



Cornerstone of Life  
Healthy Living for Mature Adults

## ((( Healthy Living Newsletter )))

### **LIFE CHANGING ARTICLES TO MAXIMIZE HEALTHY LIVING**

In my previous newsletters, I have given you the foundation and overview about nutrition, health and happiness by explaining how the body works and functions properly when it is provided micro and macro nutrients in the form of carbohydrates, proteins, fats, vitamins and minerals. I provided information on the importance of Vitamin D and how 80% of human health and immunity originates in the gut or the intestinal environment. Then we spoke about a new science known as "GLYCONUTRITION" or plant saccharides (sugars) that allow your cells to communicate with each other to heal many health issues and diseases. In this issue of "HEALTHY LIVING ALERT" I am writing several articles in regards to everyday issues that can maximize your health and slow down our aging process.

### **GREEN TEA AND RED WINE GREATLY REDUCES THE RISK OF ALZHEIMER'S**

Science has probably studied green tea for health benefits more than any other beverage. It has been established as having anti-aging properties, promoting cardiovascular health, protecting against diabetes, reversing chronic fatigue syndrome and exhibiting anti-cancer properties. The active ingredient that provides all of these benefits is ECGC, a type of green tea flavonoid known as a catechin and responsible for a multitude of health giving properties. One of the most recent studies has determined that ECGC is able to stop amyloid-beta proteins from attaching to and killing brain cells. These amyloid-beta proteins are considered a leading contributor to Dementia and Alzheimers disease. ECGC's also have chelating properties which help eliminate iron and aluminum from the central nervous system and the brain. The green tea flavonoid ECGC is also available in supplement form for those who do not drink green tea. I am going to list numerous other health benefits of drinking green tea: Promotes weight loss; Reverses coronary artery disease; Enhances functional capacity for senior citizens;

Induces programmed cancer cell death; Helps minimize HIV viral loads; Protection against chronic inflammation; helps avoid autoimmune disease; Boosts immune system and protects against Alzheimer's and other forms of dementia. This is a lot of health from one type of beverage or its active ingredient extract EGCG.

Natural chemicals in green tea and red wine can actually put a stop to the process that leads to brain damage in Alzheimer's disease, according to researchers from the *University of Leeds* and published in the *Journal of Biological Chemistry*. Numerous recent studies have linked EGCG, a chemical found in green tea, and RESVERATROL, a chemical found in red wine, with a lower risk of dementia and with higher cognitive function at later ages. Most recently, they have been shown to change the shape of amyloid proteins, the main cause of aging cognitive problems.

## **MAGNESIUM: ESSENTIAL TO HUMAN HEALTH**

Magnesium is one of the major minerals that are essential in improving overall health. It is the fourth most abundant mineral in the human body. A deficiency of this mineral triggers a lot of problems in our bodies as follows:

- Emotional symptoms including restlessness, hyperactivity, anxiety, irritability, mood swings and depression
  
- Structural symptoms such as muscle spasms, weakness, chronic fatigue and osteoporosis
  
- Cardiovascular symptoms including yellow and fatty arterial plaque, high blood pressure and irregular heartbeat
  
- Premenstrual syndrome
  
- Blood sugar difficulties
  
- Sleep difficulty
  
- Neurological symptoms like pain sensitivity and migraine attacks

This deficiency is also caused by excessive sugar, sodas, alcohol, excess of coffee and chocolates, high intake of animal protein, high salt and dairy, stress and low intake of calcium.

Magnesium is essential for proper functioning of the brain, digestive system, lungs and nerves and communicating messages to the glands, muscles and organs, thereby ensuring that the entire body functions well. Magnesium is a powerful detoxifier, since your body's "master antioxidant," glutathione, requires magnesium in order to function properly. Maintaining proper levels of magnesium can greatly decrease your risk of developing cancer. Some of the best food-sources of natural magnesium include green vegetable, seaweed, cacao, coriander leaf, pumpkin seeds and almond butter. One of the best natural magnesium supplements is "CALM" by *Natural Vitality*.

