

Simple And Forgotten Secrets Of Well Being

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Micro-Nutrients For Optimum Health

To sustain optimal health we need a variety of vitamins, antioxidants, minerals and other micronutrients. These are all vital for bodily functions and prevention of disease. You have probably heard the statement: "I can get everything I need from food". And while food is a great medicine, today's stressful lifestyle does require supplementation.

In a large 26,000 person study it was concluded that not one person received the nutritional requirements set forth by RDA/recommended daily allowance. "Insufficient vitamin intake is apparently a cause of chronic diseases...Most people do not consume an optimal amount of All vitamins by diet alone. Pending strong evidence of effectiveness from randomized trials, it appears prudent for all adults to take vitamin supplements" ~ *American Medical Association*

Before we go into discussion what vitamins, antioxidants, minerals do for you, let us go back to history of vitamins and antioxidants. The value of eating a certain food to maintain health was recognized long before vitamins were identified.

The ancient Egyptians knew that feeding a patient liver would help cure night blindness/illness now known to be caused by vitamin A deficiency.

In 1747, Scottish naval surgeon James Lind discovered that a nutrient in citrus foods prevented scurvy. He recommended to eat lemons and limes to avoid scurvy. Food has been used as medicine since recorded history.

In 1884 Takaki Kanehiro, a British trained medical doctor of Japanese Navy observed that beri-beri was endemic among low ranking crew who often ate nothing but polished white rice, but not among crews of Western navies who were fed a diet of primarily meat, fish, barley, rice and beans. This convinced Kanehiro that diet was the cause of beri-beri.

This was confirmed In 1897,when Christian Eijkman that feeding unpolished rice instead of the polished variety to chickens helped to prevent beri-beri in the chickens.

In 1906 English biochemist Sir Frederick Hopkins also discovered that certain food factors were important to health.

In 1912, Polish scientist Cashmir Funk named the special nutritional parts of food as a "vitamine" after "vita" meaning life and" amine" from compounds found in thiamine he isolated from rice husks.

"Vitamine" was later shortened to vitamin. Together Hopkins and Funk formulated the vitamin hypothesis of deficiency disease, that a lack of vitamins could make you sick.

In 1937 Nobel Laureate Albert Szent-Gyorgyi, M.D., Ph.D who had discovered vitamin C and the flavonoids may have been the first scientist who attempted to raise the vitamin consciousness of his colleagues. His great interest was to determine the difference between the "minimum daily doses" of vitamins needed to prevent diseases and optimal doses.

By the mid-1940s Evan Shute, M.D. of Canada and his colleagues were using large optimal doses of vitamin E to treat patients with a variety of cardiovascular diseases.

Around the same time, Frederick Klenner, M.D. of Reidsville N.C. began to successfully treat a variety of viral diseases including polio with large doses of vitamin C.

In 1952, Abram Hoffer, M.D.,Ph.D., started treating schizophrenics with vitamin C and B3. This was a new way of thinking about vitamins that they could be used to treat something besides classical vitamin deficiency.

DNA (deoxyribonucleic acid) which contains the biological blueprint of your body-was discovered in 1944.

A year later, Linus Pauling, Ph.D, took the Nobel Prize in chemistry 1954. He developed the concept of "molecular disease". It is on the level of molecules within the 60 trillion cells of the body that our body actually ages, in other words becomes dysfunctional and develops diseases.

Pauling described the theoretical foundation for nutritional medicine. "My life has been spent trying to make a difference in the human condition". (Source: <http://lpi.oregonstate.edu>)

Another milestone occurred in 1954, when Denham Harman , M.D.,Ph.D., conceived the free radical theory of aging - an idea that 43 years later, medicine has embraced. His idea was simple: free radicals-atoms with unbalanced electron damage DNA and other cells components. Harman realized then that antioxidant nutrients such as vitamins C and E could neutralize free radicals.

Antioxidants have "extra" electrons that they can give to free radicals which eliminates their harmful effects.

Antioxidants are sometimes primary function of certain vitamins and minerals, for example, vitamin E and selenium

"Don't underestimate the threat free radicals pose to your health. Scientists now believe that free radicals are causal factors in nearly every known disease, from heart disease to arthritis to cancer to cataracts. In fact, free radicals are a major culprit in the aging process itself. By controlling free radicals, antioxidants can make the difference between life and death, as well as influence how fast and how well we age" Lester Packer, Head of Packer Lab, Dept. of Molecular and Cell Biology, University of California at Berkeley.

Minerals and trace elements represent less than one- half of one percent of the total nutrients we consume every day.

