



April/May/June 2018

We are celebrating our 14th anniversary April 9-13th with customer appreciation bonus with 10% off your purchase; also an overstock books, supplements, and grocery item giveaway. We will have a drawing for class, consultation, foot bath or a \$25.00 gift certificate on Saturday. I hope you can find the time to visit.

Chantelle is coordinating the Bridge Card/Double Up Food bucks program at the market again this year. The program will start the first week of May with additional opportunities to use the Bridge Cards on Tuesdays from 4-7 PM.

www.farmersmarketmonroemi.com

Gift Certificates for health consultations, Ionic foot baths, or store items make a great Easter gift this year.

Natural Health Consultations with Maurine-1/2 hour \$30.00; 1 hour \$50.00

Call 734-240-2786 to make appointment

Ionic Foot Bath now available by appointment-1/2 hour \$35.00; 1 hour \$50.00 Now get 5 foot baths and get the next one free.

Family Farms Co-op: familyfarmscooperative@gmail.com

Orders due via email **April 4, May 2, May 30** by noon; Pickup **April 6, May 4, June 1** from 2:30-3:30-at VFW Hall 1620 Dix-Toledo, Southgate

First Friday Downtown Monroe Bonus Discount Day 5% off for *First Friday*

Join many businesses with art exhibits, food and drink specials.

Transitions for Women a support group for women that have lost their partners-Next Meeting **April 21, May 19, June 16**

Meeting at Health Matters 3:00 PM

Yoga with Shannon: *Saturday sessions Christ Lutheran Church 8:15-9:15 AM*

Yoga with Chantelle-Monday, and Wednesday- Calendar available at the Store

April Classes choice of days and times-Women's Hormones -April 11 & April 25-12 Noon or 6 PM \$15

May Classes choice of days and times-Homeopathy-May 9 & May 23-Noon or 6PM \$15

June Classes choice of days and times-Homemade Herbal-June 6 & June 20 Noon or 6 PM \$15

To be added to our class list please call the store 734-240-2786 the store or e-mail at

www.monroehealthmatters.com

Healthy Happenings: A Metabolic Approach for Alzheimer's --- from *The Alzheimer's Antidote* by Amy Berger

Nothing scares most people more than the thought of being afflicted with Alzheimer's or mild cognitive impairment. The truth is most conventional medical approaches have not significantly improved symptoms or even slowed the progression of the symptoms. I was so excited to listen to Amy Berger speak at the Wise Traditions International Conference in November. The information she provided significantly changed the way I looked at fats that can protect our brains. We have been told for many years that fat and cholesterol will damage our hearts, and advised a high carbohydrate and low fat diet. I followed that advice for several years. In the past year I have stopped eating sugar and increased quality fats to my daily regimen. My family history is not a good one. My father died of heart disease, and my mother died after several strokes. I work hard to change my health because my genetic predisposition for heart disease is there. New Epigenetic work shows that individuals can change gene expression by changing to whole foods diet, exercise, getting enough sleep and some targeted supplements.

- **Prevention:**

1. Begin by following a **low carbohydrate higher fat** whole food diet, including fatty fish as much as possible; I know this is contrary to what most conventional medical professionals recommend. However, we are now in the middle of a **BRAIN CRISIS**. We have an epidemic of children diagnosed with ADD, ADHD, and Autism; and on the other end, dementia and Alzheimer's in the older population. This is leading to a crisis in health care. Diet can be the most effective step to ensure your brain health.
2. Natural Supplements for brain health
 - ❖ Quality high potency multivitamin taken at least 2 times per day with a meal
 - ❖ Zinc helps prevent degeneration of nerve tissue and has been shown to prevent deposition of lead in the tissues.
 - ❖ Vitamin C at least 2,000 mg of buffered C (calcium ascorbate or sodium ascorbate) to protect the integrity of the gastrointestinal system.
 - ❖ Alpha lipoic acid- is a powerful anti-oxidant. I prefer the high potency R-Fraction form.
 - ❖ CoQ10 is a critical component of the mitochondrial electron transport system. I prefer Ubiquinol due to enhanced absorption.
 - ❖ Omega-3's balance the omega 6 (soy, canola, corn and cottonseed oils) to omega-3 ratio and decrease inflammation.
 - ❖ Berberine is an alkaloid compound found in several plants. Berberine has been shown to be as effective as the commonly prescribed diabetes drug, metformin, in lowering insulin levels.
3. Stress management activities such as walking in nature, yoga, meditation, massage, and prayer has been shown to lower cortisol and improve many other aspects of your mental function.

- **Mild Cognitive Impairment:**

1. Continue the whole food diet.
2. Continue the prevention supplements and consider adding either ***** important to check with your pharmacist before adding either of these to your medical treatment.**
 - ❖ Huperzin-A which is a purified form of Chinese club moss-safe to take for a limited amount of time
 - ❖ Vinpocetine which is a man-made chemical resembling a substance found in the periwinkle plant

