



Beautiful Hand Carving

Photos Of The Day

We would love to post your favorite photo here. Do you have a great Before & After of yourself? How about a beautiful sunset or sunrise?

Photos of Pets, your Children or what ever you think would warm us up during this deep winter freeze. We will be happy to share your photos with all of our newsletter members.

Simply email your photos in JPG format to:

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Atkins Diet

A nutritional analysis of the Atkins diet by the Physicians Committee for Responsible Medicine revealed problems with following the Atkins Diet Program. The review showed that the meal plans in all three phases of the Atkins diet are consistently high in saturated fat and cholesterol and very low in fiber, and frequently deficient in the Seven Key Vitamins and minerals. The menu plans include plenty of protein and very little in the way of carbs. In addition you will get 45 to 65 % of calories from Fat, roughly a quarter of that fat is saturated, which raise the risk of heart disease, between 38 to 45 grams each and every day! The Atkins diet recommend only 2 to 7 grams of fiber, compared to the Physicians Committee which recommends a diet of 25 to 35 grams of fiber to lower the risk of chronic diseases and to control weight. The Atkins menus are also deficient in ALL the key nutrients: Calcium, Iron, Vitamin A, B12, Folate and Thiamine. So limited is the Atkins diet in vital nutrients that they recommend vitamin supplementation. To make things worse the Atkins diet is highly **ACIDIC**. Which will make you tired, sickly and primed to Gain weight! Additional research from the Journal of the American Medical

Atkins Diet cont. (Part 2)

Association and the New England Journal of Medicine, concludes that following the Atkins high protein diet for any significant length of time can put you at an increased risk for heart disease and heart attack, kidney disease, kidney stones, diabetes and its complications, certain types of cancers, arthritis, osteoporosis, gout and other joint pain and diseases. Other conditions can also include: Mood disturbances, constipation, bad breath, bowel congestion, and can increase production of cholesterol and increase risk of release of clots that can cause stroke and heart attack, and to make things worse if your genetics make you prone to aneurisms! The high protein diet will aggravate the potential growth and rupture of those weakened areas in your arteries.

What is the IDEAL DIET?

The perfect diet as prescribed by the GOD OF GENESIS is still the only diet that is perfectly designed for Man for ultimate health and longevity. Combined with regular exercise and hydration, you will live the life that God has planned for you.



Raw Foods

Dandelion and Apple Smoothie

This is another favorite of mine. It's great with spinach too. Just replace the dandelion with spinach.

Ingredients

- 1 bunch dandelion greens
- 1 lemon (peeled)
- 2 large apples
- 1 banana
- 2 teaspoons flax seeds
- water

Directions

Put all ingredients in the blender. Add enough pure water so all ingredients are covered.

You can add a banana for creaminess (optional).

Blend well and drink.



Strawberries & Romaine Really Tasty Combo

Main Course

Crispy Oriental Salad

- 1-2 bunches of Romaine
- 4 green onions diced
- 1 cup raw almonds soaked and diced
- 1/4 cup sesame seeds

Dressing Ingredients

- 1 packet of stevia
- 1 tsp. Salt
- 1/2 tsp. pepper
- 4 Tbs. lemon juice
- 1/4 cup sesame oil
- 1/4 cup of virgin olive oil

Whisk dressing ingredients and pour over salad just before serving.

Serve the above salad with a Grilled Salmon steak. Yummy!

Or try this salad

Popeye Salad

- 1 lb of spinach leaves
- 1/2 cup basil leaves
- 1 cup hearts of palm, diced
- 1 cup carrots, diced
- 1 cup celery, diced
- 1 cup tomato, diced
- 1 cup asparagus, diced

Dressing

Popeye Salad Dressing

- 2 limes
- 2 oz. avocado oil
- ground pepper to taste
- Salt to taste
- 1 oz. ground flaxseed
- 1 oz. poppy seed
- Handful of pine nuts

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