Yes, without them our bodies would be unable to efficiently use the carbohydrates, proteins and fats.

Many vitamins and enzymes need a mineral co-factor to function properly.

What do vitamins, antioxidants and minerals do for you?

Let me give you just a few examples.

Vitamin A - prevents skin disorders such as acne, wrinkling, age spots. Enhances immune system, protects against flu, cold, infections to kidney, bladder, lungs.

Vitamin B complex - are fundamental to energy production, metabolism, growth and maintenance of normal homocysteine levels. It lowers cholesterol levels, enhances memory, concentration and also plays important role in healthy sex hormones and fertility.

Vitamin C, the antioxidant, is critical to good health, preventing cancer and essential for collagen synthesis which is essential for staying healthy and having young skin. It aids in production of anti-stress hormones and reduces levels of "bad" cholesterol.

Vitamin D supports bone and tooth formation, muscles, thyroid function and is necessary for the absorption of Calcium and phosphorus. It is important in prevention of breast and colon cancer, osteoporosis and osteoarthritis.

Vitamin E is a powerful antioxidant that helps maintain healthy DNA. It is important in prevention cancer and cardiovascular disease. It retards aging and is necessary for tissue repair. It protects against approximately 80 disease

Minerals

Zinc is a component of hundred enzymes involved in carbohydrate, protein and fat metabolism. It supports normal fetus growth and is important in prostate gland function.

Selenium is a vital antioxidant especially when combined with vitamin E. It supports a healthy immune system, plays important role in thyroid hormone metabolism and supports pancreatic function.

Magnesium plays an important role in neuromuscular contractions. It is an activator of hundreds of enzymes that are essential to life.

Chromium helps to retain healthy glucose metabolism and healthy functioning of one's circulatory system.

Iodine is a crucial component in the production of thyroid hormones

Copper is an important antioxidant in cell function and acts as a catalyst in the formation of hemoglobin. It is essential for collagen production.

Manganese is needed for protein and fat metabolism, maintaining blood sugar levels. It is used in the formation of cartilage and lubricating fluids of the joints. It works well with B vitamins to give an overall feeling of well-being. It aids in the formation of mother's milk

Vanadium is needed for cellular metabolism. It is required for the formation of bones and teeth and it improves insulin utilization.

And the list can go on and on.

I assume that after reading this information you would agree that vitamins, minerals and antioxidants are essential to our lives.

There are following reasons why supplementation with vitamins, minerals and antioxidants is necessary:

- Crop nutrient losses. Decades of agriculture have overworked and depleted soils of minerals.
- Environmental factors. Pesticides and herbicides are used on crops, leaving them with low nutritional value.
- Poor lifestyle habits. Smoking, alcohol and caffeine can inhibit absorption of vitamins and minerals.
- Stress-increases the body's requirement of vitamins and minerals.
- Food storage. The length of storage and freezing depletes the nutritional value of most foods.
- Food selection. Eating a too limited range of food groups.
- Overcooking can easily destroy valuable food nutrients.
- Microwave cooking. Studies suggest that microwave cooking alters the nutritional structure of food.
- Poor digestion. Eating too much or too quickly and stress can cause indigestion which reduces absorption of nutrients.
- Food omission. Allergies to food, crash dieting and poorly designed vegetarian diets decrease significant sources of nutrients.

Walnuts And Honey For Detoxification

Even slight intoxication does not pass without a trace for the body. In severe poisoning, all of the organs, especially the liver are affected.” In order to quickly restore the liver after intoxication, I recommend the honey and walnuts.

Melt in a water bath 250 g flower honey.

Grind 125 g of walnuts /shelled/ and mix it with honey.

Leave for two hours.

Take one tablespoon before meals - morning and evening.

In a month you will feel much better.

Honey has anti-inflammatory effect, while the mature fruit of a walnut - is a perfect multivitamin agent.

Contraindications - an allergic reaction to components.

How To Properly Wash Your Face

Ice Water:

This is constricting to your the vessels, decreases the nourishment of your skin and eventually dries the skin, depriving it from flexibility.

Hot Water:

This makes your skin dry, which imperceptibly leads to expansion of blood vessels and the surface where the expansion takes place, causing redness of the skin.

In addition, continuous application of hot water causes decrease of facial muscles tonus and the skin becomes soggy.

Best Method:

Water gymnastics, which consists of washing skin with warm water then cold water, repeat it twice but always finishing with a cold water rinse.

However, remember that water should not be very hot or cold, the contrast should never traumatize the skin.

