

The Winston Informer

This issue: Spring Cleaning

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Fasting—Internal Spring Cleaning

For Spring, we clean our houses, wash our curtains, and clean out our closets and basements. We clean, clean, and clean in order to make everything fresh for this time of year. We start workout

Fasting can be a good start to better health

programs. We even dust off exercise equipment and hang the clothes in the closet instead of on the equipment.

But what do we do for our bodies?

We start exercising and that's a start, but as soon as the grill comes out you know the rest.

This spring, let's try something a little different. We've already broken our New Year's resolutions and every other resolution the minute the weather changed. Instead of fueling the existing fire that is making you sick, which in turn causes you to gain weight instead of losing weight, let's make and use a plan.

Some of your options in losing weight and helping you to feel more energized this winter, spring, summer, fall and for LIFE could be Acupuncture, Fasting, Raw Diet, and Vegetable Diets. All these can be done without expensive drugs. Traditionally March 10-April 10, is the appropriate time for a fast, but it is never too early or late to fast. Fasting can be a good start for changing bad eating habits and kick-

starting your body to take a different action. For any positive dietary change one must do the following things:

1. **Decide what you want to accomplish** and make it your goal. If you want to lose weight, feel better, and have more energy a dietary change can help. Once goals are established, then you can decide what is the best method for achieving these goals, for YOU.

2. **Determine a realistic target time-period** for your goals. You cannot go from a size 18 to a size 8, and you cannot go from a 40-inch waist to 31-inch waist in 3 months, and maintain good health no matter what Jenny Craig promises.

3. **Be willing to make a commitment** for 3-months, 6-months or longer to achieve your goals.

It is with an individual assessment, that your medical care professional can help you create a dietary change plan that is best for you.

Call Dr. Winston at (708) 345-0223 now for an appointment. Let's get together today, and devise an individual health plan just for you.

This appointment includes a free dietary assessment that will help kick-off your plan.

Remember . . . the information in **The Winston Informer** is for educational purposes only and should not be used to diagnose and treat illnesses. If you have any health problem, consult your health practitioner before beginning any course of treatment.

Spring Cleaning Tips

For Your Home

Replace aerosol spray cans with pump sprayers. Studies have shown that use of pump sprayers—eliminating the propellant used in aerosol sprayers—may reduce respiratory illnesses. Using non-aerosol spray cans is also better for the environment.

Use natural solutions for household cleaning. Our grandparents and elders knew the value of using vinegar for cleaning the house. Baking soda can replace advertised cleansers and tooth paste! Using natural substances like vinegar and baking soda decreases your exposure to harmful man-made chemicals, and reduces respiratory and skin problems.

Keep that hard wood or tiled flooring. Consider replacing carpet, and using mini blinds without drapes. Wall to wall carpeting and wall to wall draperies are dust and mite catchers, and dust and mites cause and aggravate allergies.

For Your Health

Know the names and dosage of every medication, herbal or homeopathic products you take, as well as the reason you are taking each.

Read the inserts that accompany every prescribed or over-the-counter (OTC) medications you use. Always let your health care professional know if you are taking any herbal, homeopathic, OTC, or prescription medications.

Everything you take as “medication” can have a harmful effect if not taken correctly and under the supervision of a health care professional. If in a pinch and in doubt and your health care professional is unavailable, talk to your neighborhood pharmacist.

Vow to enhance your body with the addition of one good habit. For example, people with diabetes may vow to maintain a healthier diet. Everyone can vow to include regular cardiovascular building exercise into their daily schedule. It can be something as simple as taking the stairs during your work day, or walking a few blocks daily instead of driving or riding on public transportation.

A word from Dr. Winston



Dr. Cynthia Winston

Buy and use organic products and foods. Using organic items reduces your exposures to the many chemicals utilized in the mass productions of foods. Remember to wash fresh foods with organic cleanser or baking soda.

Eat more fruits and veggies in their natural state—raw. By eating foods in a state as near to its natural state, you reap more of that items' natural nutrients. Cooking destroys many of the nutrients in foods.

Reduce the intake of grilled foods. The process of grilling

creates a carcinogenic (cancer causing) product that is harmful to your health. Especially void the burnt parts of grilled foods which contain substances that produce free radicals.

Use more healthful spices and less salt when preparing your meals. Large amounts of table salt (sodium chloride) causes the fluid and mineral balance of the body to change. Too much salt can cause excessive fluid build-up and create high hydrostatic pressure in the tissues. This can lead to high blood pressure, heart disease and stroke. Salt does not allow the blood to circulate properly, and the blood is responsible for carrying life-giving nutrients and oxygen to all the cells of the body. Blood also transports waste for excretion by the body via kidney,

bowels and skin. The increase of water in the tissues due to salt intake makes waste elimination more difficult. If you must season your food with salt, consider a natural product like sea salt or a low sodium product derived mainly from dried vegetables like Spike™.

Reduce stress in your life. For your sake and your love ones, ask yourself “is it worth worrying about?” “What’s the worst thing that will happen?” “Since I have faith, what am I worrying about?” Experts estimate that long term stress is the cause of up to 90 percent of illnesses. Consistent exercise is a great stress reliever. Be it walking, gardening, biking, or structured exercise programs like aerobics and yoga, consistent exercise is a healthy choice.



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