



The Body ReNEWS

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Renew, Revitalize, Detoxify and Purify This Month

January, the time when most people are either setting New Year's resolutions or at least trying to eat healthy and exercise to make up for all the bad foods consumed during the holidays. It's sort of a renewing at the start of a new year.

Here at Body Renew, we have three programs, which we are featuring this month to help with your 2012 goals.

First is the Standard Process Purification Program. This is a 21-day program that uses both Standard Process supplements and diet to help cleanse your body. This program is great for people who normally have a decent diet and would just like a cleansing program to start off the year. The cost of this program is \$223.00 or

\$239.00 (more for Dairy Free version).

Second is the Biotics Detox Program. This program consists of a 10-day detoxification process that includes supplements, protein shakes and diet guidelines. This program is beneficial to people who are struggling with heavy metal toxicity or need a good detoxification program. The cost for this program is \$239.50.

Third is the hA²cg Program. This program is a diet/detox program using hA²cg drops from Deseret Biologicals along with the set of six detox drops. The 43-day program cost \$340, the 26-day program cost \$240, and the new 1000-calorie program is \$305 for a two week period. Before start-

ing this program, you should go to our website and download and read the Pounds and Inches document that outlines the program. This program is recommended for those who are most interested in weight loss and detoxification.

Before starting one of these programs, you need to schedule an appointment to meet with Sandy so she can determine which program would be most beneficial for you and give you all the materials to get you started.*

During the month of January, each program will be 10% off the regular price.



Coconut Fried Chicken

- 1/3 cup coconut flour
- 1 tsp paprika
- 1/4 tsp pepper
- 1 tsp salt
- 1 whole chicken, cut up or boneless chicken breasts or chicken thighs
- Coconut oil for frying

Heat coconut oil 1/4-inch deep in skillet until a drop of water sizzles. Combine flour, paprika, pepper, and salt in a paper or plastic bag; add 2 or 3 pieces of chicken at a time and shake. Brown meaty pieces first, then add remaining pieces. Brown one side; turn with tongs. When lightly browned, 15-20 minutes, reduce heat; cover tightly. Cook 30 to 40 minutes, or until tender. Uncover last 10 minutes. Makes 4 servings.

NEW—Ion Cleanse Foot Baths

As part of our detoxification for the new year, we are proud to offer foot baths using the Ion Cleanse machine. Mischelle Fitzwater, one of our massage therapists will be scheduling 30 minute foot bath sessions starting this month.

Foot baths are especially beneficial to those who are dieting and exercising for weight loss. As you lose fat, the fat cells release toxins into the body, which need to be removed

through detoxification processes. Foot baths are an excellent source of detoxification. The infrared sauna and massage, especially lymphatic massage, are also great ways to help detoxify the body.

During the months of January and February, Mischelle will be offering an introductory special of \$25.00 for each first time foot bath appointments. Appointments after the first one or after February will be priced at \$40 per session.

Coconut Flour

For those who are looking for an alternative to traditional flours or are sensitive to gluten, we are proud to announce that we now carry coconut flour. The coconut flour that we have is from Tropical Traditions (the same company that makes our delicious coconut oil). It is a 2.2 lb bag and sells for \$15.00.



Price Increase

Body Renew has a price increase effective January 1, 2012. New muscle test appointments are now \$35, with retest appointments at \$20. New Asyra test are still \$50

with retest at \$35. Due to price increases at both Standard Process and Biotics, some of the supplements have also increased in price.

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

Coconut Oil—A Great Tool For Weight Loss

Many people who switch from less healthy oils, like vegetable oils, to coconut oil find that they have increased energy levels, fewer cravings for carbs and sweets, and a more satisfied feeling of being full after meals. So how does coconut oil provide these weight loss benefits?

Before looking at the specific properties of coconut oil, it is helpful to understand that modern nutrition “experts” have made a huge mistake in teaching that low-fat diets are healthy and lead to weight loss. For decades we have been told to cut back on fat in our diet if we want to lose weight. Marketers of low-fat foods have made millions on the concept. So what has been the result? We’ve gotten fatter!