## **GARLIC: " POWERFUL HEALTHY HERB" IN A SMALL PACKAGE**

Throughout history and as far back as ancient times, garlic with its high antioxidant properties has proven to be cardio-protective, anti-inflammatory, lowers blood pressure, detoxifies the body and fights off cancer cells. It can boost the immune system; It is anti-fungal, antibacterial and antiviral; It can prevent worms, fungi and yeasts. Garlic is a powerful extract that releases hydrogen sulfide (H<sub>2</sub>S) which increases blood flow and relaxes blood vessels

**OTHER HEALTH BENEFITS OF GARLIC:** Aside from its enticing aroma when used in cooking our favorite dishes, garlic is also used for nasal congestion, cough, earache, infections, sore throat, repels mosquitoes, thins the blood, remove warts and toothaches. When someone is sick, chopped bits of garlic can be added to chicken soup to help a person feel better. Garlic is a very potent herbal medicine and is readily available in the market, health food stores in different types of products and grown in your garden. This incredible natural herb can make a huge difference in your overall health.

## WHY LOVE YOUR LIVER?

Your liver is your body's primary organ of detoxification and is called the "master cleanser" as it performs over 500 jobs in your body. The human liver filters drugs, nutrients and toxins from the body, produces bile to help digest fats and remove toxic bilirubin from the blood. One of the most important jobs we can do is to keep our liver happy and healthy.

**FOODS THAT STRENGTHEN THE LIVER:** Organic foods supply nutrients without pesticides and chemicals; (Think of all the words that end in cide as this word is a suffix for kill.) Broccoli and Cabbage increase liver enzymes; Beets and carrots promote liver junction; Healthy fats such as olive, coconut and flaxseed oils; Garlic and onions; Filtered and fluoride-free water; Avocados and walnuts; Apples; Lemon juice; Non GMO lecithin and foods and Leafy green vegetables.

**WHAT DAMAGES THE LIVER:** Some foods and additives flood the liver with chemicals, interfering with its ability to adequately clear the body of toxins such as: Genetically modified foods (GMOs); Trans fats and hydrogenated oils; High fructose corn syrup; Sodas loaded with chemicals and artificial sweeteners; MSG, a food additive and flavor enhancer found in most processed foods; Alcohol, especially if you have liver disease; Soy-based foods, unless fermented; Medicines that can overload the liver causing long-term damage.

**LIFESTYLE:** Lifestyle changes support the digestive system, helping to strengthen liver function and lessen the burden on detoxification. Regular exercise stimulates digestion; Chew food well to release digestive enzymes; Encourage sweating to remove toxins through the skin, relieving the liver; Maintain intestinal health with probiotics; Avoid smoking cigarettes; Use chemical-free cleaning and personal care products; Avoid chemical yard and bug sprays.

### LIVER TREATMENTS:

- Milk thistle: fights oxidation and free radicals, reversing cirrhosis
- Burdock root: cleanses the liver and assists detoxification
- Green tea: is high in catechins that support liver function
- Dandelion: is a natural detox flush
- Turmeric: reduces inflammation relieving symptoms of cirrhosis
- Cinnamon: reduces blood levels of glucose and fructose slowing fatter liver disease
- Aloe vera: is a digestive tonic and pain reliever
- Alpha Lipoic Acid: possesses antioxidant properties; supporting healthy liver function

-Activated charcoal: protects the liver by absorbing toxins

HOMEOPATHIC REMEDIES: There are numerous homeopathic medicines/remedies specifically for the liver as follows: Nux vomica, Carduus marianus, Natrum sulphuricum, Ammonium muriaticum, Taraxacum, Chelidonium, Rumex crispus, Bryonia and Podophyllum.

## **WANT TO DIE BEFORE YOUR TIME? THEN STOP EATING PROCESSED MEAT!**

A new study just published in BMC Medicine, has found a strong association between eating processed meat and developing heart disease and cancer. While other studies have found health risks from processed meats before, the new research is remarkable because it involved a huge number of research subjects -- about half a million men and women.

