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Beauty is life when life unveils her holy face.
But you are life and you are the veil.
Beauty is eternity gazing at itself in a mirror.
But you are eternity and you are the mirror.

*Kahlil Gibran, The Prophet
Lebanese artist & poet in US (1883 - 1931)*

Your Health Is Your Responsibility

One of my greatest joys every summer has been spending time on our farm in Rhinebeck , NY; Watching my 3 daughters play on the trampoline out on the yard, they laugh and hold each other as the jump higher and higher. No stress, confusion or turmoil exists in their lives. Not at the moment that is.

There is a lot of uncertainty and subsequent stress in our world today; the effects of the financial markets, our health care system, and the global economy are all beginning to trickle down and take their toll.

Dr. David G. Williams has found in his research that by 2030, there will be 84 million people on Social Security – compares to 50 million today. The Medicare beneficiaries will jump from 44 million to 79 million. **Rising health care costs combined with an aging population are now recognized as the greatest threats to the federal budget and national economy.**

Another study found that in 2005 alone, consumers in this country spent close to \$36 billion on drugs to lower cholesterol and lower blood sugar. Cardiovascular drugs cost another \$33 billion. Sales of drugs like painkillers, sleeping aids, and ADD related ran \$26 billion, and antidepressants and antipsychotic drugs another \$17 billion. **Total outpatient prescription costs were about \$200 billion for 2005.** Dr. David Williams in his recent article claims that **“most of these health problems can be eliminated naturally – at a fraction of the cost – through dietary changes and supplements. Not surprisingly, research continues to find that the drugs being used to “treat” these conditions tend to create more problems**

than they actually solve.”

As a society we are getting sicker each year. 82% of us are overweight. The rate of high blood pressure, diabetes, heart disease, depression, continues to rise and illnesses are now occurring at a much younger age.

My purpose is NOT to frighten or depress you, on the contrary, the purpose is to help you **see the serious danger in not taking responsibility for your own health.**

The pharmaceutical industry and the food industry are not here to teach and educate you about what is good for your health. They are here to sell you their products. It's up to you to make informed decisions as to what are you going to put in or on your body.

The answer for your health is – DISEASE PREVENTION.

Control your weight by applying proper nutrition, some kind of a movement routine, vitamins and minerals supplementation, herbs, natural therapies and treatments. These treatments do not need to be expensive. Most of the time the least expensive solutions will provide the greatest health rewards;

STOP CONSUMING – HFCS – High Fructose Corn Syrup. It's everywhere in SODA DRINKS and our food supply, HFCS is one of the primary factors in the rise of obesity in the US.

START CONSUMING – STEVIA, AGAVE NECTAR, and XYLATOL, which are natural sweeteners, with low-glycemic index.

STOP CONSUMING – hydrogenated oils that raise your bad cholesterol and lower your good cholesterol and also increase food cravings.

START CONSUMING – HEALTHY FATS, FLAX SEED OIL, HEMP SEED OIL, OLIVE OIL, AND FOR COOKING USE COCONUT OIL OR GHEE.

STOP CONSUMING – highly processed, full of additives, coloring preservatives and chemicals – JUNK FOOD.

START CONSUMING – NATURAL FOODS, as nature intended. Pick sweet fruits as dessert and have a big salad at least once a day. Choose GRASS FED BEEF and HORMON FREE CHICKEN.

STOP CONSUMING – High quantities of calories. You are overstressing your organs and excess calories convert directly into FAT.

START CONSUMING – QUALITY FOOD vs. QUANTITY FOOD.

Pay a little more for ORGANIC produce and gain more health and vitality. Buy less food, as you do not need a lot of highly nutrient foods, a little goes a long way with quality nutritional food.

BOOST YOUR HEALTH BY going on periodic detoxification protocol that will help your body rest and eliminate heavy metals and toxins that “live” mostly in your colon, liver and kidneys.

The *BodyWave* DETOX program is the best way to show your loved one that you care about their well being.

The *BodyWave* 7-day guided DETOX program focuses on nutritious juices, shakes and organic delicious vegetarian foods that will be specially prepared for you by Dr. Ben-Zion. Every day you will meet with Dr. Etti Ben-Zion for guidance during your detox which includes counseling, moving meditation and breath-work. You will receive four delicious juices a day for five days. On the sixth day you will be given four smoothies packed with super foods and special herbs. On the seventh day you will experience wholesome, delicious and nutritious organic foods.

Join Dr. Etti Ben-Zion and a group of 10 other like minded people on a seven day DETOX journey that will transform your life.

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