anecdotes, tear-out shopping guides to help parents zoom through the supermarket, and tips on how to deal with the kid that "must have" the latest sugar bomb cereal."

## GET YOUR CHILD INVOLVED

(cont. from page 3)

you can buy lots of kid friendly kitchen utensils that are safe for them to use to help out with chopping, grating, peeling etc. You'd be surprised how many of today's famous chefs and health gurus found their love for food and nu-

trition simply from being given the opportunity to join in and experiment in the kitchen from a young age.

Planning meals together as a family for the week or month ahead is a great way to provide opportunities to discuss healthy options and alternatives. Give everyone an opportunity to choose favorite meals and foods and look for creative ways to tweak family favorites with more healthy ingredients.

Have a "new food" night once a month where your family chooses a "healthy" meal or food(s) you've never tried before.

## EXERCISE

(cont. from page 3)

years ago. We need to get our children active. Whilst there is no doubt that this technology provides amazing benefits and challenge to our children, physical exercise is crucial to our children's cardiovascular health, muscle development and coordination not to mention teamwork, stress relief and camaraderie. Look for ways to get your child or children outdoors every day even if it's only for 20 minutes. Each

season brings new and exciting things for a child to enjoy and explore outdoors. In addition to bike riding and various sporting activities, look for different seasonal activities to involve your child in like puddle jumping in the spring, kicking leaves in the fall, a summer bug or treasure hunt or snow man building contest in the winter. Balance is the key here so look for ways to balance your kids technological activities with physical activities on a daily basis.

## HALLOWEEN TRICKS

(cont. from page 3)

trade for the rest...that way they enjoy the best of both worlds. Most children will choose the trade when given the option, plus it opens the topic to talk about good eating habits. The stipulation is that they cannot purchase candy or high-sugar food items with the cash.

Idea: Donate the leftover candy to a local homeless shelter.

## OUR MISSION



scription 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.

By transforming lives from the grip 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 pre-

## OUR VISION

Through research and education, we will confront the plague facing the global community. Our legacy is to protect future and current generations so each can grow to their full potential.

## POINT OF RETURN, INC.

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