



The Body ReNEWS

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Earthing Kits—Get Yours and Start Feeling Better Today

Ever since we started wearing shoes and stopped walking barefoot, we have been making ourselves sick. Hundreds of years ago, people wouldn't have had the same problems as we have today because they were not constantly being bombarded with electromagnetic frequencies. The more technology we create, the more necessary it is to ground ourselves by Earthing.

For many people, it isn't practical to set aside time each day to put their bare feet on the earth, so Earthing products are available to allow you to ground yourself.

Usually, people will feel better fairly soon after Earthing. The degree of improvement varies from person to person. The important thing

is to make Earthing a long-term addition to your daily routine and to do it as much as possible.

Some of the benefits of Earthing are listed below.

- Defuses the cause of inflammation, and improves the symptoms of inflammation-related disorders
- Reduces or eliminates chronic pain
- Improves sleep in most cases
- Increases energy
- Lowers stress and promotes calmness in the body
- Normalizes the body's biological rhythms

- Thins blood and improves blood pressure and flow
- Relieves muscle tension and headaches
- Lessens hormonal and menstrual symptoms
- Dramatically speeds healing
- Protects the body against potentially health-disturbing environmental EMFs*

During the month of April, all Earthing kits will be 10% off the regular price. The Earthing Kits are regularly priced at \$200. The kit includes the Earthing book, an Earthing connection mat, an Earthing connection half sheet, the cords, and an Earthing connection outlet ground checker.

Fiesta Chicken

- 1 1/2 - 2 lbs chicken tenders
- 16-oz jar salsa
- 8-oz container cream cheese
- 1 c. Mexican blend cheese

Preheat oven to 350. Place chicken tenders in a glass baking dish and bake for 15 minutes. While chicken is baking, combine salsa and cream cheese in a small saucepan and heat over medium/medium low heat until cream cheese is fully combined with the salsa.

Pour salsa mixture over chicken and bake for another 15 minutes. Remove and sprinkle cheese over the top and return to oven for 5 minutes (or until cheese is melted). Serve over brown rice. This is a very yummy chicken dish.

Is Diet Soda Addictive and Is Diet Soda Harmful?

Surveys show that people who drink diet sodas rarely stop with just one. The typical consumer of diet sodas drinks an average of more than 26 ounces per day. But are they really hooked? Is there anything in diet sodas that could be addicting? The most likely suspect is caffeine, although many diet soda drinkers prefer caffeine-free colas. Besides, comparisons with coffee show that cola can't deliver the caffeine kick equal to a cup of coffee. An 8-ounce Diet Coke gives you a mere 47 mg of caffeine, compared to 133 in a cup of ordinary coffee and 320 in a Starbucks' grande.

Another explanation is habit: diet soda becomes part of daily rituals, such as a break from work, lunch, etc. Sipping a zero-calorie beverage may not seem to have a downside to curb the urge to overindulge.

More persuasive, perhaps, is the notion that artificial sweeteners trigger the brain's reward system. In a study of women who drank water sweetened with sugar or Splenda, the women couldn't taste the difference between the two, but functional MRIs showed that the brain's reward system responded more strongly to sugar.

Beyond the addiction issue, diet soda has been linked to increased rates of heart attack and stroke, kidney problems, and even weight gain.

Heart attack and stroke: Drinking diet sodas daily may increase the risks for heart attack and stroke and other vascular events by 43 percent, but no such threat exists with regular soft drinks or with less frequent consumption of diet soda.

Kidney Trouble: In 2009, researchers at Harvard found that drinking two or more diet sodas daily could lead to a 30 percent drop in a measure of

kidney function in women. No accelerated decline was seen in women who drank less than two diet sodas daily.

Weight Gain: Wouldn't it be ironic if instead of helping you lose weight, diet sodas had the opposite effect? A study at the University of Texas Health Science Center found that people who drank diet sodas had a 70 percent greater increase in waist circumference and drinking two or more a day led to waist circumference that was 500 percent greater than those that drank none.¹

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

The Honest Kitchen—Quality Pet Food

Here at Body Renew, we believe that our pets deserve the same quality nutrition that we'd choose for ourselves. Many of the foods available in the big chain stores are loaded with wheat, corn, soy, and other ingredients harmful to pets. After searching for a quality pet food, we found The Honest Kitchen, and are happy to offer it to our clients.

