



WELLTHY CHOICES™

for

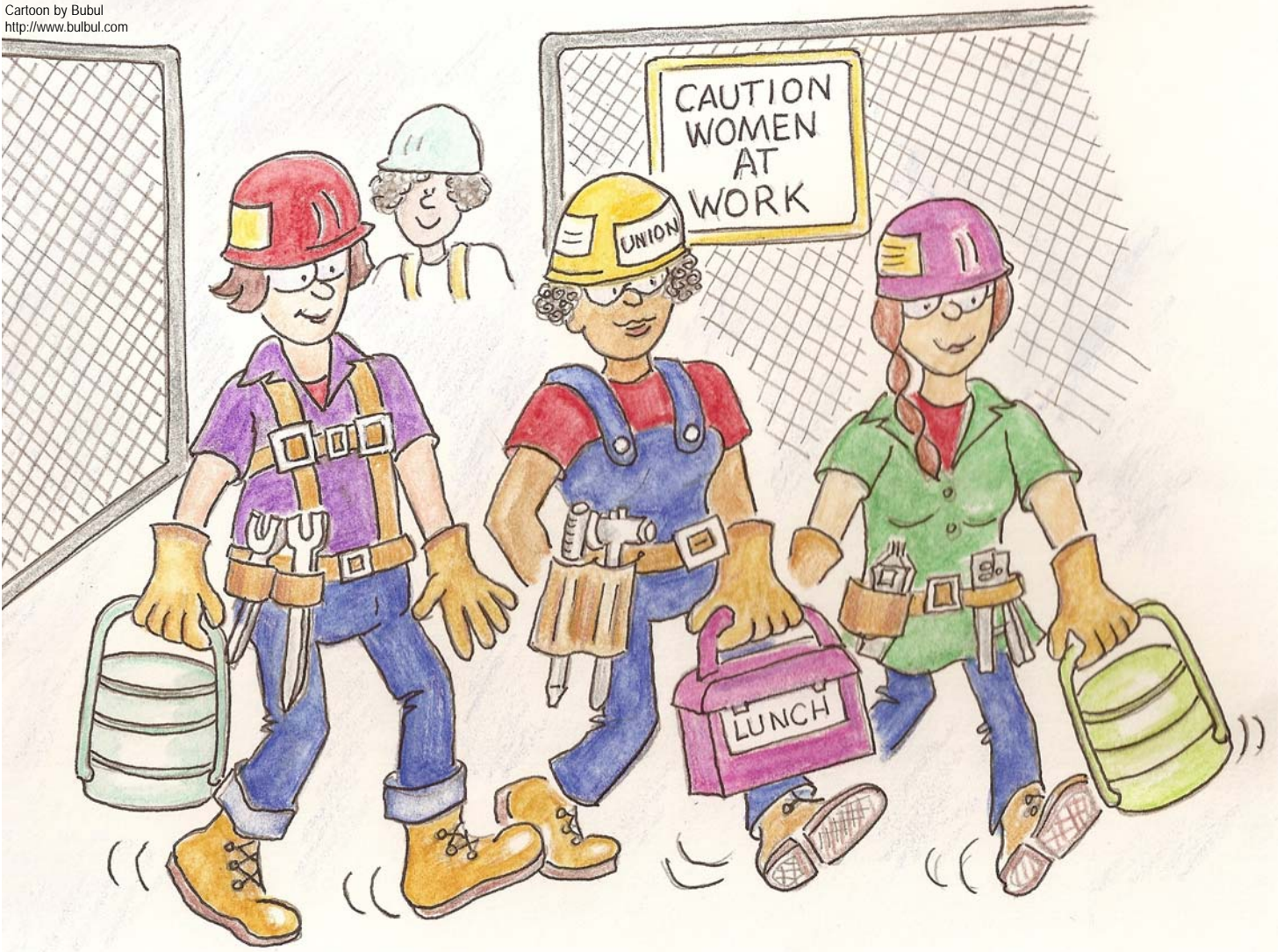
Women in Construction

<http://www.wellthychoices.net>

Dedicated to women in the trades around the Universe

\$15⁰⁰

Cartoon by Bubul
<http://www.bulbul.com>



What's In Your Lunch Bucket?

Eat light - be bright!

Tips for energy, stamina and a sharp mind...on the jobsite + at home!

by Jan Jenson

Retired Journey(wo)man Ironworker - 25+ years

What's In Your Lunch Bucket?



The Wellth Coach



Jan & daughter Shelly 1986 - the day Shelly became a JIW. We are STILL the only mother-daughter ironworkers in the US! See story April 2008 **Ironworker** magazine.



Jan Jenson

Retired Journey(woman)
Ironworker #1021600
Local 793 North Dakota
& Local 377 San Francisco

ABOUT THE PUBLISHER

I've carried a lunch bucket most of my life, starting as a young child, working in the fields and pastures on the family ranch in North Dakota, driving a truck or our 1943 Willy Jeep, hauling grain, grass seed and hay silage, plus my brothers and I maintained fences on 1,500 acres of pasture. We usually took snacks and/or lunch with us every day.

My professional career started in high school as editor of the newspaper and annual, continuing through photojournalism in college and working on newspapers and magazines in ND, MO, NE, CA, HI and NC.

From ages four through six my daughter Shelly was sick every month and what doctors did or recommended made her progressively worse, so I began searching for alternative methods, healthier foods and natural ways to stay *well*. In 1967 my mother-in-law brought two boxes full of Organic Gardening and Prevention Magazines... and I've been on a "quest" ever since!

In 1968 I was executive assistant to the publisher of 11 Journal Newspapers in St. Louis, plus working as a photojournalist! I started **The Clean Green Thumb** newsletter, covering organic gardening and farming, nutrition and environmental issues. In 1971 my husband's job transferred him to Lincoln, the Nebraska State Capitol. I changed the newspaper's name to **Green Power**, found some excellent volunteers and writers and within 6 months it was a state-wide tabloid newspaper! Governor Exon signed a proclamation declaring April 1972 Environmental Awareness Month and on the same day as the second Earth Day, we had 150 booths, speakers on legal and legislative issues of organic gardeners and farmers, nutrition and environmental concerns in Nebraska. More than 5,000 people attended!

After divorcing in 1974 I moved back to ND and chose to work in construction so I could afford to raise my daughter on more than minimum wage! I bought a hard lunch cooler to sit on and was assigned to jobsites, feeling well equipped to handle lunch and most any minor emergency each day!

In 1976 I became (and still am) the only woman ironworker in/from North Dakota. The urge to "boom out" struck in 1980 and I've since worked in MT, WY, CA, and HI. During my 25+ years in construction, I transitioned to **healthier foods, drinks, essential oils**, and **homeopathics** (natural remedies "discovered" in the early 1800's by German Dr. Hahnemann. Animal, vegetable and mineral *essences* are prescribed according to *the law of similars*, utilizing the body's ability to heal itself), plus **superfoods** and **products** that enabled me to work long and hard each day!

Following in mother's footsteps, Shelly was accepted into Ironworkers Local 377 Apprenticeship in San Francisco and earned her JIW card in 1986. She has worked in CA, WA, NC, SC, PA, NY and GA. and is now building new housing on an Air Force base in North Dakota.

In 1994 I moved to central North Carolina and worked iron for 5 years, plus fire sprinklers for 3 years (they needed someone to work *high jobs*), then decided this is a beautiful place to "retire." I've returned to publishing and photography - 3-1/2 years editing, laying out and marketing **Carolina Health & Healing / Integrative Health & Healing** magazines.

