Dear Health Enthusiast

We're happy to send you this eNewsletter again! You'll find here great articles, sales, and seminars information! Don't miss the opportunity to become healthier today!

Wildwood Lifestyle Center & Hospital

FEATURED ARTICLES

Will You Be One in Three?

**Strategies for** Although dementia might not necessarily be the direct cause of death, it can accelerate the serious decline of one’s health and consequently contributes to one’s death. What can you do to reduce your risk?

[READ MORE]

Inspirational Story

Do you have some chronic health problems like diabetes and hypertension? This inspirational story by Beth H. could help you!

[READ MORE]

NEWS & EVENTS

Upcoming Lifestyle Programs

Make a plan to be here! [more]

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WILDWOOD NEEDS

We have many projects going on right now! Please, consider making a donation to help us.
**Four Ways to Improve Your Mood by Food**
Do you wake up on an installment plan? Do you really not surface until you have another coffee break? Are you out-of-sorts? Downright grumpy? You can improve your mood by changing the foods you eat. How?

**Five New Ways of Reducing Your Stroke Risk**
Stroke is a leading cause of long-term disability and the third leading cause of death in the United States. So, what can you do about it besides a good lifestyle program of regular exercise, losing weight if obese, and enjoying a plant-based diet?

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**2013 NATURAL REMEDIES SEMINAR**

REGISTRATION NOW OPEN
NATURAL REMEDIES SEMINAR

Call to Register 1-800-844-1099 ext 1045 or 423-521-5058

JULY 14TH-21ST

July 14 - 21, 2013 - The Natural Remedies Seminar

The theme is “Natural Remedies” which will focus on the basics of what it is and its usage. Topics will include Natural Remedies Myths, Depression, Chronic Pain, GMO, Nutrition, and much more! Hands-on cooking class daily. In the afternoons, there will be 12 hours of practical training in Hydrotherapy, Massage, and Food Preservation. There will also be a 3 hour track on Poultices. For more information or to register, call 1.800.844.1099 ext. 1042 or 423-521-5058. Registration opens April 1st!! The Special Early Bird price is $369 until May 6th (Regular price is $450).

July 31 - August 4, 2013 - The Regaining Eden
Seminar

The theme is “By Beholding” which is based on the premise that whatever you behold will eventually transform you, whether positively or negatively. Topics include:

- What is Abuse?
- Depression: the Way Out
- Overcoming Anger and Bitterness
- Sustaining Your Emotional Health
- Pornography
- How Food Affects Recovery
- Cooking classes
- Q and A session

For more information or to register, call 1.800.844.1099 ext. 1042 or 423-521-5058. Registration opens May 6th!!!

WILDWOOD’S HERB SHOP SALES

The Wildwood Herb Shop offers a variety of herbs and supplements that cater to the vegan or vegetarian. Until June 1, 2013 these fine products are discounted.

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Ultimate Detox, Cleanse, and Rebuild o
(Vegetarian, with Berry-Licious)
Original Price: $23.00
Sales Price: $20.70

Bitter Melon
(supports healthy blood sugar levels*)
Original Price: $13.10
Sales Price: $11.79

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The Centers for Disease Control and Prevention announced in March 2013, that by the time they die, one out of three American seniors will have some form of dementia, including Alzheimer’s. Although dementia might not necessarily be the direct cause of death, it can accelerate the serious decline of one’s health and consequently contributes to one’s death. What can you do to reduce your risk?

Alzheimer’s disease

Alzheimer’s disease (AD) is a cluster of degenerative diseases that gradually destroy the human brain from the top down and from inside out. As brain cells die, brain tissue shrinks. Loss of memory, attention, speech, thinking capacity, and orientation, along with behavioral problems in various combinations, gradually become apparent. The website for the Alzheimer’s Association provides these sobering, staggering facts:

- One in every eight older Americans has Alzheimer’s disease.
- One of every eight baby boomers will develop AD, and one in six will develop dementia.
- Approximately 500,000 Americans under age 65 have Alzheimer’s or another dementia.
- With people living longer, the number with Alzheimer’s is expected to triple by the year 2050.
- AD is the sixth leading cause of death in the United States.

