

Hello Everyone in Natural Health Nation-

Well hopefully you survived the weekend and all this ice. This is one of those weekends that you might find how strong your bones are by accident. I hope that you didn't have any problems as that would be a terrible way to start off the new year, with a broken hip or leg or wrist. Since were talking about it, medications don't strengthen bones but good eating habits and good digestion help the body to assimilate minerals and fatty acids that build truly strong bones. We can help with that here at Natural Health.

The first article this week is entitled Fiber Is Your Food Foundation. The article talks about how common food mistakes can cause genetic harm and accelerate aging. Getting fiber in your diet helps to pull out the free radicals that are caused by toxins that the body has to take care of. Fiber helps to keep the bowel working correctly to get rid of these free radicals and toxins and help the body's machinery to run correctly, detoxing some every day. We've helped many patients with bowel function so let your friends and neighbors know. Thanks!

The second article is on the antioxidant power of blueberries. It talks about the extract found to improve health outcomes for women receiving radiation for cervical cancer, reducing the damaging effects of the therapy. Our take on this would be to have blueberries and other good fruits and vegetables in your diet and just avoid the cancer altogether. With the health checks that we do in the office here at Natural Health, we can keep you healthy and help you to avoid playing Russian roulette with your health, hoping that you don't get cancer or that you're the one in three adults that might not get cancer. An ounce of prevention...

The bonus article this week is about keeping a clean house without using toxic cleaners. Have you ever been in the grocery store and walked down the aisle with the laundry detergents and household cleaners and smell all that toxic outgassing from those containers? If you read the labels, it reads like a chemical lab and these chemicals are not good for your health. We use tea tree oil products here at Natural Health and they work very well. My wife even uses magnets in the washer so we don't need laundry detergent. It's interesting technology and were happy to talk to you about it.

There are many ways to **Get Healthy, Stay Healthy, Live Well.**

Dr. Mark