Now at 65, I still maintain a lifestyle and pace that amazes people... "*did you eat the Energizer Bunny or what?!!*"

It is with great **joy** and **gratitude** that I can pass forward to you my knowledge acquired over 40+ years as a health coach, plus 25+ years in construction... by introducing "*What's In Your Lunch Bucket?*" and a whole series of books and newsletters created since 1968.

By utilizing these recipes, power foods, enzymes, natural remedies and detox products, you can kick-start *your* day, sustain **optimal energy** and live a Wellthy Life... which will enable you to tackle the toughest jobs as a powerful and well-informed woman in construction! Please share this information with your friends and other sisters in the trades!

Jan Jenson, *The Wellth Coach*

<http://www.wellthychoices.net>

jjenson@wellthychoices.net

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ABOUT THE COVER - Thank you SO MUCH Bulbul for the delightful cover drawing!! <http://www.bulbul.com>



Versatile lunch buckets can expand your food choices for a WELLthier lunch!



A Little Preparation - the night before...

Assemble tools & ingredients the night before for quick breakfast & lunch packing

Good TOOLS for your kitchen

► Blenders

Vitamix is best.



Compare:

<http://www.discountjuicers.com/blender>

► Juicers



Compare:

<http://www.energiseyourlife.com/juicer-comparison-guide-p-24.html>

► Dehydrators



Compare:

www.energiseyourlife.com/fooddehydrator_matrix.php

► Cutting boards

I like glass because it doesn't scar or absorb juices. Clean with plain soap (Ivory or Miracle 2 Soap). Chlorox is chlorine and very deadly!

► Assorted knives

► Scraper

► Citrus knife/tool

What's GOOD for Breakfast?

😊 Green smoothies

😊 Fruit smoothies

😊 Fresh juice - orange, apple, carrot or combinations

😊 Fresh fruit - cut to bite-size

😊 Sprouted grains + cereals and dehydrator snacks & crackers.

😊 Ezekial

makes breads, wraps, buns, cereals, muffins and tortilla wraps - all delicious and made from sprouted grains!

<http://www.foodforlife.com/>

😊 Mana Bread is *very tasty!*

Breads, cold & hot cereals, toaster pastries, baking mixes, granola, bars, waffles, cookies.

<http://www.naturespath.com/products/manna%20breads?tid=All&brand=All&nutri=All>



☹ NO DAIRY

☹ NO BREADS/CEREALS

(AVOID store cereals as they are FULL of sugar and chemicals and ingredients TOXIC for your health!)

☹ NO SUGAR

☹ NO DIET products!!

Learn WHY:

<http://www.mercola.com>

<http://www.dorway.com>

☹ NO RED MEATS

(In fact, avoid ALL meats - they are extremely acidic - and take about 48 hours to pass - causing body odor!)

☹ NO MARGARINE

It's one molecule away from being plastic! Does not spoil. Can sit outside uncovered for years - does not draw flies or bugs (they know it's DEADLY too!)

☹ LIMIT CAFFEINE

Caffeine drinks deplete your adrenal glands and cause your body to leach calcium from teeth and bones to fight the acidity - artery plaque and heart attacks, anyone?

Traveling with Raw Foods by Sergie Boutenko

Before our family's last long trip, my parents went to our local food co-op and bought some slightly over-ripened fruit in the marked-down section. Then the four of us took this fruit, sliced it, and dried it in the dehydrator.

Next we bought some of our favorite vegetables, carrots, celery, bell peppers, onions, mushrooms, cilantro, parsley, and tomatoes, sliced them up in thin slices and dried them. Once dried the veggies were mixed together in a bag to make re-hydratable soup. You only need to add water, salt and a little bit of oil to taste, and you have a complete, delicious, organic raw meal!

We also dehydrated several kinds of flax crackers and made some delicious dehydrated cookies. Finally, we mixed our own trail mixes with our favorite nuts, seeds and raisins.

When mealtime came around aboard our airplane, we requested a bowl of warm water for each one of us to re-hydrate our dried soup. We made delicious sandwiches with our crackers and slices of vegetables served by the airline. When the aroma of our soup wafted over to the other passengers, they started to point at us and say, "We want what they're having!"

For the rest of our trip we snacked on dried fruit and trail mix, which made traveling more exciting and less stressful. We enjoyed sharing our food with other people throughout our trip; our raw cookies were the most popular.

GOOD for your lunch bucket, plus snacks & meals on the job too!

CHANGE YOUR STINKIN' THINKIN'

with Emotional Freedom Technique (EFT)!

by Jan Luther
<http://www.janluther.com>

Imagine that your body works on binary code like a computer. Tiny switches constantly open and close relaying information over circuits to your output device (the monitor or mind). How clearly the information is input determines the final product (your personal experience).

Imagine that this relay of information is happening in your body with every breath, every blink; in milliseconds, thousands of times every day. Now imagine that a frightening, traumatic or painful experience overloads your emotional circuits and you experience the equivalent of **computer LOCK-UP**.

The screen freezes. Every sound, smell, and emotion painfully and continuously plays on the monitor in your mind. Nothing computes. The picture becomes distorted. The information is scrambled. How do you clear the screen?

ESCAPE

It is natural for us, at first, to try and distract ourselves from our problems: overworking, watching hours of television, excessive time on the computer, obsessive exercise, reading, shopping, cleaning, etc.

CONTROL

Emotional overload can seem unbearable. In order to control the pain some may turn to food, drugs, sex or alcohol. Sadly, these behaviors may create additional problems.

ALT

In the past the only ALTERNATIVES for healing emotionally have been reading self-help and spiritual literature or seeking professional therapy. While these options are very effective and are encouraged, they may take a great deal of time and expense.

DELETE

E.F.T. is the equivalent of "rebooting your computer."

This procedure can be performed in minutes, but lasts forever.

E.F.T. helps you rewrite your internal computer program by discarding the old (painful and useless)

scrambled information and then inputting new appropriate and beneficial information.

The applications of E.F.T. are so versatile that it works on anxiety, insomnia, fears, unrelenting grief, physical pain and even phobias. The method is so simple children can use it. E.F.T. requires no drugs or tools, is non-invasive and has no side effects! Best of all, once you have learned E.F.T., you can use it any time, anywhere. **YOU OWN IT!**

For more information:

Jan Luther:

<http://www.JanLuther.com>

The Rejuvenation Station

"LAST STOP for the Junk in your Trunk!"

704-563-0874.

<http://www.emofree.com>

80 page downloadable

manual - yours FREE!

DVDs, CDs & certification programs available!



Try It on Everything

<http://www.tryitoneverything.com/cmd.php?af=975330>

I use EFT every time I get frustrated, and before every breathing and health coaching session with my clients. My SLEEP is much deeper and more rejuvenating too!

The results are simply...

... astounding!!

- Jan Jenson - The Wellth Coach

After you awake...¹

suggestions for your first 30 minutes each morning

**Drink a PINT of pure
ALKALINE water
before breakfast!**



An Attitude of GRATITUDE

Wake up, stretch and say out loud - **"God, I LOVE You - and I LOVE Myself!"** I'm grateful for another glorious day on Earth! Then give yourself a BIG HUG and savor it for a minute or two before rising!

Write down 5 things you are grateful for right NOW... and go about your day... and watch miracles begin to happen...!

Watch for synchronicity. Be AWARE of changes happening in your life and around you...

Notice how your attitude changes. Realize how others' attitudes are changing towards you... it's fascinating!

Begin a daily **Gratitude Journal** and write in it 5 minutes each morning and 5 minutes each night before you go to sleep... send reports to:

jjenson@wellthychoices.net

The reports will go into the

Gratitude Journal online!

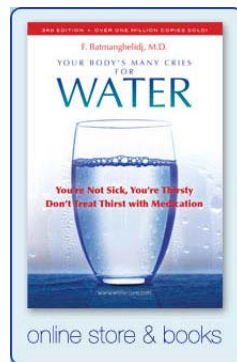
<http://www.wellthychoices.net>

"It's a sign of mediocrity when you demonstrate gratitude with moderation."