The likelihood of developing Alzheimer’s doubles about every five years after age 65. Those who have a blood relative with Alzheimer’s are more likely to develop the disease. The risk
also increases if more than one family member has the illness. The annual cost for care of AD patients in 2012 is estimated at $200 billion.

Mild Cognitive Impairment

Mild cognitive impairment (MCI) is a less serious condition which poses significant problems also. About 10 to 20 percent of adults aged 65 and older are believed to have MCI. Cognitive impairment, or the decline in mental faculties, can result from a variety of conditions. Half of these cases will develop Alzheimer’s later.

Risk Factors

Cardiovascular disease increases the likelihood of getting AD and MCI. Mild cognitive impairment can come on suddenly as from a stroke or other type of head injury or gradually from lifestyle practices. Common diseases, such as high blood pressure, stroke, cardiovascular disease, and a major or long-lasting depression, increase the risk for developing mental impairment. Other chronic conditions that increase MCI risk include:

- Obesity
- Metabolic syndrome
- Diabetes
- Hypothyroidism
- Liver disease
- Parkinson’s
- Multiple sclerosis
- Chronic kidney disease
- Certain drugs and medications

A Closer Look: Chronic Diseases and Mental Deterioration

A NHLBI study found that:

- Individuals with high blood pressure developed small areas of vascular brain damage at a faster rate than those individuals with normal blood pressure. They also experienced a more rapid decline in scores on tests of the brain’s executive functions
(such as planning and decision making).

- People with diabetes in middle age lost brain volume in the hippocampus at a faster rate than those without diabetes. The hippocampus is involved in learning, memory, and mood regulation. People who lose brain cells in the hippocampus are more likely to develop dementia.

- The brain’s executive abilities declined at a faster rate in individuals who were obese during middle age.

- People with a high waist-to-hip ratio were also more likely to be in the top 25 percent of those with faster decrease in their brain volume.

Therefore, it is essential that we use proven lifestyle interventions to control (and in some cases reverse) chronic diseases such as hypertension, obesity, and diabetes. For some individuals, the judicious use of medication will also be needed. The good news is the same lifestyle measures that prevent, reverse, or control these diseases also help to preserve brain functioning.

**Lifestyle Counts**

At least seven of the diseases that increase the risk for AD and MCI are related to the lifestyle we choose and the foods we eat. But that is not all. Consider these statistics:

- One study showed that when compared to non-smokers, those who had smoked two packs of cigarettes a day increased their risk of developing Alzheimer’s by more than 157 percent and had a 172 percent higher risk of developing vascular dementia, the second most common form of dementia after Alzheimer’s. Smokers lose brain volume overall and in the hippocampus at a faster rate than nonsmokers and are more likely to have detectable signs of vascular damage in the brain.

- Alcohol and Alzheimer’s produce similar effects on cognition, brain disorders, and brain chemistry.

- The hippocampus is vulnerable to THC in marijuana. Marijuana use impairs a person’s ability to form new memories and to shift focus. Marijuana’s effects on the brain can gradually accumulate and deteriorate critical life skills over time. Such effects may be worse in those with other mental disorders, cardiovascular disease, hypertension, and obesity.

Obviously, a person who is serious about preventing cognitive decline will address any
addiction issues he/she may have.

**Diet and Brain Health**

**Eat temperately.** Overeating in middle-age years impacts memory in the later years. Indeed, a recent study showed that individuals who are obese in middle age are at almost four times greater risk of developing dementia in later life than people of normal weight. Obesity increases inflammation within the brain. In contrast to overeating, calorie restriction improves memory and reduces certain inflammatory markers in elderly people.

**Avoid dietary pitfalls.** A typical Western diet (high fat, high sugar) causes cell membranes in the brain to be less flexible, thus compromising the flow of nutrients into the brain cells. A moderate intake of unsaturated fats at midlife is protective, whereas a moderate intake of saturated fats may increase the risk of dementia and Alzheimer’s. In her studies, Rothenburg found that a high intake of meat, butter, high-fat dairy products, eggs, and refined sugar was associated with an increased risk for AD. Meat, especially pork, decreases electrical activity in the pre-frontal cortex of the brain. According to neurophysiologist Dr. Bernell Baldwin, some studies show that vegetarians have approximately 50 percent less risk of developing dementia than non-vegetarians.

