



SUN Exposure

Dry skin, the real remedy

Winter is here and unfortunately, so is dry skin. Cold winds, heated homes, petroleum-based moisturizers, the list can go on (and it will later); all contribute to the agonizing deterioration of skin. With all those products out there that supposedly state they “prevent” or “heal”, dry skin, that actually don’t, here are some simple and cheap ways to ward off crocodile skin.

If you do not have steam heat (heat that comes from

old-school radiators) you are going to have to utilize a humidifier, once-in-awhile. Sometimes the humidity can drop in the air and with central heat or electric radiators in the house, they add to the dryness, zapping the moisture off your skin.

Long, hot showers are a big no-no. The hot water literally melts the natural oils off your body that protect you skin like wax on cheese. This can cause and possibly exacerbate dry skin and leave it vulnerable to the elements.

Using soaps that contain petroleum by-products, sodium lauryl (or laureth) sulfate, or

any other synthetic drying agents can also wick away the natural oil. Then to add to it, most of the time, they leave a residue, further preventing production of your natural oils through the day.

Getting out of the hot shower, do not use a petroleum-based moisturizer. Anything that is coconut oil-based is the best since coconut oil is very similar to the pH and fatty acids naturally occurring on the skin.

Remember to consume foods during the day rich in fats, because you need them to produce your own oils. With an imbalance or an absence,

your own production ceases, and dry skin shows up. You need saturated, poly and mono-unsaturated fats. This includes the omega-3 oils. So make sure your daily intake contains them all. Sometimes an extra helping of butter and/or cod liver oil is all you need.

Chapsticks, and balms for lips/face/skin, need to be beeswax based. They will protect you from the harsh winds and unrelenting cold, especially if you’re out for a long period of time. Never, never, never use petroleum products to moisturize because used daily they offset and potentially stop the production of your own natural protectors.

Remember to drink water, especially with naturally occurring minerals. Dry skin already has lost its minerals when the oils were removed, so replacement is needed.

If you do most of these, problems will occur much less, and may prevent further development. So now you can enjoy the winter instead of hiding behind a jar of vasoline. For an idea of good products, visit my website, <http://www.naturopathicsun.com/eye-openers/>

Happy Holidays!

Corn syrup & Agave Nectar: not so natural

Seen those Corn syrup commercials yet? The Corn Refiner's Association make it seem as though corn syrup is practically as good as your mother's milk when you were an infant. They even try to compare it to honey. High-fructose corn syrup (HFCS) is FAR from being natural, although if natural is being processed at a factory with centrifuges, mixed with enzymes and acids, moved through fenestrated tubes that remove other particles and other machines that analyze it, then maybe it is natural.

Why does an industry have to promote its product by spending 30 million dollars in advertising, if it's so natural? That's because researchers have linked it to various problems such as obesity and diabetes. That's so these big companies don't lose money.

The American Medical Association (AMA) is noted saying that 32 grams of sugar should be the maximum daily consumption, yet a can of soda contains 35 to 40 grams of sugar! Their recommendation is over 5 times less the yearly consumption of sugar in the U.S. The AMA does not link HFCS to the researchers' evidence, yet how could it not be? According to the latest USDA Dietary Assessment

of Major Trends in US Food Consumption report, the U.S. diet of HFCS has increased by 10,673 percent between 1970 and 2005.

The reason why HFCS is so bad is that fact that the body, specifically the liver, immediately convert fructose to fat storage. The liver looks at some sugars in the body and decides whether to use it, store it, or turn it into fat. Fructose skips to the last step. Fructose, as many are thought to believe, is not naturally occurring. It's not found in fruit in its processed form as many think, but as Levulose which is used synonymously with fructose. They have a similar biochemical make-up, but they are not interchangeable. It's like saying that raw butter is similar to pasteurized butter. Fructose is processed and devoid of minerals and enzymes, while levulose contains that plus amino acids. "The medical profession thinks fructose is better for diabetics than sugar," says Meira Field, Ph.D., a research chemist at United States Department of Agriculture, "but every cell in the body can metabolize glucose. However, all fructose must be metabolized in the liver. The livers of the rats on the high fructose diet looked like the livers

of alcoholics, plugged with fat and cirrhotic lesions"^[1]

Speaking of fructose, Agave Nectar, found in many health foods, and seen as a "health food" is not all it's cracked up to be. It's sold with the hype of "raw", "100% natural" etc. and yet it is far from it. It is purported to be a natural sweetener used by Mexicans for thousands of years. Nope. The sap of the agave plant is fermented and turn into a drink, that's it. Agave nectar is a new creation since the 1990's. Just as corn syrup is heated, processed, and run through many, many tubes, so is agave. Be leery, because agave nectar actually has more concentrated fructose than High Fructose corn syrup. Agave nectar should be labeled "Hydrolyzed high fructose inulin syrup". What is even more alarming is the fact after processing, agave syrup is light/clear colored syrup, similar to "light" corn syrup, yet there is a dark, thick, sticky syrup sold as well. That's because sometimes factories burn the syrup, but they still sell it, yum! There is a lesson here: if you cannot pluck it off a tree or get it from an animal or bee,

Do Not Eat It!

