



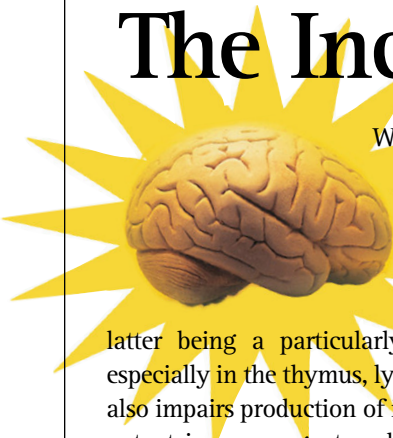
# LIVE EARTH NEWS

*Your Guide to Living Naturally*

PAGE 1

*Did you know that your brain is actually a veritable storehouse of chemicals that can have a powerful effect for good or bad on your body and well being? And did you also know that you can control what chemical cocktails your brain feeds you?*

## The Incredible Power of the Mind



We all know that stress is bad, but chronic stress can have devastating effects on the body over time. Stress causes the adrenals to secrete adrenaline and cortisone, the latter being a particularly powerful immunosuppressant, especially in the thymus, lymph nodes and spleen. Cortisone also impairs production of interferon, one of the body's most potent immune agents, which allows for disease to begin creeping in. Grief, distress, fear, worry and anger are all emotions researchers have discovered cause the release of chemicals from the brain called neuropeptides, which cause profound immune-suppressive action.

But the good news is, a conscious change towards stress reduction and visualization techniques can and will create secretions of calming, soothing hormones. Dr. Weiner states in his book 'Maximum Immunity': "By learning how to control our mind, subtle hormonal changes emerge that then control our biochemical reality." Yale University's cancer surgeon Dr. Bernie Siegel agrees: "Psychological and spiritual development are capable of reversing the disease process".

Following our bliss can also be a cure. A good example of this is the story of a banker who late in life contracted "incurable" leukemia. He had always wanted to be a concert violinist, not a banker, but he repressed his dream to please his father. He retired and learned to play the violin and actually performed on stage before an audience, realizing the dream of a lifetime. Before long, his leukemia went into what his perplexed doctor called "spontaneous remission". By the way, spontaneous remissions occur much more often than we think, but they are rarely reported by the medical establishment. The brain is truly a miraculous thing!

### EARTH MATTERS

## Green Houses Are Sprouting Up Everywhere!

How would you like to live in a house that uses ninety percent less energy than conventional homes and only releases a small amount of harmful carbon-dioxide emissions to the atmosphere? That's exactly what Magdalena Vanc'áková and her family managed to do in Prague, and her home has continued to stump the 6,000 participants who met at a recent United Nations conference on climate change with the objective for the near elimination of greenhouse gases, the leading cause of global warming. While there are two main types of green houses: low-energy ones, which rely on special insulation and solar panels, and passive ones, which rely on special ventilation, Vanc'áková managed to accomplish both objectives. Her home was built so that heat comes from a unique ventilation and insulation system that practically eliminates the need for gas or electrical heating and dramatically cuts back on carbon-dioxide emissions.

Green houses, also called passive homes, are not only appealing for the money they save on energy, but also because the self-regulating ventilation system re-circulates the air free of mold, dust and pollen, which cuts down on allergies and respiratory problems. Plus it's a very effective way of helping the environment.



You can read more information on this subject online at:

<http://www.praguepost.com/articles/2006/11/22/green-houses-not-just-for-flowers.php>



# LIVE EARTH NEWS

*Your Guide to Living Naturally*

PAGE 2

*A perfect 11? Baby Avery's gestational period, his birth and the start of his young life have been a source of surprise not only to his family but also by the medical staff where he was born. Why is it that babies today fall so short of being healthy? Perhaps Baby Avery's story can offer a clue.*

## Whole Food = Whole Life



**Baby Avery**  
Alberta, Canada

EVERY'S STORY – As told by his grandmother, Martha Birkett.

As a brand new Grandmother, I am thrilled to share my excitement. My daughter, Sarah, had a ten pound, one ounce baby boy on July 18th, 2006. During her prenatal visits the doctors were concerned because the baby was quite large, so they encouraged her to have a gestational diabetes 'drink' ~ a super-sweet orange syrup loaded with sugar, designed to test a mother's system to cope with the sugar overload and determine if she is a gestational diabetic. Knowing full well that her baby was destined to be somewhat larger than normal due to genetics, and not reacting to the 'fear' that was sent her way by the doctors, Sarah declined the test. She had faith that her child would be a strong healthy baby because it was fed the most perfect food available ~ Sunrider whole foods.

When Avery entered the world and was checked over by the doctors and nurses, there were numerous comments made . . . "Wow, this baby is soooo strong and has excellent control of his head." "He's so alert and so well proportioned.", said the Pediatrician in the hospital, and "I see babies all day long and I don't normally see babies like this. I rate him an 11 out of 10, he is PERFECT." While in the hospital, Avery stood out from all the other babies not only because of his size, but his healthy skin colour, his alertness and contentment. My daughter has continued to eat Sunrider on a daily basis through the nursing period and Avery has continued to progress to a degree whereas he still amazes the doctors. He has not had any bad tummy aches or colic and he maintains a very healthy glow to his skin. His clothes are all washed with Sunrider detergent. At one point, however, Sarah decided to wash his blankets in a different detergent (one recommended for babies) and he broke out in a rash on his face wherever he touched the blankets. She immediately switched over to Sunrider detergent and 'voila' his skin cleared up.