-Roberto Benigni

Your Body's Many Cries for Water!

From: **Your Body's Many Cries for Water**
by Dr. F. Batmanghelidj
<http://www.watercure.com/>



(NaturalNews)
by Mike Adams
The Health Ranger

The human body is made up primarily of water. In fact, approximately 75 percent of your body is water and 25 percent is solid matter. Water is essential for absorbing nutrients, eliminating waste, cellular activ-

ity and all of the actions necessary for life. Drinking enough water is vital for preventing disease and enjoying a sense of well-being.

Without water, our bodies are unable to remove environmental toxins that most of us are exposed to daily. Generally speaking, people who suffer from chronic diseases are seriously dehydrated since the skin, stomach, liver, kidney, heart and brain rely on proper water intake. Heart disease, obesity, diabetes, chronic pain, headaches, chronic fatigue, high blood pressure, cancer, Alzheimer's, and many other diseases are often preceded by many years of not enough water. Many illnesses could be significantly improved by simply giving the body sufficient amounts of water so that toxins and waste can be removed.

When dehydrated, the body is seriously stressed, just as it would be if you were in a drought. This creates a fight or flight situation, meaning that stress chemicals are released to deal with the situation. When these chemicals are continually released over long periods of time, chronic disease is inevitable.

Unfortunately in modern society, most people reach for black tea, coffee, soda and alcohol instead of pure water when thirsty. While these beverages contain water, they are actually dehydrating. When these are consumed, the body requires even more water. Over consumption of caffeine, alcohol, sugar, artificial sweeteners, e-numbers and other chemicals are stressful for the body, leading to suboptimal health. It is ironic that in our society where we have access to so much, most people's bodies are functioning as if there is a famine due to lack of water as well as lack of nutrients from healthy food.

Dehydrating drinks create a strong diuretic effect, which means that the kidneys are overworked. They create imbalances in blood sugar levels, which can lead to tiredness and even diabetes, although they seem to boost energy levels in the short term. Chemicals and sugar can

even lead to Attention Deficit Disorder, foggy brain and unclear thinking. Large quantities of water are needed to process these drinks.

Instead of addressing the underlying problem of dehydration, most people turn to pharmaceutical drugs to deal with their ill health. Pain killers and medications compound the problem since they also contain chemicals that the body has to deal with, leading to even more dehydration and potentially health compromising side effects. By simply giving your body the important nutrient of water, you are preventing disease with very little effort.

Just because you don't feel thirsty, does not mean that you are not in severe need of water. This is because when the body believes that there is not enough water, it will turn off its thirst reaction. But don't be fooled, when there is not enough water and the thirst signal is turned off, the body is in emergency mode. You may begin to hold on to water in your legs, feet, arms and face. There may be a decrease in urination, keeping the body from excreting potentially harmful waste. You may notice that if you drink plenty of water for several weeks, your thirst signal returns and communicates your need for this vital nutrient once again.

A common excuse for not drinking more water is fear of having to go to the toilet too often. When the body is severely dehydrated for a long period of time, it loses its ability to use the water efficiently. Therefore, it will simply get rid of the water because it does not know what to do with it. After some time, it will become balanced and the constant need to urinate will disappear.

Approximately 2 liters of water per day is needed to be fully hydrated. Pure, filtered water is best, but teas such as mint or chamomile can also be counted as long as some pure water is consumed daily. When alcohol, caffeine, fizzy drinks are consumed, as well as exposure to unnatural food, drugs, cigarettes, environmental toxins and emotional stress, even more water is required for balance.

Substituting coffee with green tea or fizzy drinks with pure, fresh fruit and vegetable juices is a great place to begin. If you enjoy drinking alcohol, remember to drink one pint of pure water for every glass of wine or pint of beer. You will drink less, reduce your risk of a hangover and your body will thank you.

Tap water often contains chemicals, so buying a water filter is a good way to filter out toxins.

Remember that your body depends on pure water. Without it, you are at risk for less than optimum health, so give your body the most fundamental nutrient of pure water that it deserves. Buy a good water filter for home and at work or a travel model that goes with you each day.

After you awake...²

suggestions for your first 30 minutes each morning



If you woke
up breathing
congratulations!
You have
another chance

I was still working in construction (sprinkler pipefitting at that time) when I met **Mike White, the Optimal Breathing Coach**.

In 2002 Mike asked me to help in his booth at a raw foods festival in the western mountains of New York. After eating only raw foods and drinking fresh juices for 2 days I felt like I was walking two feet off the ground and I had trouble sleeping more than 4 hours! I thought **"if I feel this GOOD in TWO DAYS, what will I feel like in TWO YEARS?!"**

After watching Mike work on people of all ages and sizes for two days - watching "miraculous" transformations in their breathing, posture and attitude, I knew I found what I wanted to do when I "retired."

Seven years later, I'm continually AMAZED what a few simple changes in breathing, plus transitioning to organic living foods has done for me and for people I've been fortunate enough to work with and learn from!

FREE Breathing Tests and Evaluations

Heart attacks, cancer, strokes, asthma, speech problems and **every disease known to (wo)mankind is worsened or improved by how well we breathe; the quality of our respiration.**

So is peak performance such as in HARD WORK and activities requiring mental acuity, athletics, acting, speaking, singing!

How good is YOUR breathing?

Click here <http://www.1automationwiz.com/app/?Ck=2989854>

T5T The 10-Minute Rejuvenation Exercises

The Five Tibetan Rites

"T5T is an incredible and powerful program. It turns back the clock. It increases your energy, mental clarity and focus. It reduces stress, and improves strength and flexibility. It is capable of restoring your passion and zest for life if you let it. I highly recommend it for anyone willing to improve their life."

- John Gray author of **Men are from Mars, Women are from Venus**



<http://t5t.affiliatetracker.com.au/click.pl?id=thewellthcoach>

"The Five Tibetans" are a once-secret, ancient rejuvenation technique that have long been practiced by monks to slow aging, increase energy, calm the mind and strengthen the body. 10 mins per day is all you need.

T5T major benefits:

- * **Increased energy & vitality – can keep going & going**
- * **Calmer, less stressed. Able to cope better**
- * **Improved breathing**
- * **Significant mental clarity. Razor sharp focus**
- * **Overall improvement in health**
- * **Improved mood & sense of wellbeing/purpose**
- * **A more youthful body; less stiff and far stronger...**

"T5T is simple, practical, effective and certainly mind/body altering. If you would love to become rejuvenated, remain calm, feel more vitality, be more flexible and simply look your absolute best, then now there is a new way to experience a greater state of wellbeing that takes just minutes a day, but lasts a lifetime." - Dr. John F. Demartini - "The Secret" Teacher - Bestselling author of **The Breakthrough Experience - A Revolutionary New Approach to Personal Transformation**

In T5T emphasis is also placed on the **mind/body connection**. The physical movement of each Rite is a metaphor for the desired mental state:

- * **ENERGY:** The Spin posture replenishes & energizes the mind & body.
- * **AIR:** The Leg Raise posture promotes clear, focused thinking.
- * **WATER:** the Kneeling Backbend posture unlocks the power of the subconscious mind
- * **EARTH:** The Tabletop posture creates stability and balance
- * **FIRE:** the Pendulum posture focuses on finding the motivation, courage, and energy to follow one's intuition.

Energy Breathing is carried out between each of the Five Tibetan Rites. This breathing technique is incredibly valuable and powerful. On its own it will contribute to increased energy as well as to an overall improvement in health. Knowing how important breathing is for health and vitality, **Carolinda Witt, founder of T5T**, consulted breathing expert Michael Grant White from <http://www.breathing.com> to incorporate a method she calls "Energy Breathing" into T5T.