Masks For Dry Skin

Banana Mask

Chop one banana, add one teaspoon of heavy cream and a drop of lemon juice and olive oil (can be sunflower, corn, soybean oil). This mask is a natural "humidifier" for your skin.

Yolk Mask

Mix 1 egg yolk with a teaspoon of vegetable oil, add 5 drops of lemon juice and whisk until a uniform mass. Apply to thoroughly cleansed face with a soft brush or your fingertips. After 20 minutes, rinse with cool water.

Oatmeal Mask

Mix 2-3 tablespoons of oatmeal flour, warm milk or cream. Apply to your face and wait 20 minutes.

Vitamin Mask

Mix 3 teaspoons of honey with egg yolk and a half of a teaspoon of flour. Apply on your face. Repeat at least once a week.

Recovering Mask

Grate a large tomato, mix with two tablespoons of whey flour, add a few drops of lemon juice. Apply for 30 minutes. Rinse with cool water.

Mask for "Softening" Your Skin

Mix 1 baked and peeled potato with 1 tablespoon of sour cream. Apply to your face for 10-15 minutes and rinse with warm water.

Bronchial Asthma Conditions

This recipe is 50 years old but remains as effective today as it was then.

Take 150 grams of horseradish root. Wash, clean and mince the root. Into the mixture squeeze the juice of two medium-sized lemons.

Stir well and refrigerate.

Adults should take 1 teaspoon of the mixture in the morning before their meal, children (five years and older) should take ½ teaspoon . A positive result is achieved within a few days.

It is advised to continue using mixture until complete recovery is achieved.

A fresh portion of the mixture should be prepared each time.

Masks For Normal Skin

Green Pea Mask

This mask of green peas smoothes and refreshes. It makes the skin matte. Take ½ cup of cooked peas and crush. Add two tablespoons of cream, stir well and apply to your face and neck. After 15-20 minutes rinse with cool water.

Mask of Tomatoes and Cucumbers

Slice a large tomato. Put the slices on the face and neck, covering the top with gauze. Cut the cucumbers and put them on the face and neck. Rest for 15-20 minutes. Remove and rinse.

Potato Mask

Bake a large potato then mashed it and add a teaspoon of olive or sunflower oil, egg yolk, half of a grated apple and stir. Put the mixture on a face. Keep the mask on for 10-15 minutes. Rinse with warm water.

Oil & Honey Mask

Mix 1 teaspoon of olive oil, 1 teaspoon of honey, 1 yolk together to make a paste. You may also add a few drops of lemon juice. Put the paste mixture on the face. After 20-30 minutes rinse with warm water and then rinse with cold water.

Carrot Mask

Shred a large carrot on a fine grater, mix with egg white and add a teaspoon of olive oil and a tablespoon of oatmeal. Apply to your face and neck. Keep it on for 20-30 minutes. Rinse with water at room temperature.

Strawberry Mask

Mash 2-3 strawberries, apply on face and neck, rinse after 15-20 minutes with warm water.

Apple Mask

Grate an apple. Add one tablespoon of olive oil, milk or cream. If your skin is oily, then also add one egg white.

Protein -Honey Mask

This one is especially good for those who are prone to wrinkled and dull skin. Melt a tablespoon of honey on steam boiler, add a tablespoon of wheat or oat flour and enter into a mixture of fluffy white stirring constantly. Keep the mask on the face for 20 minutes. Rinse with cool water.

Anti-Wrinkle Mask

Grate a raw potato and a cucumber and mix together. Apply to face and neck for 20 minutes. Rinse with cool water, adding a few drops of lemon juice to the water.

When Flu Attacks

At the first signs of a cold and other flu like symptoms, rinse your nose and throat with salty water or a weak solution of onion juice. Then put a few drops of fresh beet or aloe juice into your nose. You may add honey into the beet juice. Repeat this procedure 3-4 times a day.

Remember that Influenza virus is killed in an alkaline environment. With this in mind, rinse the throat with warm baking soda solution. Simply dilute 1 teaspoon in a glass of hot water.

Several times a day, chew garlic for 2-3 minutes. To eliminate the garlic odor, chew on a sprig of parsley after that.

Grated onion is also effective. Put the grated onion on small pieces of gauze, roll in the form of a tampon and insert into the nostrils 3 times a day for 15 minutes.

Cranberry juice with lemon is effective as well. Mix with a little bit of honey and if you do not have allergies, this remedy is very good. Drink it at least 3-4 times a day. The juice mixture should be at room temperature. Generally the more fluid you take, more toxins leave your body.