At four months of age he weighed twenty pounds and is one of the most content babies I have ever seen. To date, he has not even had a cold, which is a great surprise as he is out amongst others regularly and our temperatures here in Alberta, have been quite intense. From +12 to -40 degrees Celsius and sometimes this fluctuation occurs within a day! Even many adults tend to suffer from colds during these times as it is shocking to the body. Avery is far more aware and content than many other babies his own age. We are constantly amazed at the level of intuitiveness that he has. He is presently eating NuPlus twice a day along with his mother's breast milk which gives him a high level of satisfaction. We are also looking forward to the birth of our second grandson expected to arrive in December. Our other daughter's pregnancy has also been phenomenal. Every visit to the obstetrician is the same. "Everything's perfect! You are so healthy, nothing to be concerned about." Both of our daughters have had 'perfect' blood pressure readings throughout their pregnancies as well as perfect heartbeats from the babies. We are sooooo grateful to Sunrider for giving our grandson(s) such a great start in life. 🍎

*Do you have an interesting story of healing to share with other members of Live Earth Network?  
We would love to hear your story! Please submit your story to the [Editor@MyLiveEarth.net](mailto:Editor@MyLiveEarth.net)*

Diana Walker (800) 840-0014

<http://www.myliveearth.net/diana>

[diana@myliveearth.net](mailto:diana@myliveearth.net)



# LIVE EARTH NEWS

*Your Guide to Living Naturally*

PAGE 3

**W**inter is now upon us and it's the hardest time of the year for many to stay committed to a whole food lifestyle. Why? Because many whole food recipes call for ingredients to be heated no higher than 118° Fahrenheit, so when you come in from the cold, the last thing you want to eat is something cold.

Well, we couldn't agree more, so try this smart recipe for beating Jack Frost when you've had a particularly cold day!

## Warm Red Bell Pepper Soup



### INGREDIENT NUTRITION FACTS

**Cold Pressed Olive Oil:** Those who use olive oil regularly, have been found to have much lower rates of heart disease, atherosclerosis, diabetes, colon cancer, and asthma.

**Tomatoes:** Packed full of a wide range of nutrients. An antioxidant called lycopene in particular helps to protect cells from oxygen damage and has been linked to the prevention of heart disease.

**Garlic:** Garlic is a powerful antibacterial and antiviral agent that joins forces with vitamin C to help kill harmful microbes. It is effective in fighting common infections like colds, flu, stomach viruses, and Candida yeast.

**Raw Honey:** Not only is honey sweet, but it is antiseptic, antibiotic, antifungal, antibacterial and it never spoils.

**Sea Salt:** Sea salt comes in its whole form with essential minerals and trace elements intact.

**Avocado:** Avocados contain oleic acid, a monounsaturated fat that may help to lower cholesterol. They are a good source of potassium, a mineral that helps regulate blood pressure and one cup of avocado has 23% of the Daily Value for folate, a nutrient important for heart health.

**Red Bell Pepper:** No matter what the color, bell peppers are rich sources of some of the best nutrients available. They are excellent sources of vitamin C and beta-carotene, two very powerful antioxidants. Bell peppers also provide fiber that can help lower high cholesterol levels, another risk factor for heart attack and stroke.

**Paprika:** Because paprika is prepared from red bell peppers it is packed full of powerful antioxidants, a most colorful protection against free radicals.

**Onion:** A good source of chromium, the mineral component in glucose tolerance factor, a molecule that helps cells respond appropriately to insulin. Regular consumption of onions has been shown to lower high cholesterol levels and high blood pressure.

**Quinary:** Quinary is a highly concentrated combination of over 40 different plants and is formulated to nourish and balance each of the five systems - circulatory, respiratory, immune, endocrine and digestive systems.

### WHOLE FOOD LIFESTYLE WARM RED BELL PEPPER SOUP

INGREDIENTS

- 4 cups filtered water
- 1/4 cup cold pressed olive oil
- 4 large ripe tomatoes
- 1 clove of garlic
- 3 tablespoons (tbsp) raw honey
- 1/2 teaspoon (tsp) sea salt
- 2 tablespoons (tbsp) paprika
- 1 organic onion bullion cube
- 2 large avocados cubed

SERVES  
4

For a boost of extra nutrition add 1 sachet of Quinary® from Sunrider

**Step 1 ~** Heat water in a pot turned to medium and add 1 organic bullion cube to make onion broth. Turn off heat and let stand while you proceed to step 2.

**Step 2 ~** Blend the red bell peppers, tomatoes, olive oil, honey, sea salt, clove and paprika in a blender. Once blended, add the onion broth and blend until smooth and frothy.

**Step 3 ~** Divide the avocados into four bowls, pour soup on top and sprinkle with dried or freshly chopped basil, thyme or oregano. Serve immediately.

Diana Walker (800) 840-0014

<http://www.myliveearth.net/diana>

[diana@myliveearth.net](mailto:diana@myliveearth.net)