- **Alzheimer's:**

1. Add organic unrefined coconut oil, full-fat coconut milk, coconut butter, and other full-fat coconut products are rich in medium-chain triglycerides (MCT's), which bypass some of the normal digestive process and instead are more readily converted into ketones. I have been using purified MCT oil because is 100% MCT oils and it might be more effective at improving cognition.
 - ❖ Add coconut oil or MCT oil to your coffee or tea
 - ❖ Use coconut oil as your go-to cooking oil for frying pastured eggs, sautéing vegetables, searing meat, and stir-frying
 - ❖ Use pure coconut milk in homemade curries or smoothies.
 - ❖ Use coconut oil or coconut manna in homemade chocolate treats using cacao powder or Lily's stevia sweetened chocolate chips or bars
 - ❖ Use unsweetened, dried, shredded coconut flakes as breading for chicken cutlets, seafood, or simply have a spoonful as a snack with raw or crispy nuts

- **Aromatherapy:**

1. Rosemary oil stimulates mental function; lavender oil can calm and ease agitation. You can use these oils in a diffuser or place a few drops on a cloth for inhalation.
2. If fatigue is a problem, try an aromatherapy bath with 3 drops of rosemary oil, 2 drops of thyme or grapefruit oil and 1 drop of pine oil.

- **Special Considerations:**

- ❖ Remember whatever remedies you use, whether conventional or natural, will be of greatest benefit if used early.
- ❖ Avoid exposure to aluminum. Acid rain has contributed a lot of aluminum to tap water; I prefer using filtered water and use a filter on my shower to reduce exposure. Other everyday sources of aluminum include aluminum cookware, canned drinks, antiperspirants, and some antacids.
- ❖ Another therapy to consider is Craniosacral Therapy

We are fortunate to have Holly Cramner, RCST, LMT at the Therapeutic Resolution Center as our own Craniosacral therapist. She has worked with individuals living with dementia with great success. Biodynamic Craniosacral Therapy is a gentle non-invasive hands-on modality that supports neuromuscular re-education in the brain and spinal cord (CNS). Since the brain has an amazing, resilient quality this therapeutic modality acknowledges the health and supports re-education in the brain neuro-musculature. This aids communication and connection in dementia and Alzheimer's patients.

The beauty of biodynamic craniosacral therapy is that there are virtually no side effects. This therapy DOES NOT overwhelm the system, but supports its increased strength, resiliency, layer by layer, allowing it to resolve difficult patterns and return each individual to a state of perfect health.

Maurine is happy to provide her opinion on diet and nutrition, supplements and lifestyle choices. This information is for educational purposes only. It is not meant to replace the advice of your physician and is not to be considered medical advice, diagnosis or treatment. Should you have any concerns please contact your physician directly.

As always, contact your pharmacist regarding any potential vitamin/drug interactions. Notify physician regarding any alternative remedies.

Raw cow & goat milk and Amish grass fed meat e-mail familyfarmscooperative@gmail.com or call 1-269-476-8883

Store News:

- ❖ **Bridge Cards** accepted at the store.
- ❖ **Local Delivery to shut-ins available**
- ❖ **Family Discount Day:** Every Wednesday get 5% off of entire order.
- ❖ **Free Muscle Testing**
- ❖ **Ionic Food Bath** available by appointment only; 1/2 hour \$35.00; 1 hour \$50.00

Save the Earth The trouble with farmed fish- You might think that buying farmed fish is a sensible response to the problem of overfishing wild fish. However, most fish farms only make things worse. Large-scale, intensive farms plunder huge amounts of wild fish for meal feed (about 30 pounds to produce a 6-pound farmed salmon), which also denies seals and sea birds their natural food source. Fish kept in high-density pens are vulnerable to disease, so they have to be dosed with bucketloads of antibiotics, which can leach into surrounding water and enter the food chain. When their farmed fish escape, and breed with their wild counterparts, the natural immunity of the wild population is compromised. (I am concerned about the new genetically modified (GMO) salmon approved in 2015). There are new fish farmers that recognize the problem for the environment, and use low-density farming and organic methods to grow healthier versions if you can't locate wild caught fish.

Words to Live By: The last of the human freedoms is to choose one's attitude in any given set of circumstances. Victor Frankel

Recipe of the Month
Brain Healthy Herb-Roasted Wild Salmon by *Dr. Perlmutter*

1 Tablespoon organic coconut oil	3 tablespoons minced shallot
1 Tablespoon fresh lemon juice skin removed	1 (1 ½ pound) 1 inch thick salmon fillet,
¼ cup chopped fresh herbs, such as parsley, pepper	Celtic Sea salt and freshly ground black
Tarragon, chervil, and or dill, plus more for garnish	Lemon wedges, for garnish

Preheat oven to 450 degrees

Place the oil and lemon juice in a baking pan large enough to hold the salmon. Transfer the pan to the oven and heat for about 4 minutes until the oil is hot.

Remove the pan from the oven and stir in the herbs and shallot. Season the salmon with salt and pepper and add to the pan. Carefully turn the salmon a couple of times to coat it with the herbs, ending with the skin side down. Roast, basting two or three times for about 10 minutes, or just until the fish is flaky. Remove from the oven, transfer to serving platters, spooning the pan juices over the fish. Garnish with the extra herbs and lemon wedges.

Serve immediately.

Maurine Sharp *Natural Nurse*

Health Matters Herbs and More 17 E. Second St. Monroe, Michigan 48161

734-240-2786 <http://www.monroehealthmatters.com/>

Store Hours: Monday –Friday 10:00-5:30; Saturday 10:00-2:00 e-mail maurine@monroehealthmatters.com

April/May/June 2018 Alzheimer's

If you'd like to unsubscribe please [e-mail](#) and I will remove your name from the list.