Flu is usually accompanied with a high fever, but don't rush to lower it. At a temperature of 37.5-38,0 degrees in the body begins to vigorously produce its own interferon, a special protein that activates the immune system to fight the virus.

You can mix 2 table spoons of lime blossom and 2 table spoons of dried raspberries pour 20 oz of boiling water and leave for 10 minutes. Drain. Drink small portions every hour. Instead of dried raspberries you can add to the infusion 2 table spoons of raspberry preserves.

Good sleep allows the body to mobilize all forces to fight the virus. Remember that it is easier to prevent disease than to fight it, so always take care of yourself before you get sick.

Strengthen your immune system with proper eating habits, highest quality supplementation, modest physical activities and maintaining overall well being with positive thoughts.

Leg Pain Cure

Tap heels on the floor. Sounds simple, I know, but Academic Mikulin invented this exercise which allows your muscles to get rid of excess lactic acid. It also improves the vein circulation of your legs, the circulation of capillaries and overall improves your circulation system.

All you need to do is to tap your heels on the floor...

So, in a standing position lift your one heel then the other from the floor by 1 inch and sharply lower them. This way you improve your vein circulation. If you do this exercise repeatedly (30 sudden taps 5 times a day) you will not recall that you have pain in your legs.

Sand Medicine

In the sand ... for health. How pleasant it is to plunge into the warm water and walk on the beach barefoot on hot sand. But very few know that the usual sand beneath our feet is actually a very effective medicine.

Arenation - is a treatment with heated sea, lake or river sand. Curative effects of sand is due to its thermal and mechanical effects. Covering the body, sand stimulates the skin and underlying tissues. Doing this activates blood and lymph circulation, increases sweating, which leads to pain relief, loss of excess body weight and improves kidney function. Sand absorbs sweat profusely that is why the body does not overheat, and the heat of sand is easily handled. General and local bath of sand can be taken at the beach.

Before you start using arenation, I recommend you consult your physician.

To Take A General (Full Body) Sand Bath

Lay down on the sand with your face in the shade. Your skin should be dry.

Put a towel under your head. Place a soaked cold water washcloth on your forehead.

Cover your body with a layer of hot sand 2 inches. On your abdomen area, use 1 inch of sand cover. Make sure to leave the heart area open. The recommended duration of treatment for adults is 25-30 minutes. For children, the recommended duration is 10-15 min. The temperature of a common sand bath is 45-50degrees C. You can take this bath every other day or 2 days in a row, but on the third day we advise to take a break. The entire course would consist of 12-15 procedures.

After such "sand bath" take a shower, and rest half an hour in the shade.

Local Area Sand Bath

The sand bath is also beneficial for localized areas of the body. You can apply sand on your extremities. For example you may sand bath your arm or your leg. The duration of the local bath may be longer than the general full body bath. You may keep the extremity covered for 1 to 1 ½ hours. The suggested temperature of a local "sand bath" should be 50-70 degrees C. Local baths may be taken daily for up to a month.

Miraculous Beets

Since ancient times, people have used red beets as a remedy for a variety of ailments. Beets contain a cellulose, pectin, and vitamins, a small amount of protein, fat, citric and oxalic acids, trace elements (calcium, potassium, magnesium, copper, manganese, fluoride, zinc, iron, iodine, cobalt) and other important substances .

Additionally, found in red beets, thanks to their unique composition, we find Betaine compounds which improves digestion and fat metabolism, strengthen capillaries and reduces blood cholesterol. These Betaine compounds are not found in any other food.

Beets contain indigestible cellulose, pectin and organic acids. They increase intestinal peristalsis, activate the secretion of digestive juices and bile, and also remove from the body poisonous substance of microbial origin, heavy metals, radioactive isotopes, etc. In other words they are a great detoxification food.

This vegetable has the ability to heal wounds. It is a diuretic, a mild laxative, an analgesic and offers anti-inflammatory actions.

Beets have a lot of iodine (iodine content of it is one of the first places among the vegetable), magnesium and other trace elements, which work against arteriosclerotic vascular changes.

It is recommended that you eat 100-150 grams of cooked beets on an empty stomach if you have liver problems, constipation, digestive problems, obesity, hypertension or low visual acuity.

It is also recommended to take water diluted (or other vegetable or fruit juice diluted) beet juice. I recommend 1-2 tablespoons before meals for several months for overall and general wellness. If

necessary, a single dose of beet juice can be increased up to 1/4 - 1/3 cup, however it is not recommended to exceed this dose.

If you have hypertension, anxiety, or stress, simply mix beet juice with an equal quantity of honey and take 1-2 tablespoons 3-5 times per day. Remember to exclude sweets from your diet during this process.