**Enjoy a plant-based diet.** Even if you have not eaten wisely, when you adopt a good diet, the flexibility of membranes of the brain cells improves. Not only that: the blood flow, the electrical balance, and the chemistry within the brain get better.

Monounsaturated fats, found in almonds and olives, prevent the clumping of blood cells in the brain. This results in longer attention spans and improved cognitive performance. Omega-3 fats improve the ability of brain cells to receive messages. Although fish is a good source of omega-3 fats, the fatty tissues of fish often accumulate environmental toxins (mercury and pesticides) which damage the brain. For this reason toasted flaxseed, walnuts, soybeans, and spinach are preferable as omega-3 sources.

Colorful fruits and vegetables provide antioxidants and anti-inflammatory phytochemicals that can protect the brain from cognitive decline. Flavonoids in purple, red, and blue fruits improve memory and problem solving. Apples reduce pro-inflammatory chemicals (which promote dementia) in the brain. Their regular consumption seems to also help prevent the decline in cognitive performance seen in normal aging. They increase the
neurotransmitter acetylcholine. Studies suggest that regular consumption of cruciferous, green leafy veggies, and yellow vegetables may also afford protection.

Check your blood levels.

Even low normal levels of B12 can cause neurological damage and mental symptoms. Vitamin D deficiency is rather common in North America and Western Europe. Older men and women with low levels of vitamin D are nearly four times as likely to have problems with their mental faculties of memory, attention, and logic.

Keep Physically Active

Exercise increases neurotrophin levels in the brain and spinal cord. Neurotrophins act as fertilizers that nourish and protect brain cells and increase the number and efficiency of synapses (microscopic places of communication between nerve cells) thus making learning and recall easier. Neurophysiologist Bernell Baldwin teaches that exercise promotes the production of stem cells in three areas of the brain. If the diet is right (low in saturated fat and ample in antioxidants, for example), these stem cells can then migrate to other parts of the brain. Recent studies suggest that regular, physical exercise can reverse actual physical shrinkage of the hippocampus of the brain, an area important for memory and mood regulation.

Use It or Lose It

Brain cells will die unless stimulated. Engage in a variety of wholesome mental activities that stimulate the different portions of brain. Jigsaw puzzles, mathematics, learning a new skill or a language, carpentry, mechanics, Bible study, and meaningful social relationships stimulate the various faculties of mind and make them stronger.

So, will your lose your brain? That depends largely upon how you take care of it.

References


Do you have some chronic health problems like diabetes and hypertension? This inspirational story by Beth H. could help you!

I came to the Wildwood Lifestyle Center for help and healing for my right knee, and to regulate my blood sugar, as I am a diabetic. I could not walk without severe pain, and could only get around by holding on to things or by using an umbrella crook to help me walk. Due to neuropathy my ankles were swollen and painful. My doctor suggested that I sit with my feet elevated. This would not do, I thought to myself, for I was accustomed to being very busy and active.

I learned about ‘Wildwood’ through a testimony I heard on 3ABN television. The woman being interviewed had a success story to tell, and encouraged anyone who needed help to visit Wildwood Lifestyle Center in Georgia. Immediately I emailed, registered, and was admitted.

Results from the initial tests indicated that my blood sugar index was far above normal levels. My cholesterol was high, and so was my blood pressure.

While at Wildwood I benefited greatly from the vegan diet, complimented by herbal supplements and herbal teas. I also learned the importance of regular exercise and of drinking plenty of water.

Within the eleven days I stayed at Wildwood, my blood sugar improved, my blood pressure reverted to normal and I no longer needed to take my blood pressure pills. I lost seven pounds, and my knee was so much improved with the charcoal and hydrotherapy treatments that by the time I left, I was able to walk at least six miles daily. Even my eyesight has improved; I can see clearer with my naked eye than with spectacles on.