"Breathing slower, deeper and easier is vital for longevity, health and vitality. I believe that T5T can help most people become more conscious of their breathing. It can also release tension in their breathing, and often gradually expand their breathing capacity as well as slow their breathing rate. T5T will help many people to achieve the above, however there are those who may have an undetected dysfunctional breathing or what I call UDB whose next step would be my Optimal Breathing Techniques."

Michael Grant White, "The Breathing Coach" - Executive Director of <http://www.breathing.com> and the **Optimal Breathing School**. Take Mike's **Free Breathing Tests:** <http://www.breathing.com/tests.htm>

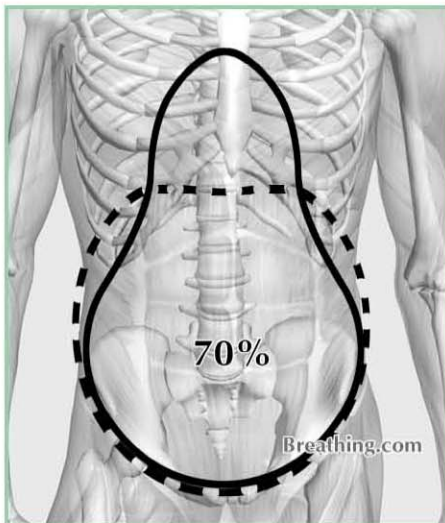
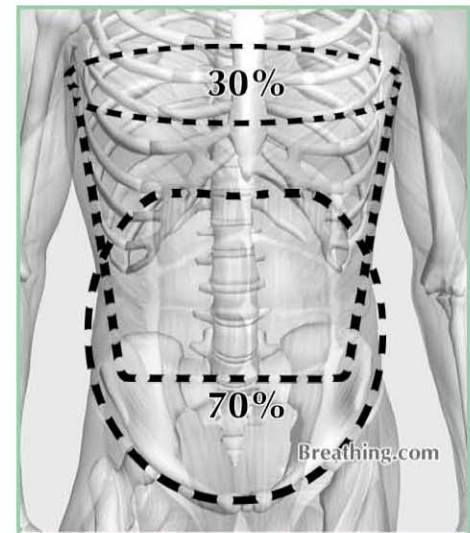
T5T takes you progressively through beginner level to intermediate and advanced, building your strength from the inside out.

Supporting a More Optimal Breathing Pattern:

The Pear + the Cone = the Wave

An optimal deep breath starts with the lungs filling and the diaphragm descending. The lower torso expands in all directions (70%), then the ribs and chest expand (30%). The inhalation is fuller and slower, engaging the entire torso in an upward wave-like motion. The exhalation is simply about relaxing and deflating, followed by a brief pause before the next breath begins.

----- Inhale (lungs full)



————— Exhale (resting)
----- Inhale (lungs full)

The Pear...

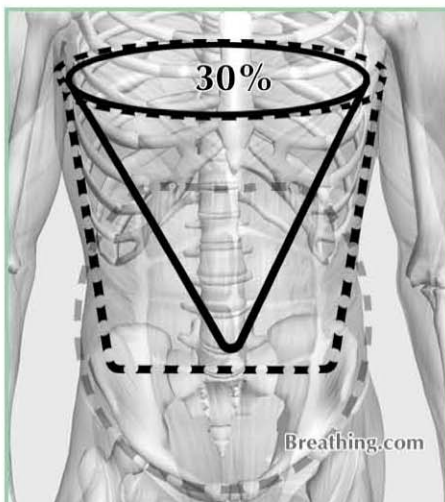
Imagine a pear hanging from your collarbones. Your diaphragm lies on top of the lower, round portion of the pear, and rises and falls with each breath. At the end of an exhale, the diaphragm rests up inside your ribs in its natural, dome shape. During an inhale, as your lungs fill, the top of the pear is pushed down and the diaphragm flattens. This causes the lower, round part of the pear (stomach, liver, intestines) to expand outward 360 degrees.

The soft tissue of the abdomen will expand more than the sides (intercostal muscles) and more than your lower back and kidney areas, but you should still feel expansion in your sides and back—although you may not, due to low-back tension. This primary *pear movement* should account for about 70% of the volume of your in-breath, since most of your lung tissue is in the lower half of your torso. Indeed, the lungs hang down about 20% more in the back like the tails on a tuxedo)...

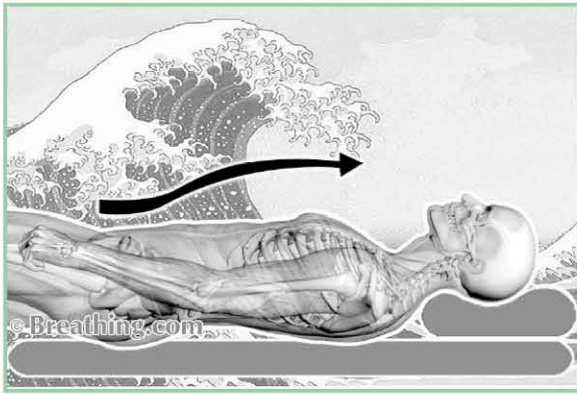
+ the Cone

After the pear is filled, the breath will naturally rise up to open the ribs and expand the chest. This is the secondary movement of the inhale, which accounts for about 30% of its volume. Imagine a cone with the point anchored at your navel. The upper circle of the cone is approximately at your nipples. First the pear, then the cone enlarge in a wave-like movement upward. The ribs expand because the lungs need more space for a deeper breath. The circle of the cone opens wider as the ribs spread sideways—but not upward.

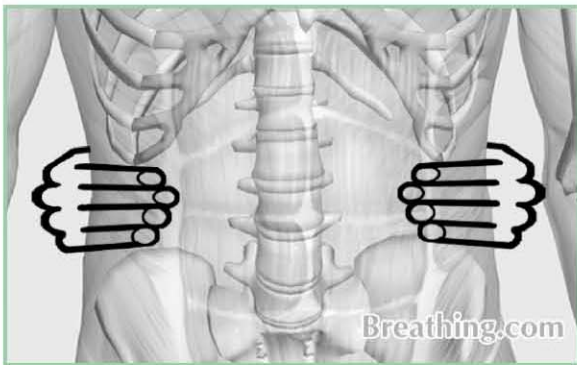
The cone is anchored at the navel. It will expand at the bottom, but not lose its foundation. If the ribs were lifted upward during an inhale by shrugging the shoulders or bulging the neck muscles, the circle at the top of the cone might even decrease in diameter, restricting your air volume intake. Tension would accumulate from doing shoulder shrugs and tensing the neck muscles about 18,000 times a day! This could lead to “high-chest dominant” or “reverse breathing,” where the abdomen GOES IN during an inhale. The ideal is to keep your shoulders and neck at rest and allow your ribs to widen sideways. There can be a gentle rippling movement in the shoulders and neck muscles as the inhale peaks.



= the Wave



The merging of the pear and cone as one continuous movement creates a marvelous wave that first fills the belly, then rises into the thorax. You can harmonize the breath wave with the spinal wave. The gentle undulation of the spine will encourage the flow of spinal fluid, lubricating your spinal discs. Since the majority of your activity and attention should be in your lower torso, you will be stimulating the vagus nerve and the parasympathetic (calming) side of your autonomic nervous system. Like an ocean wave, when your inhale comes to its peak, it will spill its momentum on the shore, with your free and relaxed exhale. You may feel inclined to pause before your next inhale, because you will be oxygenated and refreshed.