Why does this large number make the findings so important? Researchers have previously had trouble measuring the effect of eating meat on health because of what is called a "confounding effect" of the lifestyles of many people who do not eat meat. Vegetarians tend to have healthier lifestyles in general. Because non-meat eaters are less likely to smoke, are less overweight and more likely to exercise, it has been hard to see if it is because they do not eat meat or do their other healthier behaviors make vegetarians healthier than meat eaters. It takes a very large study that has controls for these "confounding effects" in order to isolate the specific consequences of eating meat and processed meats versus lifestyle choices.

This EPIC (European Prospective Investigation into Cancer and Nutrition) study involved 10 countries and 23 centers in Europe. The researchers found that a diet high in processed meat was linked to other unhealthy lifestyle choices. For example, people who ate the most processed meat ate less fruit and vegetables and were more likely to smoke. The study's results showed that a person's risk of dying prematurely from any cause went up with the amount of processed meat eaten. This held true after correcting for confounding variables. "*Risks of dying earlier from cancer and cardiovascular disease also increased with the amount of processed meat eaten.*" Professor Sabine Rohrmann of the University of Zurich, who led this study, said in a media statement. "Overall, the study shows that a minimum of three percent of premature deaths each year could be prevented if people ate less than 20 grams of processed meat per day."

Another new study, recently published in the journal Nutrition and Cancer, by Paige E. Miller, PHD of the National Cancer Institute and colleagues also brings up concerns about processed meats. The scientists concluded that their research supports the idea that increased exposure to chemicals in processed meats including nitrites and nitrates, *"..is a plausible mechanism by which red and processed meat may increase colorectal cancer risk."* excerpt from article by Sherry Baker, Health Sciences Editor

## **CLEAN SWEEP: TOP 10 FOODS FOR DAILY DETOX & CLEANSE**

Most people approach detoxing with all the enthusiasm normally reserved for a root canal. A good detox is actually easier-and tastier-than you might think. The goal is to stimulate liver enzymes, clean up your intestinal and digestive tract and build up your tissues, organs and blood. The key points: (1) During a cleanse avoid meat, cheese, fats, soy, chocolate, sugar and salty foods; (2) Emphasize lots of liquids and plant based organic food and fiber; (3) A cleanse should last for a week.

### **CLEANSING FOODS:**

Artichoke: This edible flower bud augments the detox work of the kidneys and liver.

Daikon radish: Used to clear mucus from the body and remove toxins.

Flaxseeds: Highest source of lignans which removes harmful estrogen and is anti-inflammatory

Garlic: Antibacterial, antioxidant properties, protects cells from damage, assists liver detox.

Green tea: Antioxidant and anti-inflammatory, supports liver and helps kick start your cleanse.

Leafy greens: Alkalizing, blood-cleansing and cancer protection.

Lemon: Balances acidity, loosens and draws out mucus and sweeps toxins from the liver.

Rosemary: Powerful liver stimulate, produces detoxifying glutathione.

Sea Vegetables: Alkalizing, reduce inflammation, benefits liver and protects from radiation.

Turmeric: Detoxify liver, boosts bile flow, reduces inflammation and maintains colon health

**STICK TO THE CLEANSE AND YOU WILL SEE AND FEEL RESULTS; YOU WILL HAVE MORE ENERGY, CLEARER BRAIN AND EVEN WEIGHT LOSS IN AS LITTLE AS ONE WEEK.**

## **VERSATILE VINEGAR: 17 HOUSEHOLD USES**

A staple in any pantry, vinegar is a multitasking wonder with a rich history. Thanks to its acidity and neutralizing properties, vinegar can clean, disinfect, soften, shine and much more. Use it from the kitchen to the bathroom and many personal uses. The following is a short list of some of vinegar's more common uses.

**Grease Cutter:** Vinegar's acidity lets it cut through grease with ease. Dip a sponge in vinegar and wipe to degrease stovetops, microwaves, dirty dishes and more.

**Disinfectant:** A natural antibacterial, vinegar makes a great base for any nontoxic cleaning solution. For an all-purpose solution, dilute 1 part vinegar in 4 parts water and use anywhere germs are found, such as countertops, keyboards, shared phones, doorknobs and remote controls.

**Toilet Bowl Cleaner:** Clean, disinfect and deodorize your toilet by pouring 1 cup of vinegar around the inside of the bowl. Let set for an hour, use a brush to remove rings, then flush.