At the end of our lifestyle program, each lifestyle guest with me testified that their success was due to the effectiveness of the treatments received, the efficient doctors and nurses,
the God-given diet and lifestyle changes and the friendly, helpful, caring and encouraging staff members. We also benefited greatly from the healthful atmosphere and scenic verdure of those lofty hills and pine trees which surround the center. You actually feel nearer to God.

Today I feel like a new creature, well-equipped to continue this lifestyle. Thanks be to God Almighty.
Four Ways to Improve Your Mood by Food

Posted on April 18, 2013 by wildwoodhealth

Do you wake up on an installment plan? Do you really not surface until you have another coffee break? Are you out-of-sorts? Downright grumpy? You can improve your mood by changing the foods you eat. How?

Plant foods to the rescue!

Enjoy a plant-based diet, including a wide variety of non-starchy vegetables, whole fruits, nuts, and whole grains. Plus, complex carbs are loaded with fiber that enables your blood sugar to stay within normal limits. It is fine to have a potato or corn; just remember ½ cup of starchy food comprises a serving. When combined with a variety of foods, veggies, legumes, and healthy fats, even a serving of starch at a meal can help to satisfy endorphins and/or serotonin needs.¹ Legumes are great because they not only provide carbohydrates, but protein, which helps us to keep alert and avoid blood sugar crashes. Low carbohydrates diets may reduce the brain’s ability to make serotonin. Without this neurotransmitter, a positive outlook and self-control are hard to achieve.

Proteins provide amino acids that make brain chemicals that help you to think. Eating excessive protein, however, can reduce your brain’s ability to make serotonin. Legumes, whole grains, and nuts are good sources of cholesterol free protein. An optimally functioning front brain is essential for judgment, impulse control, and will power. Eating meat depresses the electrical activity in the front brain.² Then, too, when mixtures of animal protein and fats (for example, from a pizza) enter the stomach, they can form toxins (biogenic amines). One such example is the conversion of tyrosine to tyramine. Tyramine changes the way the brain responds to a brain chemical known as norepinephrine. Tyramine acts upon the nervous system so that it becomes overstimulated and develops a heightened sensitivity to stress. Irritability results.³

Don’t Eat Western.
The typical western diet, high in fat and sugar/high fructose corn syrup promotes inflammation inside the brain and elsewhere in the body. Depression has been linked to inflammation. Additionally, if this diet is consumed frequently, the ability to think and remember gradually deteriorates and can contribute to frustration. Go easy on the sugar and never eat it on an empty stomach. Rapid rise and fall of blood sugar decreases the ability of the brain to focus. Sugar is also bad news for individuals who suffer from chronic pain. Sugar reduces one’s threshold to pain so that he/she experiences pain sooner. It is true that sugar temporarily increases pleasure-linked endorphins in the brain, but walking will do that much more safely and provide cardiovascular benefits as well.

Caffeine Is Not Your Friend.

Caffeine is not your friend. Caffeine initially acts as a stimulant, then as a depressant. Studies show that caffeine reduces the threshold for irritability and anger. Caffeine magnifies the effect of stress on the body. Long-term use of caffeine lowers the serotonin level in the brain and interferes with metabolism of G.A.B.A., a brain chemical that helps us to keep calm and focus under stress.

Check your diet for adequacy.

Vegans should have their vitamin B-12 level checked. As we age, some of us will lose the ability to absorb this vitamin. Even low normal levels of this vitamin can produce a host of mental problems. If one does not eat greens, he might develop a folic acid deficiency, which impacts the mood negatively. Deficiency in vitamin D can also contribute to depression. Vitamin D supplementation may help ease away the wintertime blues. An inadequate intake of omega-3 fats promotes depression. Flaxseed, walnuts, and spinach are good sources of this fatty acid. While solid animal fats and hydrogenated vegetable fats encourage inflammation inside the brain, omega-3 fats protect it. Monounsaturated fats from olives, avocados, and nuts also help to protect the brain. If you protect your brain, not only will you be more pleasant and easier to work with now, but also in your elderly years.

Diet is only one link in the chain of health, but an important one. Persistent mood problems may indicate some type of hormonal imbalance or mental illness. So consult with your doctor!