[1] *Forristal, Linda (Fall 2001). "The Murky World of High-Fructose Corn Syrup*

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Thank you

Happy New Year!



Next year will start the 2nd volume of newsletters. **Thank you** to all the supporters and fans of the newsletter! If there is anything you would like to see printed, let me know. Have a happy and healthy holiday and have a Happy New Year! - Dr. Mari

Recipes for Health



Make your own Marinara

- 28 oz of crushed tomatoes
- 1 medium onion, finely chopped
- 1 clove of garlic, minced
- 2 tablespoons fresh basil, chopped
- 2 tablespoons fresh oregano, chopped
- 2 tablespoons of butter
- 1 tablespoon extra virgin olive oil
- 1/4 teaspoon of dried rosemary, fennel, and thyme
- 1/4 cup of a nice red wine

1 tablespoon of honey

1/2 teaspoon of celtic sea salt (plus more for taste)

Mix them all together in a pot, and let simmer, stir and keep tasting every 20 mins. Let simmer for about 1 1/2 –2 hours, until thicker than when you started. Remember, you are the artist and add other ingredients like, olives, shallots, or peppers for your own original sauce!



Kinesiology Corner with Dr. Michael Minond

If it's not Carpal Tunnel Syndrome, what is it?

Carpal tunnel gets its name because the nerves that control your hand originate in your neck travel down your arm and pass through a tunnel in the wrist before reaching your hand. The bones of the wrist (carpal bones) and the muscles of the wrist form the carpal tunnel. If the pressure in this tunnel increases, pain or tingling sensations in thumb and palm may result. There are various causes to why the pressure in the tunnel can increase. The bones of the tunnel may be "out of place", or some of the muscles of the wrist may not be functioning properly, or there may even be an increase in the inflammation of the tunnel due to some nutritional/chemical imbalance. To complicate things further, if the nerves that

pass through the tunnel are compromised along the route to the tunnel this can mimic symptoms of carpal tunnel syndrome. The nerves can be compromised at the neck for various reasons, as well as in the shoulder, or elbow. If this is the case, therapy that does not address these sites will not be very successful, which is usually the case when this pain in the wrist is misdiagnosed. In order to prevent a misdiagnosis, and possible irreversible damage due to it, you should consult with a competent primary care physician, an Applied Kinesiologist, or with Dr. Arce. If you have been having any hand pain or symptoms please don't wait to start dropping your morning orange juice on your suit in the morning, call Dr. Minond or Dr. Arce for an exam and consultation.

Now available:

GO NUTS!

Nut butters

- Cashew
- Walnut
- Almond
- Peanut
- Winter special: Pecan-walnut-pumpkin butter

**Study nature, love nature,
stay close to nature. It will
never fail you.**

Frank Lloyd Wright

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ENRICHED FLOUR, SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS, WHITE CHEDDAR AND CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, CONTAINS TWO PERCENT OR LESS OF WHEY, **MALTODEX-TRIN**, LEAVENING (BAKING SODA, YEAST), **MONOSODIUM GLUTAMATE**, WHEY PROTEIN CONCENTRATE, BUTTER (CREAM, SALT), **NATURAL AND ARTIFICIAL FLAVOR**, LACTIC ACID, CALCIUM LACTATE, **CIT-RIC ACID**, DISODIUM PHOSPHATE, TURMERIC EXTRACT FOR COLOR, ANNATTO EXTRACT FOR COLOR, SOY LECITHIN.

Kellogg's Cheez-It reduced fat, white cheddar cheese

Yoga for Body and Mind

You are a flower waiting to bloom

Find a quiet place, and ponder this:

Inside you is a bud of knowledge, of awareness. You are a flower waiting to bloom. What are you waiting for? This is your time to transform yourself into a beautiful you. Awaken your senses, have you really smelled a flower? Understood all the different notes the aroma possesses? To find who you are, who you really are, you are first going to have to become aware of the abilities you

have, the powers of observation, on so many different levels. Have you really seen a sunset, observed the nuances of colors and how they melt into one another? Stop holding back and seeing through the eyes of an adult under stress, un-alert and unturned by the beauty that lay before them. Be the child that looks at things for the first time and cherishes them like a present on their birthday. Wake up to who you are and live completely with the world around you.



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