**Drain Cleaner:** To keep drains clog free, pour 1/2 cup baking soda down the drain, then follow with a 1/2 cup of vinegar. Wait for foaming to subside, then follow with a gallon of boiling water. If necessary, remove hair and other debris with a wire.

**Glass Cleaner:** For a streak free shine, combine 2 cups water, 1/4 cup vinegar and 1/2 teaspoon liquid dish soap in a spray bottle. Spritz mirrors and wipe down with old newspapers.

**Residue Remover:** Clean the glue residue that labels and stickers leave behind by wiping the sticky surface with a rag dipped in a vinegar-water solution.

**Hair Rinse:** Shampoos and other hair products can leave behind residue, making hair lackluster. Remove buildup by diluting 2 tablespoons vinegar and 2 tablespoons lemon juice in 3 cups water and mixing well. After shampooing, pour rinse over hair before rinsing with water. The vinegar will close the cuticle and leave hair soft and shiny.

**Furniture Polish:** Combine 1/4 cup of olive oil, 4 tablespoons vinegar and 2 teaspoons lemon juice in a spray bottle. Shake well before use and refrigerate any leftover solution to keep it from going rancid.

**Stain Remover:** Purge grass stains and blood spots by mixing 1/2 cup white vinegar, 1/4 cup baking soda and 3 cups water in a spray bottle. Just spray on the stain and toss in the laundry.

**Laundry Softener:** Conventional fabric softener stays in clothing, where a buildup can cause irritation, but vinegar breaks down and dissolves detergents. For softer clothes, towels and sheets, just add 1/2 cup of vinegar into the wash at the rinse cycle.

**Dandruff Preventive:** Vinegar's acidity can help kill some of the bacteria responsible for causing dandruff. Rinsing with vinegar can also deep clean the scalp and help remove flakes of dead skin cells. For a no dandruff rinse, mix 1/2 cup vinegar, 1/2

cup fresh mint leaves (or 1 tablespoon of dried leaves) and 1 cup of boiling water. Let mixture cool to room temperature, strain, then pour over scalp after shampooing. Rinse treatment from hair with water.

Wart Killer: To remove unsightly warts, dip a cotton ball in vinegar, place over wart and secure with a bandage. Change the cotton ball daily. The acid in vinegar will eat away at the wart over time. Be sure to keep the skin around the mole moisturized.

Breath Freshener: Eliminate bad breath by rinsing with 2 tablespoons vinegar and 1 tablespoon salt diluted in one cup of water. This rinse is especially effective at removing onion and garlic odors.

Paintbrush Softener: Make a stiff paintbrush useful again by dipping hardened bristles in a bowl of vinegar for an hour or less. Rinse the bristles with warm water and soap, then let dry before using.

Greens Reviver: Leafy greens looking wilted? Soak them in a bath of 2 cups cold water and 1/2 teaspoon of vinegar to bring them back to life.

Egg Aid: When hard boiling eggs, add 1 tablespoon of vinegar to the water to prevent egg white from seeping out of cracks in the shell.

Rust: Remover: Revive rusted nuts, bolts, nails or tools by soaking in a bath of pure vinegar for several hours. If the solution becomes cloudy, change the vinegar. After soaking, wipe away rust with a cloth.

**“TAKE ADVANTAGE OF THIS HUMBLE HOUSEHOLD CLEANER AND THROW AWAY ALL OF THOSE TOXIC CLEANING BOTTLES”**

Thank-you,  
Dennis Shollenburg

#### Disclosure

The information and contents of the Cornerstone of Life website, Sholly Sez blog and Healthy Living Alert newsletter are based on the research and study by the author, Dennis Shollenburg. The information is for educational purposes and is not intended to diagnose or prescribe for any medical condition or claim to prevent treat or cure any disease. The information contained herein is not intended to replace a one on one relationship with a doctor or qualified health care professional. The information is not intended as medical advice, but a sharing of knowledge and information regarding simple changes in your lifestyle that can assist you in becoming healthier and enjoy life to the fullest. The author, Dennis Shollenburg is exercising his right to Freedom of Speech under the Constitution of the United States of America.