

Ahh, a nice soak on a winters evening in a hot bath — a healthy hot bath. Our front page article explains the benefits of Epsom salt to tone up the body and the skin.

Over the page you will see we are conducting yet another health and cooking series in Christchurch, and the new product—Squatty Potty— to aid in our elimination.

The Salt of the Earth

If the words muscular fatigue, muscle pain or cracked skin mean something to you, then consider replacing those with "Epsom salt". Modern medicine is now confirming what has been known as fact for centuries: That Epsom salt can relieve muscle aches while healing foot pains and cracked skin conditions. Some recent studies have even indicated that Epsom salt could alleviate signs of autism in children.

Epsom salt gets its name from the place where it was discovered: Epsom in England. It is a mineral composed of magnesium and sulfate compounds, and magnesium is believed to play an important role in regulating the body's functioning. Magnesium deficiency is now becoming common and the implications for health are far reaching. Magnesium sulfate is an essential building block of brain tissue and joint proteins, and it is also known as a strengthening agent of the walls of the digestive tract. Since magnesium sulfate is readily absorbed through the skin, it makes complete sense to derive maximum benefit through the bath water.

Skin conditions such as dry and cracked skin, itchy skin or even eczema and psoriasis are said to be relieved through the regular use of Epsom salt. However, it never hurts to consult your doctor before you decide to take Epsom salt into your own hands.

Put aside age defying creams and lotions for a second and consider this: Bathing in the mineral rich Epsom salt could well be the cosmetic treatment needed, with no side effects, to boot. Anti-aging products have received the ire and sarcasm of many because they have become distorted to mean "how to keep looking young and beautiful" when they should mean "how to feel young, healthy and therefore beautiful". In truth, they actually relate to the phenomenon of aging in the body leading to degeneration of bodily systems such as joints, nerves and muscles. It makes perfect sense then for Epsom salt to be used to reinforce the feeling of health and youthfulness of the musculo-skeletal and nervous system.

However, for a routine detox, magnesium sulfate would be a good bet considering its qualities as a versatile de-pollutant. As it affects the wall of the digestive tract in a fortifying way, it helps the digestive system to release toxins and unwelcome bacteria. It also supports the growth of digestive enzymes produced by the pancreas and that is not all - it helps the body rid itself of heavy metals.

It is indeed true that an Epsom soak a day can keep the doctor away, provided of course that it is a high quality product bought from a trusted pharmacy or natural health store. That said, beware of cheap Epsom salt from the supermarket down the road, because ironically, it just maybe a storehouse of heavy metals.

A deficiency in magnesium is known to cause neuropathologies, which is really a complex-sounding name for depression. Depression is a condition characterized by mood swings, low self esteem, a lack of interest in anything and inexplicable sadness. These symptoms can seriously affect the normal functioning of the person and could potentially be alleviated by regular doses of magnesium. The following conditions have shown significant improvement with the regular administration of magnesium as therapy: Traumatic brain injury, headache, suicidal ideation, anxiety, irritability, insomnia, postpartum depression, cocaine, alcohol and tobacco abuse, hypersensitivity to calcium, short-term memory loss and IQ loss, migraines and chronic fatigue. The miraculous effects of Epsom salt make it indispensable to home medicine as it has the potential to stave off many a health condition.

—naturalnews.com, June 7, 2013



Quote of the Month

"Bathing frees the skin from the accumulation of impurities, keeps the skin moist and supple, thereby increasing and equalizing the circulation. Persons in health should on no account neglect bathing."

—E White

healthbites

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little bites

Ventilation Keeps Students at School

Science Daily, June 5, 2013

If you suspect that opening windows to let in fresh air might be good for you, a new study by scientists at Lawrence Berkeley National Laboratory (Berkeley Lab) has confirmed your hunch. Analyzing extensive data on ventilation rates collected from more than 150 classrooms in California over two years, the researchers found that bringing classroom ventilation rates up to the state-mandated standard may reduce student absences due to illness by approximately 3.4 percent.

No Autism in Amish

WV Outpost, June 7 2011

People outside the alternative health community are often confused by the lack of autism in the Amish people. The Amish do not experience autism, or any of the other learning disabilities that plague our technological society. The Amish live in a society that consists of outdated technologies and ideals, by contemporary standards. Their diet consists of eating organic, fresh, locally-grown produce, and of course, they do not follow the established vaccination routines. To the dismay of the mainstream media and the medical establishment, this has resulted in a healthier people, that are void of all of our chronic diseases.

Vegetarian Diet Lowers Risk of Death

Science Daily, June 3, 2013

Vegetarian diets are associated with reduced death rates in a study of more than 70,000 Seventh-day Adventists with more favorable results for men than women, according to recent research. Vegetarian diets have been associated with reductions in risk for several chronic diseases, including hypertension, metabolic syndrome, diabetes mellitus and ischemic heart disease (IHD), according to the study background.

*Over 150 health books and products online at www.lifestylematters.co.nz

Squatty Potty

The Squatty Potty realigns the associated internal organs slightly, creating an advantageous angle for both elimination of urine and fecal matter.

Studies show the Squatty Potty toilet posture improves our ability to eliminate. Better elimination may decrease many modern day ailments including bloating, straining, hemorrhoids and constipation.

Squatty Potty helps to align the pelvis during bowel movements to promote more complete evacuation. The design of the Squatty Potty is simple, clean and allows it to be easily kept under the toilet where it can be used every day. Small children can sit on an adult toilet with Squatty Potty® there to support their feet that don't reach the floor.

The convenient structure is engineered to mirror the angle and efficiency of natural squatting while allowing for the luxury and comfort of your own toilet.



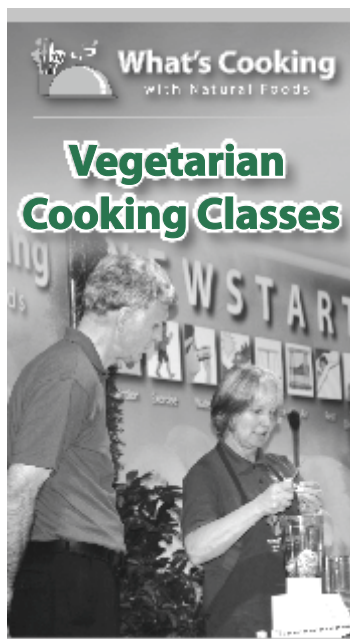
Two sizes available:

- 180 mm (7 inch) high

- 230 mm (9 inch) high

\$45.00

+ P&P



Our next cooking class series will commence in The Atrium, Hagley Ave, Christchurch. Register online or call 03 313 7701 or 03 318 1913.

- Economical Meat-free Protein Dishes
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Series of 6 classes held on the evenings of:

Tuesday, 6 August	Tuesday, 27 August
Tuesday, 13 August	Tuesday, 3 September
Tuesday, 20 August	Tuesday, 10 September

"Practical, sound advice with good humour, lovely tastings and good value."

www.whatscooking.co.nz

Recipe of the Month

Fresh Green Pea Soup

1 c boiling water
2 c frozen or fresh peas
1 t salt

1T onion flakes
3 c water
3/4 c raw cashews

Add peas to boiling water. Quickly bring to a second boil and cook 1-2 mins. Blend cashews in a small amount of the 3 c water. Add peas including cooking water. Blend all ingredients, gradually adding more water until mixture is creamy and smooth. Pour into pot and heat before serving. Yields 6 cups. Can replace peas with broad beans or cooked veges of your choice.