Obviously, low-fat diets have not helped Americans lose weight, since today nearly two-thirds of all adults in the U.S. are classified as overweight. We are now learning about the dangers of low-fat diets. Certain fats are necessary and even healthy, but which ones?

High-fat diets were often recommended by the medical profession prior to World War II. What actually constituted a “high-fat” diet back then? Basi-

cally the diet consisted of butter, eggs, nuts and animal fats, such as lard and beef tallow. “These high-fat diets, considered then to be healthy, were rich in saturated fats, today this high-fat diet is seen by many as the worst possible fat one can consume.”¹ However, reducing or eliminating saturated fats from our diets has not solve the obesity epidemic.

Fats can be found in many food sources, such as animal meats (tallow and lard), marine animals (fish oil), vegetables and fruits (olives, avocados, coconuts, etc), nuts and seeds, legumes (soybeans, sesame seeds, peanuts, cashews, grape seeds, etc), and whole grains. A diet containing natural foods is naturally going to be high in fat. Without fats, we could not survive.

Four vitamins, A,D,E, and K are soluble in fat, meaning fat carries these vitamins. When fat is removed from a food, many of the fat-soluble compounds are also removed.

Fat also adds satiety (that feeling of having had enough to eat) to our meal. Fat-free and low-fat foods are one of the reasons some people overeat carbohydrates. They don’t feel like they’ve had enough to eat even though the volume has been more than enough.

Scientific research shows that polyunsaturated vegetable oils promote weight gain, and it also shows that they are not good as an animal feed either. While they do cause weight gain in livestock, they do so at the expense of another essential fatty acid—conjugated linoleic acid (CLA). CLA is found primarily in beef and dairy and cannot be produced in the human body. Research has found that animals that graze solely on grass (their natural food) have CLA levels hundreds of times higher than grain-fed animals. Why are CLA’s important? “Among its benefits are: it destroys cancer cells, it reduces tumors, and it promotes weight loss while increasing muscle growth.”¹

Researchers now know that weight loss due to coconut oil is related to the length of the fatty acid chains contained in coconut oil. Coconut oil contains medium fatty acids or medium chain triglycerides (MCTs), the same MCTs found in human breast milk. These MCTs are different from the longer chain fatty acids found in other plant-based oils. Most vegetable oils are composed of longer chain triglycerides (LCTs). LCTs are typically stored in the body as fat, while MCTs are burned for

energy. MCTs burn up quickly in the body. Coconut oil is nature’s richest source of MCTs that increase metabolic rates and lead to weight loss. MCTs promote thermogenesis, which increases the body’s metabolism, producing energy. The animal feed business has known this fact for quite some time. If you feed animals vegetable oils, they put on weight and produce more fatty meat, but if you feed them coconut oil, they will be very lean.

The healthiest diet is to replace all trans fatty acids and other unhealthy polyunsaturated oils in your diet with coconut oil. The only other cooking oils recommended are virgin palm oil, palm shortening, extra virgin olive oil, sesame oil, and organic grass-fed butter. To experience the weight-loss effects and other health benefits, most people take between 2-4 tablespoons a day. Try this with a low-carb, diet that is high in fiber and protein.

When introducing high quality coconut oil into your diet, it is important to start slow, because there are certain detoxification effects that could occur, since coconut oil is anti-bacterial, anti-fungal, and anti-viral.

Massage Specials for December and January

- **Little Delights**—Pick Two for \$25

Choose any combination of two for 30 minutes (hands, feet, head/face, neck) Ex. Head and hands 30-min massage = \$25.

- **Big Delights**—

30 Minute—\$30 **OR** Buy 3 or more for \$25 each (Regularly priced at \$38)

60 Minute—Buy 1 get 1 half price **OR** Buy 3 or more for \$45 each (Regularly priced at \$65)

*Add on a sinus treatment for only \$20 **OR** Buy 3 or more add-ons for \$10 each

90 Minute—\$85 **OR** Buy 3 or more for \$80 each (regularly priced at \$95)

Lymphatic set—\$140.00 (regularly priced at \$150/set of 3 massages)



Massages in package must be paid for at the same time. Massages must be purchased during the month of December and January. Massages may be used yourself or given as gifts. Massage specials with Mischelle Fitzwater only!