Fresh juice made from a combination of beets, carrots, fresh cucumbers mixed in equal quantities is highly effective in

- cleansing gall bladder, liver, blood
- dissolution and excretion of uric acid from the body, arthritis
- prostate gland inflammation

Suggested dose: take 1/2 cup 20-30 minutes before meals 3 times a day

If you have a sore throat, your pain will be relieved if you gargle with beet juice 4-6 times a day for a few days.

Dr. A. Ferenczi, in the book "Red Beet" published in Germany, described 28 cases of miraculous healings from stomach, lung, colon and bladder cancers using a mixture of shredded lettuce, which stimulates an activation of enzymes with raw beet juice.

Carrots For Health

Carrot can provide substantial assistance in diseases associated with disorders of mineral metabolism and fat.

Carrot's fiber takes excess cholesterol from the body, and the presence of iodine prevents the development of obesity.

Carrot can be used as a mild laxative and diuretic.

Carrot juice is widely used in anemia, especially iron-deficiency anemia. Copper, which is an essential mineral for iron absorption is widely present in fresh carrot juice.

Carrot juice is prescribed in the first days of heart attack.

Carrot, when mixed with honey it is well to the treatment and prevention of colds, as well as to rinse mouth if having inflammation of the mouth.

Carrot juice mixed with lemon juice rubbed into the scalp strengthens the hair.

10 Commandments of Eternal Youth

1st Commandment.

Do not overeat! 1400calories instead of the usual 2500 calories. In this way you arrange unloading your cells and support their activity.

2nd Commandment.

Your diet should match your age and physical activity.

3rd Commandment.

Find a way to like your job or find another one. You must enjoy what you doing most time of your day.

Anyone who does not lead active and enjoyable life, looks five years older.

4th Commandment.

Fall in Love. Love Heals All.

5th Commandment.

Have your own point of view. A conscious person who is living their own truth is less depressed than those who passively follow others.

6th Commandment.

Movement is life. Even if you exercise 8 minutes per day, you would live longer.

7th commandment.

It is proven that if the temperature of the room where you sleep is 17-18 degrees C, you would stay young longer.

8th Commandment.

From time to time, indulge yourself! Do not limit yourself all the time and you have to find time to relax.

9th Commandment.

Be emotional, but learn how to lead your emotions. Do not keep things inside, you do not want to carry stress. Stress ages you and causes disease.

10th Commandment.

Train your brain! From time to time, do crossword puzzles, learn foreign languages, memorize a poem, use your mind for thinking differently. This is how you exercise your mind. . By forcing your brain to work, we are slowing down the aging process.

Author Bio:

Holistic Wealth Expert ♦ Entrepreneur ♦ Medical Doctor ♦ PhD ♦ Ophthalmologist ♦ Bio-Engineer
♦ ARIIX Leader ♦ Inventor ♦ Published Author ♦ Theta Healing Practitioner

Being a medical doctor It has always been crucial for me to treat not the symptoms but the individual. It is easier to prevent the disease then to treat it, that is why prevention should play tremendous role in medical practice.

I graduated from the Moscow State Medical University in the top 10% of my class.

I have 12 published articles, one of which was published in Great Britain.

3 publications on SelfGrowth.com

I have participated in World Health Organization meetings.

I am a Certified Advanced Theta Healing™ (Energy) Practitioner.

Theta Healing is an attainable miracle in our lives, a fast and easy way to make permanent, lasting and effective life changes.

I've always been fascinated with people with big heart, open mind, and no fear of reaching beyond. I've learned that these type of people don't come into my life by chance. So this is my responsibility to recognize them and join in, because being with them means a lot to me.

It means functioning in high energy of abundance, caring , trust and love.

I partnered with highly ethical, professional, trustworthy entrepreneurs who created

ARIIX- innovative company with a mission and vision to unleash the human potential for good.

ARIIX means "eternal wealth", and it symbolizes the "gold standard" for excellence in products and company as a whole.

I am excited for the opportunity to influence not only product options, but product development as well. And, as a member of the ARIIX Wellness Council, to be a part of the paradigm shift in the management of patient health and wellness in conventional medical practices.

A company that uses the best science, to produce the best products that I could talk about with utmost confidence. This philosophy is one I could embrace with a passion.

"Excellence is the result of caring more then others think is wise,
Risking more then others think is safe,
Dreaming more then others think is practical,
And expecting more then others think is possible!!!"

I look forward to connecting with you more at:

www.SecretsOfWellBeing.com