The Squeeze & Breathe Exercise

To strengthen the diaphragm from within, perform the breath wave while placing a little extra pressure with your hands in the soft tissue between your hips and your ribs. Place your four fingers in the front and your thumbs in the back over your kidneys. Do this while standing with your feet shoulder-width apart, knees slightly bent, chin slightly raised above the horizon level. Breathe out all the way while squeezing in. Now hold these “vises” tightly while you inhale. As your “lower pear” expands, you are exercising your diaphragm muscle. Your fingers and thumbs will be slowly forced open. Do this six to ten times, with a 4-count inhale and

a 6-to-8-count exhale. Take a regular breath in between each squeeze to give yourself a rest, to feel the flush of blood to this area, and to note any other changes.

Any dizziness suggests a low tolerance for energy. If dizzy, wait 30–60 seconds before doing more in order to give your body a chance to absorb the excess energy. When practiced regularly over time, this exercise can improve your diaphragmatic action and increase your lung volume. More advanced breathing techniques are available at Breathing.com.

The Pear / Cone Breathing Ratio

No breathing pattern is static, but experience has shown that a good pattern should have a strong tendency toward this 70/30 ratio, due to the sufficient support needed by one’s internal core—also known as the *dan tien*, the *hara*, or the internal foundation—which includes the diaphragm. This ratio promotes “rest, digest & heal.”

The 70/30 ratio may change dramatically—even to its opposite of 30/70—when the system encounters extreme degrees of stress or distress, “fight or flight.” By consciously directing your breath, you can gently and consciously bring your breathing back to the 70/30 balance to better manage and recover from distress.

In the #176 *Breathing Development Fundamentals* program [Breathing.com], this area is called “the bottom of the pear.” We also liken it to the “basement” of an office building, with the “building” being the lungs, and the “elevator” being the diaphragm and wave-like movement that rises and descends with the breath.

<http://www.1automationwiz.com/app/?Ck=2989854>

Optimal Breathing® • Breathing.com • 1-866-MyInhale

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As published in *Heal Yourself with Breath, Light, Sound & Water* by Denis Ouellette • IntegralBreathwork.com



Plants Are Your Best Source of Calcium!!

From: Robert Cohen
http://www.notmilk.com

Where do animals get their calcium? The answer is that plants (veggies) are loaded with calcium. Cows eat plants. Humans should, too. Human breast milk is the perfect formula for baby humans. In her wisdom, Mother Nature included 33 milligrams of calcium in every 100 grams, or 3 1/2-ounce portion, of human breast milk. At the end of this column are calcium values for 55 commonly eaten foods. Compare those calcium values to human breast milk.

The perfect calcium-rich food is hummus. Chick peas (150 mg) + sesame seeds (1160 mg) will yield a food containing ten times as much calcium as human breast milk.

In order to absorb calcium, the body needs comparable amounts of another mineral element, magnesium. Magnesium is the center atom of chlorophyll. Milk and dairy products contain only small amounts of magnesium. Without the presence of magnesium, the body only absorbs 25 percent of the available dairy calcium content. The remainder of the calcium spells trouble. Without magnesium, excess calcium is utilized by the body in injurious ways. The body uses calcium to build the mortar on arterial walls which becomes atherosclerotic plaques.

Excess calcium is converted by the kidneys into painful stones which grow in size like pearls in oysters, blocking our urinary tracts.

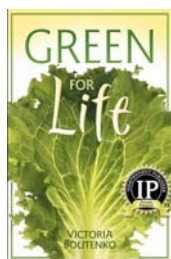
Excess calcium contributes to arthritis; painful calcium buildup often is

manifested as gout. Osteoporosis is NOT a problem that should be associated with lack of calcium intake. Osteoporosis results from calcium loss. **The massive amounts of protein in milk result in a 50 percent loss of calcium in the urine.**

In other words, by doubling your protein intake there will be a loss of 1-1.5 percent in skeletal mass per year in postmenopausal women.

The calcium contained in leafy green vegetables is more easily absorbed than the calcium in milk, and plant proteins do not result in calcium loss the same way as do animal proteins.

Human breast milk contains 33 milligrams of calcium per 100-gram portion and potato chips contain 40 milligrams!



Calcium content of foods

(per 100-gram portion = around 3.5 oz).

- | | | |
|--------------------------------------|--|---------------------------------------|
| 01. Human Breast Milk 33 mg | 20. Cress (raw) 81 mg | 39. Peas (boiled) 56 mg |
| 02. Almonds 234 mg | 21. Dandelion Greens 187 mg | 40. Pistachio Nuts 131 mg |
| 03. Amaranth 267 mg | 22. Endive 81 mg | 41. Potato Chips 40 mg |
| 04. Apricots (dried) 67 mg | 23. Escarole 81 mg | 42. Raisins 62 mg |
| 05. Artichokes 51 mg | 24. Figs (dried) 126 mg | 43. Rhubarb (cooked) 78 mg |
| 06. Beans (can: pinto, black) 135 mg | 25. Filberts (Hazelnuts) 209 mg | 44. Sauerkraut 36 mg |
| 07. Beet greens (cooked) 99 mg | 26. Kale (raw leaves) 249 mg | 45. Sesame Seeds 1160 mg |
| 08. Blackeye Peas 55 mg | 27. Kale (cooked leaves) 187 mg | 46. Squash (Butternut) 40 mg |
| 09. Bran 70 mg | 28. Leeks 52 mg | 47. Soybeans 60 mg |
| 10. Broccoli (raw) 48 mg | 29. Lettuce (lt. green) 35 mg | 48. Sugar (brown) 85 mg |
| 11. Brussel Sprouts 36 mg | 30. Lettuce (dark green) 68 mg | 49. Tofu 128 mg |
| 12. Buckwheat 114 mg | 31. Molasses (dark-213 cal.) 684 mg | 50. Spinach (raw) 93 mg |
| 13. Cabbage (raw) 49 mg | 32. Mustard Greens (raw) 183 mg | 51. Sunflower Seeds 120 mg |
| 14. Carrot (raw) 37 mg | 33. Mustard Greens (cooked) 138 mg | 52. Sweet Potatoes (baked) 40 mg |
| 15. Cashew nuts 38 mg | 34. Okra (raw or cooked) 92 mg | 53. Turnips (cooked) 35 mg |
| 16. Cauliflower (cooked) 42 mg | 35. Olives 61 mg | 54. Turnip Greens (raw) 246 mg |
| 17. Swiss Chard (raw) 88 mg | 37. Parsley 203 mg | 55. Turnip Greens (boiled) 184 mg |
| 18. Chickpeas (garbanzos) 150 mg | 38. Peanuts (roasted) 74 mg | 56. Water Cress 151 mg |

Spinach

Why It's Healthy

- Spinach contains lutein and zeaxanthin, two immune-boosting antioxidants important for eye health.
- Recent research found that among cancer-fighting fruits and veggies, spinach is one of the most effective.

Quick Recipe:

Spinach is a healthy -- and flavorless -- addition to any smoothie. You won't taste it, we promise!

Try blending **1 cup spinach, 1 cup grated carrots, 1 banana, 1 cup apple juice, and ice.** (For extra creaminess, plus GOOD fats for your hair, skin and nails, add 1 avocado and/or 1 Tablespoon tahini - ground sesame seeds). See sesame seeds calcium content above.