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References:


4. Baldwin, Bernell E., “Use and Abuse of the Front Brain”, Wildwood Lifestyle Center, 2005

5. Gupta, B.S. (editor) and Gupta, Uma, Caffeine and Behavior: Current Views and Research Trends, CRC Press.

Stroke is a leading cause of long-term disability and the third leading cause of death in the United States. So, what can you do about it besides a good lifestyle program of regular exercise, losing weight if obese, and enjoying a plant-based diet?

1. Eat red plant foods:

Finnish researchers studied 1,031 men in Finland between the ages of 46 and 65 in a 12-year study. The study found that people with the highest amounts of lycopene in their blood were 55–59 percent less likely to have a stroke than people with the lowest amounts of lycopene in their blood. The antioxidant lycopene belongs to the carotenoid family and is found in tomatoes, tomato products, red-fleshed watermelon, pink grapefruit, guava, and papaya.

2. Watch your triglycerides level.

New research shows that in post-menopausal women, the level of triglycerides is a much better predictor of stroke than total and LDL cholesterol levels. Researchers at NYU Langone Medical Center found that high triglyceride levels were significantly associated with the development of stroke. Women in the highest quarter of baseline triglyceride levels had a 56% higher risk for an ischemic stroke than women in the lowest quarter of triglyceride levels during the course of this 15-year study. An ischemic stroke is caused by an interruption or blockage of blood flow to or inside the brain. This risk occurred even after the researchers adjusted for age, weight, smoking, high blood pressure, diabetes, and exercise. Since low thyroid hormone and diabetes frequently elevate triglycerides, those who have elevated triglycerides should have these checked.

Interventions to lower triglyceride levels include:
• Limiting the amount of saturated fat to 7 to 10 percent of total calories

• Limiting the total amount of fat to under 30 percent of total calories

• Limiting the amount of cholesterol

• Eating only enough calories to achieve or maintain a healthy weight. (Excess calories are converted to fat or cholesterol.) Just a little weight loss can significantly lower elevated triglyceride levels; in many cases it will even lower them back to a normal level.

• Adding triglyceride–lowering omega–3 fats, like flaxseed

• Engaging in moderate exercise; walking 30 to 40 minutes a day

3. Cultivate a positive attitude.

After controlling for many probable confounders, a Finnish study showed that individuals who had less dispositional pessimism had a 48% less risk of stroke compared to those who had high levels of pessimism.³

Optimism protects against stroke. Researchers from the University of Michigan looked at the results of standard optimism tests for 6,044 men and women. All were free of stroke at the study’s start. The optimism score was on a 16–point scale. After adjusting for age, each unit increase in their optimism score reduced stroke risk about 9 percent. Even when the researchers also adjusted for other factors such as smoking, alcohol use, race, gender, hypertension, mental illness, body mass index and level of physical activity, the association between optimism and reduced risk of stroke remained robust.⁴ By cultivating gratitude and focusing on life’s positives, we encourage optimism.

4. Get sufficient sleep.

Sleep if you want to prevent a stroke. Even in normal–weight, middle–aged or older individuals, insufficient sleep increases the risk for stroke. A University of Birmingham study showed that middle–aged and older individuals who had normal BMI and habitually slept less than six hours had a 4.5 fold increased risk for stroke symptoms than those who slept 8 to 9 hours.⁵ Regularity in sleep hours reduces fatigue, too.

5. Breathe fresh air.

Moderate air pollution increases the risk for stroke within hours. Researchers who studied
more than 1,700 stroke patients in the Boston area over a 10-year period found exposure to ambient fine particulate matter, (generally from vehicle traffic, factories, and the burning of wood), was associated with a significantly higher risk of ischemic strokes on days when the EPA’s air quality index for particulate matter was yellow instead of green. Perhaps those who are at risk for stroke should exercise inside (with an air purifier) on code yellow and code orange days.

We might also emphasize that it is extremely important to prevent diabetes, atherosclerosis, and hypertension. These conditions seriously increase one’s risk for stroke. If you have these conditions, please get your blood sugar, blood pressure, and cholesterol within your doctor’s recommendation.

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References


(3) stroke.ahajournals.org/content/41/1/187.full.pdf