So what is this stuff? The Honest Kitchen food bridges the gap between raw, home-made and commercially prepared foods for pets. The recipes are made in a human-grade, FDA inspected facility—not a pet food plant!

First they start with fresh, raw ingredients, like the ones from your own kitchen. Raw food is what nature intended for predators like cats and dogs. Raw food is more nutritious, in fact it's bursting with vitamins and vital antioxidants. Then they gently dehydrate. Dehydration is more gentle than cooking and simply removes the moisture; almost all nutrients, enzymes and other valuable compounds remain intact.

Dehydration makes food easy to store (this product has a 12 month shelf-life). Dehydration makes raw food completely safe—even for young pups and senior pets. The meat is dehydrated at high enough temperatures to kill any patho-

genic bacteria that might be present.

To prepare the food, you simply add warm water and stir. In 5 minutes, you have a fresh, warm meal to serve. Feed alone, as a healthy topping to a dry food diet, or as a base for home-made or raw diet. It's also easy to travel with as well.

One of the most frequently asked questions is, "Do I need to supplement with dry food for my dog's teeth"? The incidence of tartar buildup with these products is actually very minimal because of their loose, soupy consistency. It is something of a myth to think that crunchy kibble products keep the teeth clean—rather like assuming that eating lots of crunchy cookies will clean your own teeth! In fact, the sugars and complex carbohydrates from some dry foods actually get impacted into the gum line, which can be even more detrimental for the long term health of the teeth and mouth.

For the best dental care in conjunction with these foods, we strongly recommend raw beef marrow (soup) bones, which are used as recreational bones. Raw, meaty bones are wonderful for scraping plaque and tartar from the teeth and provide hours of entertainment at the same time. A couple of raw marrow bones each week can virtually eliminate the need for dental cleanings in many

dogs. Please do not give your dogs cooked bones!

The Honest Kitchen has many flavors to choose from. They come in either 4-lb boxes or 10-lb boxes. A 4-lb box makes 16 lbs of fresh food, and the 10-lb box makes 40-43 lbs of fresh food depending on the recipe.

All of the recipes are free from corn, wheat, soy, and rice. The meats are hormone and antibiotic free and all of the fruits and vegetables are certified non genetically modified. The flaxseed, barley, oats, rye and kelp are all certified organic.

The prices range from \$28 to \$52 for a 4-lb box and \$55 to \$108 for a 10-lb box depending on the recipe that you choose. They offer gluten-free, grain-free formulas. For more information on the different recipes visit www.thehonestkitchen.com. If you are interested in a particular recipe, please call our office and request a free sample. We will have this product available for purchase in a few weeks.



Symptoms of a B-Vitamin Deficiency

- Apprehension
- Irritability
- Morbid fears
- Never well
- Forgetful
- Craving for sweets
- Night sweats
- Hearing noises
- Cry without reason
- Weak/Fatigue
- Nervous
- Insomnia
- Anxiety
- Can't concentrate
- Feelings of Impending Doom



Tips On Salt Consumption

After oxygen and water, salt is the most important substance for our bodies. We are suffering problems because we are consuming salt-free diets. We are correct to avoid table salt, but we must have unrefined salt, such as Celtic Sea Salt. Natural salt has 84 minerals needed for the body. Table salt has 83 minerals removed leaving sodium, which is harmful when consumed alone.

Consider the following:

- 27% of the salt in the body is stored in the bones and makes them hard. Salt will be pulled from the bones to maintain normal levels.
- Salt shortage in the body can appear as the same symptoms of dehydration.
- Drinking water without salt can cause salt shortages.
- Cramping in unexercised mus-

cles is often indicative of a salt deficiency. Dizziness and feeling faint may also be an indication.

- Salt is a natural anti-histamine.
- In edema, the body will hold onto salt to keep water in the body in fear of a drought. Increasing water will resolve this. Exercise will draw fluid into the blood.
- Daily consumption of salt is 1/4 tsp for 5 eight ounce glasses of

water; 1/2 tsp for 10 eight ounces glasses. Increase salt only as water is increased.

- Increase water and salt only if urination increases with it.
- Use unrefined salt, such as Celtic Sea Salt on food. Avoid table salt.
- If sleep is difficult, drink eight ounces of water and put a pinch of salt on the tongue before bed.