20+ Simple Juice Recipes

Carrot/Apple Juice

6 carrots
2 apples

Liver Mover

2-3 carrots
½ beet

Bromeiain Special

pineapple (skin & all)
unscrew top and throw away

Orange or Grapefruit

3 oranges (peeled)
or 1 grapefruit (peeled)

Evening Regulator

2 apples
1 pear

Digestive Special

handful of spinach
6 carrots

Holiday Cocktail

2 apples
1 large bunch of grapes
1 slice lemon with peel

Body Cleanser

4 carrots
½ cucumber
1 beet

Rejuvenator

handful of parsley
3 carrots
2 celery stalks
2 cloves of garlic

Cantaloupe Juice

cut into strips and juice
(rind and all)

The Waldorf

1 stalk celery
2 apples

Sunshine Cocktail

2 apples
4-6 strawberries

Energy Shake

handful of parsley
6 carrots

Watermelon Juice

cut into strips and juice
(rind and all)

Potassium Broth

1 handful of spinach
1 handful of parsley
2 stalks of celery
4-6 carrots

AAA Juice

6 carrots
1 apple

2 stalks of celery

½ handful of wheatgrass
½ handful of parsley
½ beet

Passion Cocktail

4 strawberries
1 large chunk pineapple
1 bunch black grapes

Morning Tonic

1 apple
1 grapefruit (peeled)

Digestive Cocktail

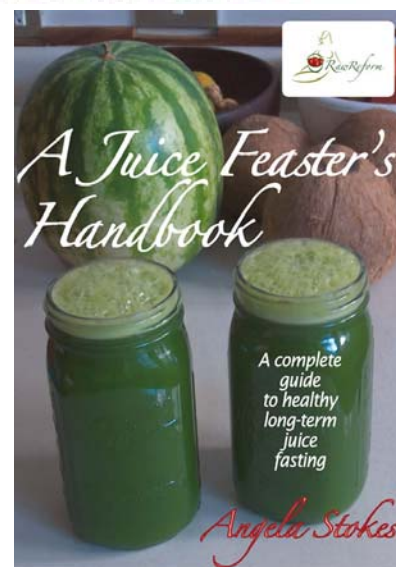
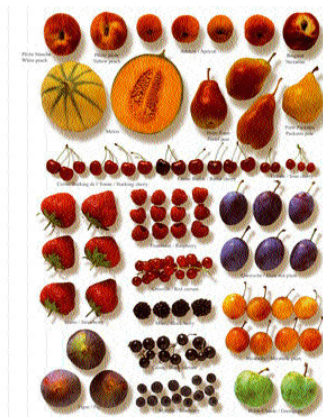
¼ lemon with peel
½ grapefruit (peeled)
2 oranges

Alkaline Special

¼ head cabbage (red or green)
3 stalks of celery

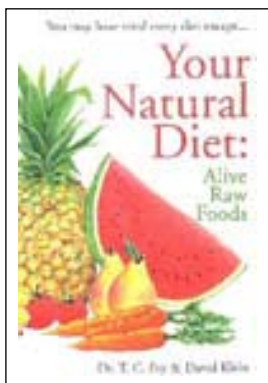
Energizing Smoothie

1/2 Cup Filtered Water
1/4 of a Whole Pineapple, peeled and cut into pieces
10 Strawberries
1 Mango, peeled and cut into pieces
1 Banana
3 Ice Cubes
Process in a blender until creamy.



Do a Google search for **JUICERS**, then another for **BLENDERS** and find what appeals to your budget and you most! Be prepared to spend a few hours enjoying websites and recipes to begin your transition to a wellthy lifestyle!

Questions? Check my website: <http://www.wellthychoices.net> or send me questions and comments on this book and other ideas or problems you're having! jjenson@wellthychoices.net



Refreshing Smoothie

Cathy Silvers, Healthy Living

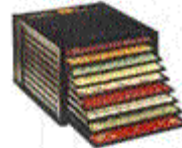
2 tbsp Healthy Living Gojiberries
1 cup Strawberries
2 bananas
1/2 bunch Romaine
1 tbsp Healthy Living Agave
2 Cups Water

Combine all ingredients into a blender. Process until smooth.

Dried Snacks - Reduce Waste - Increase Taste!

GREAT WAYS TO USE A DEHYDRATOR

Eat dehydrated foods by themselves
Grind into powders and use in soups, sauces and crackers
Flavorings for other dishes
Fruits candied and dried for special treats
Dried bread crumbs or sprouts dried & powdered make yummy crackers!
Fruit-flavored yogurt makes a kind of "taffy"
Mke your own onion powder spice or garlic powder spice
All garden herbs can be dried and added to your spice rack!
Zucchini or sweet potato "chips"
Onion rings without hard-to-digest fried oils
Sunflower "cheese" - a non-dairy cheese slowly aged & dried
Dried & powdered sprouts make zesty condiments, crackers, bread sticks
Fruit leathers
Granola
Make trail foods
Dehydrate leftovers
Dry home-made pastas
Start seedlings
Grow sprouts
Liquify honey
Save leftovers for soups & stews
For people who eat beef, venison, chicken & turkey & fish, these meats make excellent jerky (with special precautions to prevent fats from becoming rancid).



FRUITS

Apples
Apricots
Bananas
Blueberries
Cherries
Currants
Dates
Figs
Grapes (raisins)
Lemons
Nectarines
Oranges
Papayas
Pears
Peaches
Pineapples
Plums/Prunes
Strawberries
HERBS
Basil
Cilantro
Coriander
Dill
Oregano
Parsley
Rosemary
Sage
Thyme

VEGETABLES

Asparagus
Beets
Carrots
Celery
Corn
Cucumber
Eggplant
Garlic
GreenPeppers
Onions
Peas
Squash
Sweet potatoes
Tomatoes
Mushrooms
Zucchini
SPROUTED GRAINS
NUTS SEEDS

degrees
for 8-12 hours, or overnight. For an interesting variation, sprinkle with shredded coconut before drying.

Dried Fruit Granola

Good breakfast with almond milk!
4 cups oats
1 cup sesame seeds
1 cup other chopped nuts, any kind
1.2 cup wheat germ
1 cup shredded coconut
1.2 cup honey
1.2 cup quinoa or amaranth flour
1 cup oil
1 tsp. salt
1 cup raisins
1.2 cup dried peaches or apricots
1.2 cup dried apples
1.2 cup dried pineapple
Combine the oats, sesame seeds, other nuts, wheat germ, coconut, honey, wheat flour, oil, and salt in a bowl. Dehydrate at 120 degrees overnight or until crunchy. Add the dried fruits and mix well. Try substituting different types of dried fruits for variety!

Zucchini Chips

4-10 medium zucchini -slice 1/8"-1/4"
Herbamare or Trocomare seasoning
Drying time about 5-10 hours
@ 115-125 degrees.
TRY: Banana Chips, Carrot chips, Tomato slices dehydrated, green beans (whole), peas,

MILLET BURGERS

1 C millet (sprouted works)
1/2 C soft wheat berries (sprouted)
1/2 C chives
1/2 C red onion
1 t celtic sea salt (Optional)
2 t oregano
1/2 C celery
1/2 C carrot
1/3 C tahini (sesame paste)
2 garlic cloves
1/3 C distilled water
2 t cumin
Place millet and wheat berries in separate bowl in enough distilled water to cover and soak overnight. Drain and rinse. Place wheat berries, garlic, tahini, seasonings and distilled water in a food processor and blend well. Set aside. Place millet in the food processor and pulse chop, add to sauce mixture.
Fold in finely grated carrot, finely minced chives, onion and celery. Add celtic sea salt. (<http://www.celticseasalt.com>)
Form into burgers and dehydrate at 105 degrees until they reach a consistency you desire. It will take about 24 hours.
Serve warm with hummus or Hollandaise sauce. YUMMM!

Basic Banana Cookies

from Carol Giambri
Use organic when possible!
2 fresh bananas
2 teaspoons raw carob
1/4 c. soaked raisins
Grated lemon peel
1/4 c. nuts or seeds
. Mix all in food processor
. Add more carob if consistency is too watery.. if too dry can add little more bananas to give moisture.
. The nuts/seeds are form of fat to replace oil, but can add some olive oil if you desire.
. Dehydrate till you see it starting to dry, then flip over to other side.
Note: cranberries, can be added to holiday time and give tart flavor to the above ingredients....may have to increase raisins to balance out adding more sweetness. Should be soft and chewy.

Date-Fig Balls

1 cup dried dates
1/2 cup dried figs
1/2 cup prunes
1/2 cup raisins
1 cup crushed walnuts
1/2 cup sunflower seeds
3 tbsp. lemon juice
1 cup coconut
In a food processor or food grinder, finely grind dates, figs, prunes and raisins. In a medium bowl, mix ground fruit with nuts and seeds. Stir in lemon juice. Shape into 1/2-1" balls. Roll in coconut. Dry in dehydrator at 135o for 4 to 6 hours, or until crisp on the out-

side. Makes about 30 balls.
<http://www.everythingkitchens.com/mis-cdehydratorrecipies.html>

"Butterfinger" Bites

2 cups coconut
2 cups apples, peeled, chopped
2/3 cup almond butter
1 1/2 tbsp. vanilla
In a large bowl, combine all ingredients; mix well. Shape into 1/2-1" balls. Dry in your dehydrator at 135° for 4 to 5 hours, or until firm and crisp on the outside. Makes about 3 dozen.

Applesauce & Fruit Roll-Ups

3 cups strawberries
3 cups applesauce
or
2 cups bananas
2 cups applesauce
In a blender mix all ingredients until pureed. Pour onto solid fruit leather sheets; dry at 135o for 4 to 8 hours, or until leathery. Remove from sheets while still warm. Let cool slightly. Roll in plastic wrap and store in dark , dry cool place or in the freezer.

Cinnamon-Pear Leather

* 4 large pears, cored, peeled, & pureed
* 1 tablespoon lemon juice
* 1 pinch of nutmeg
* 1 pinch of cinnamon
Mix all ingredients together and spread over plastic wrap or nonstick dehydrator sheet to a thickness of 1/4 to 1/8 inch. Dehydrate between 115 and 120

How to Make Fresh Nut Milks

© 2008 Karen Knowler

Nut milks are packed with nutrition and a certain amount of good fats, but much less than usual as all of the fibre is removed if you choose to strain, and therefore a significant amount of the fat is left behind too as it remains in the fibre. All nuts are typically high in zinc, magnesium, iron, protein, some B vitamins and manganese though it does differ from nut to nut).

Step 1: Go nuts!

To get started you'll need some good quality nuts to work with. The best ones to start with are usually almonds as these are easy to find, easy to use and most people seem to love them. Whatever nuts you choose these will ideally be organic and with no broken bits or chips and will be raw - not salted or roasted! Other good ones to start with are cashews or hazelnuts.

Step 2: Get blending

To make enough nut milk for 1 large serving place 1 measuring cup of your chosen nut into your blender with 3 cups of pure water. Blend until all the nuts have been broken down and no bits are remaining. You should be left with a "milk" that has no bits rattling around inside it, although if you've used almonds there will be bits of brown skin showing up in the mixture - this is fine, we'll get rid of these next.

Step 3: Take the strain

Strain your milk by getting a jug or bowl to collect it in and your strainer in hand. Pour your milk through the strainer and into your jug or bowl. My own personal preference is to use a nut milk bag and a tall jug as the bag sits nicely around the top of the jug making it much easier to pour the milk into.

Step 4: Milk it to the max

You'll want to get as much milk from your mixture as possible, so you'll need to make sure you have strained it well. If you've used a nut milk bag to strain, continue squeezing the bag until no more milk can come

out. If you're using a sieve use a spoon to swirl and press the nut milk and pull around until all the liquid has come through.

Step 5: Drink now - or flavour?

Your milk will now be "fizzing" with life and completely clear of any bits of pulp or fibre as you've strained it. At this point you can drink your milk simply by pouring it into a glass and serving, or you can choose to sweeten it or flavour it according to your own preferences. (Be sure to rinse the blender jug well first). I personally like to sweeten my nut milk a little, which I usually do with a Medjool date or two, or a tablespoon of agave nectar - I think this one simple addition takes the milk from a "7" to a "10" and most people who try them both and then compare agree (unless they have a low sweetness threshold!). If you'd like to flavour yours, read on for a range of ideas of what you can do with your lovely fresh nut milk, but bear in mind these ideas are just for starters!

Top nut milk facts & tips

* Nut milks will keep for several hours in the fridge with negligible loss of taste and nutrition. This only applies to pure nut milks - not those which have had anything added to them which will tend to ferment quite quickly and should be drunk ideally within the hour.

* To make a raw ice-cream with a nut milk base start your experiments with cashews or almonds. Cashew is the nut most like cow's milk in taste, but some people aren't so fond of cashews. But almonds are always a winner!

* To make a nut milk even more quickly AND avoid all the straining (of all kinds!), use 1 Tablespoon of nut butter instead of the 1 cup of nuts. Simply blend the butter with the water and hey presto! Instant milk.

* You can add fruit to nut milks, but bear in mind that it's not a great combination as far

as food combining goes (when eaten together fruit and nuts tend to ferment in the stomach). However, because the nuts are not whole but in a milk form and therefore fibre-free this is much less likely to happen, or at least will be much less intense. Almond and strawberry is a great-tasting combination!

* Some great ingredients to try adding to your nut milks (in moderation!): Maca, mesquite meal, coconut butter, cacao beans or powder, vanilla pod or essence, cinnamon, dates, agave nectar, carob.

Nut milks for maestros

* If you make nut milks regularly but would rather not faff about with a sieve or bag and you're a gadget fan, you might consider investing in a nut milk maker. These machines are really rather groovy-looking and retail at around £59.99. The make I own is the Yaoh which is brilliant.

* If you're ready to get more out of your nut milks then consider making shakes, ice-creams, soups and dressings from them. The only difference between them all is the flavourings you choose to add and the temperature at which you serve them. But all are equally lovely!

* If you've always stuck to almonds or the same nut for your nut milks, try something different. Some are bound to taste better than others, but you could always mix two or more to create something very special!

Karen Knowler, The Raw Food Coach publishes "Successfully Raw" - a free weekly eZine for raw food lovers everywhere. If you're ready to look good, feel great and create a raw life you love get your FREE tips, tools and recipes now at <http://www.TheRawFoodCoach.com>.

Save the pulp strained from your nut milks to use for dehydrator crackers and snackers! (See dehydrator page.)

Yummy Nut Milk Shake

A frosty nondairy drink made with frozen bananas, soaked nuts and dates.

- * **3/4 cup almonds**, soaked 2 to 8 hours or
- * **3/4 cup cashews**, soaked 1 to 2 hours
- * **4 dates**, soaked 1 to 2 hours (save soak water)
- * **3 to 4 peeled frozen bananas**
- * **3 cups cold filtered water or apple juice**

Optional flavorings:

- * 1 tsp nonalcoholic **vanilla** extract
- * 2 tbs raw **carob** powder
- * A few fresh **berries**
- * 1 tsp ground **cinnamon**

In blender, combine nuts, dates and water or juice until smooth. Break frozen banana into pieces, add to mixture and blend until smooth. Add one or more optional flavors if desired. Pour into glasses. Serves four.



Simple, tasty, quick, green breakfast drink!

Spinach Smoothie

- * 1/2 cup orange juice
- * 1 cup fresh baby spinach leaves
- * 1 cup almond or rice milk
- * 1 banana or strawberries or kiwi (any fresh fruit in season)

Combine all ingredients in a blender container. Cover; blend at medium speed until smooth. Garnish with an orange slice if desired.

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<http://www.mygenewize.com/thewellthcoach>

<http://www.lifemapnutrition.com/thewellthcoach>

Questions? Call!

**Jan Jenson, The Wellth Coach
704-450-6115**

DNA vs Urine Analysis

A doctor in Houston recently gave a presentation that evoked (for me) a great understanding of the difference in DNA Analysis and Urine (metabolic) Analysis. They are both important but here's how they are different.

- .. DNA is prevention. Metabolic is reaction.
- .. DNA is foundational. Metabolic is functional.
- .. Your DNA never changes. Metabolics change daily.
- .. Fix the foundation first (customized supplements). Then test the functions (multiple tests).

Here are some points he brought up

1. **No one knows the exact percentage** but some say DNA is responsible for about 25% of your health and Lifestyle (what you eat, the air you breathe, fitness level, etc...) is responsible for 75%.
2. **You must address BOTH:** DNA and Lifestyle issues.
3. **Only a DNA test will tell you about your DNA.** Many things tell you about your Lifestyle including metabolic tests (Urine or Blood Analysis), Body Mass Index or other fitness tests, caloric and fat intake analysis, etc... Nutritionists have many tests.
4. **Your DNA never changes.** If you address this first, then you can address your Lifestyle knowing you have the base down.
5. **Urine analysis will change** if you change your lifestyle. This includes if you start taking your customized supplements, start a fitness routine, etc...
6. **Once you've addressed your DNA** and get on your customized supplements you can do many Lifestyle Tests (urine, blood, fitness, food intake, etc...) to determine if you need more support.
7. **Your Lifestyle will continue to change** and you'll need to keep taking these tests and monitoring your lifestyle.
8. **But as long as you are on customized supplements** according to your DNA, you'll always have the DNA part of the equation handled.

The Foundation Metaphor

If I had to give you a metaphor, the DNA analysis is the foundation to your home. The Lifestyle analyses are the design and maintenance of the many rooms in your home. Without a strong foundation it doesn't matter how well you take care of the rooms. And if there is a hurricane, your foundation will stand strong if you take care of it well. You'll always be able to build a better you no matter what. Take care of the foundation first. Then use ANY test you want to keep your home beautiful.

The G W Difference

G W addresses the foundational elements in your custom supplements. Very soon we'll be adding "boosts" that will address Lifestyle issues.

You can do metabolic tests, fitness tests and other tests throughout your life as your life changes. The one thing that will never change is your DNA. Take care of that first and then add nutrition based on your Lifestyle.

<http://www.mygenewize.com/thewellthcoach>

Regular Detoxification is THE KEY to Living A Wellthy Lifestyle!

Detoxifying from Heavy Metals Saved Me from a Wheel Chair!

by Jan Jenson

More than 10 years ago, I figured out that heavy metal and chemical poisons were the cause of my Fibromyalgia "symptoms". Plus, 21 years ago I had a silver dollar-size epithelioid sarcoma (cancer) removed from my right ankle, with NO other treatment.

Among the toxins identified in my body (using radionic testing on detox pads I wore on my feet at night) were: dioxin, mercury, aluminum, cadmium, arsenic, lead, chlorine and copper and mixed metals from 22 years of breathing welding smoke.

We also detected trace amounts of uranium from breathing the air. Depleted uranium is used in all the bombs in Afghanistan, Iraq and wherever there has been "war" on this planet since well before the Gulf Wars...

One medical way of detox would have cost me over \$2,000. Another, closer to \$10,000... so I began searching for natural ways ... and found MANY!

Did you know that more than 70,000 chemicals are being used in commercial products in the U.S. Most of them are classified by the EPA as potentially or definitely hazardous to human health.

Mercury alone is related to over 200 diseases!! Metals and chemicals are considered to be one of the leading causes of the following diseases: almost all cancers, but especially cancer of

bladder, liver, and stomach. Alzheimer's, asthma, arthritis, bronchitis, chronic fatigue syndrome, epilepsy, emphysema, fibromyalgia, heart diseases, hypertension, kidney diseases, liver diseases, Lou Gehrig's disease, neurological disorders, Parkinson's, Schizophrenia and many more.

A unique blend of a special clay, spices and herbs, in various formulas have been known to help flush these metals and chemicals out of the body through a relaxing and enjoyable clay bath.

The results have been amazing in lab tests and I've seen the clay residue (change in color) in the bottom of my tub!

PARASITES Need to be Eliminated !!

In 2006 I began having massive attacks of skin rash that plagued me for over three years. I STILL have occasional bouts, mostly on my legs and I've determined that the major cause is internal parasites... due to the fact that the rash activates around full moon - when parasites become most active!

I brush my teeth with a combination of homeopathic toothpaste and Living Clay. I put 2 teaspoons in my green smoothie every morning. Once a month I make a clay mask for my face which rejuvenates my skin and eliminates dark circles under my eyes!

Natural treatments for PMS

From *Prevention* Magazine: **Rosemary Tea** for PMS, **chew fresh Ginger** for headaches and sinus troubles, and **soak in crushed Marigolds** to refresh your spirit. Not the usual kind of advice we find in *Prevention*, which is big on cooked foods, but this particular article was written by a Naturopath and herbalist.

http://rawlivingfoods.typepad.com/1/for_women/

Specific Foods to Eliminate While Cleansing

Some foods are particularly difficult for the body to digest or process. Below is a list of foods that are beneficial to eliminate while cleansing.

Dairy products including cheese, ice cream, milk, and yogurt because they clog and congest, thus slowing down the elimination of toxins and old intestinal waste

Fried foods, especially pan-fried with oil or deep-fried because they also clog and congest

Processed sugar (white sugar, artificial sweeteners, corn syrup, etc.) in candy, soft drinks, or added to food, because they depress the immune system

Common Iodized Table Salt because it constricts and holds in toxins (you can use unrefined, unheated earth or sea salt lightly)

Meat because it takes the most energy to digest and slows cleansing

http://blessedherbs.com/bh/internal_overview



The Internal Cleansing Kit

http://blessedherbs.com/bh/internal_overview
1-800-489-4372 EST

Specifically the Internal Cleansing Kit™ is designed to:

1) Detoxify and Rejuvenate All of Your Body's Organs of Cleansing

Over ninety different herbs in thirteen special formulas support the small and large intestines (colon), liver & gallbladder, kidneys & bladder, lungs, lymph, blood, and skin.*

2) Reduce Unwanted Para-Organisms in the Digestive Tract

Three powerful herbal formulas are used to rebalance unwanted para-organism populations.*

3) Provide Probiotics

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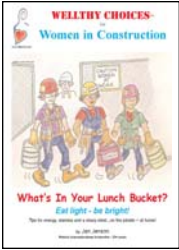
4) Provide Support While Cleansing

Soothing teas and a special antioxidant formula provide comfort and support as your body detoxifies.

5) Release the Body's Wisdom for Greater Health

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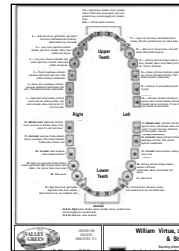
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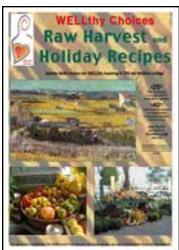
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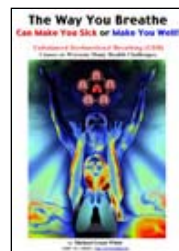
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The secret to
CONTENTMENT
is to realize
that
LIFE IS A GIFT
not a right.





Jan Jenson, *The Wellth Coach* and publisher of **WELLTHY CHOICES™** has been a health coach since 1968! She was a journey(wo)man ironworker for 25+ years, and has been an **Optimal Breathing Development Specialist** since 2002. Her health and nutrition websites, blogs, books, workshops and personal coaching provides results and insights that are guaranteed to transform your life!

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