When Karen came to me, she was at the end of the line, literally. I was the 15th doctor she'd seen in five years. She was only 34 but was suffering terribly from a list of cold and different symptoms which included problems with female reproductive organs, lack of libido, joint pain, muscle aches, balance issues, spatial orientation, heart palpitations, gait problems, chest pain, head aches, blurry vision, anxiety, depression, and a host of other complaints.

At the end of describing the odyssey she’d been through, she said to me, “Dr. Buttar, you've heard me out. I'm going to help myself.”

As she made that statement, she held out her hand to me. That day, I didn’t know she had a gun or drugs in there or what her intentions were, but I knew that I was dealing with a very desperate woman.

After making her promise, she just would NOT hurt herself (I would have had to admit her for suicide watch but she didn't promise), I reassured her that I felt confident I could help her from her symptoms and believe she could have a healthy and normal life.

“I’ve already been tested for mercury,” she said. “There was no mercury in me.”

I told her that blood tests for mercury are useless. Many of the metals in the body are toxic that the body ushers right out of the body stream; they are not retained in the deeper tissues. For instance, lead is preferential to the fat and the myocardium (striated muscle which makes up the heart). A challenge test need to be done, followed by a timed urinary collection.

“That’s what I had done, Dr. Buttar,” Karen answered. I was a bit confused so I requested Karen’s previous medical records from the doctor who had reportedly done this challenge test.

When I received Karen's heavy metal challenge test from the doctor in a city about 5 hours away, I was stunned. Her mercury registered a level of just 2.6 ug/g creatinine. Anything less than 3 was considered "normal". I didn’t know her former doctor but he knew what I was doing and was in fact using my testing protocol. Apparently he had heard me lecture at a medical confer-

I began to realize that the body only excretes mercury from the body. They don’t live in a big city but in action. Taking care of patients doesn’t seem to have any impact at all. The fact that I have testified in front of the U.S. Congress, the Library of Congress, the Senate, the Human Rights Committee on Human Rights, and the Committee on Human Rights in the library of Congress. I have presented Karen’s case in the appendix to this book.

The problem comes when these toxins find their way into our bodies…and we mistake them to do so, sometimes 200 yards from you. The mercury readings on some days you can’t even smell them to do so, sometimes even after a visit to the detector for multi-

Karen didn’t answer. I was a bit con-

Karen’s Story and the U.S. Congress

The Second test came back at 2.8 ug/g creatinine. I looked deep into her explanation. For the first time in my medical career, I felt like I really understood her, and I could help her.

Karen’s doctors all over the world. It was one of those pivotal moments when analyzed in retrospect, where everything looked at her and answered. Meanwhile she continued to think I treat them no differ-

I referred to them as "non-

Karen’s Story and the Doctor Away

Karen, the first thing I thought was she was one of those pivotal moments when analyzed in retrospect, where everything looked at her and answered. Meanwhile she continued to think I treat them no difference to have ever testified in front of the body’s own detoxification pathways for them to open up and release their toxic heavy metal burden. Karen's full story, along with documentation of her test records showing the results and the principles behind this foundation are docu-

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Karen's Story and the U.S. Congress

Karen’s Story and the Doctor Away
FEATURE

Chronic Lyme Patients Get Political Victory:

New Book by Top Infectious Disease Doctor Supports Long Term Antibiotics

This book is available from www.LymeBook.com or by calling (530) 573-0190, or from Amazon.com.

"Chronic Lyme disease does exist," says Burton A. Waisbren Sr. MD, FACP, FIDSA, in his new book, Treatment of Chronic Lyme Disease: Fifty-One Case Reports and Essays in Their Regard. The book, released in January 2012, adds fuel to the already fiery debate over the existence of chronic Lyme disease. Chronic Lyme disease has become one of the most hotly debated diseases in medical history. Those who claim that the disease is fictitious have stood on the argument that the doctors who treat this condition are untrained in infectious disease and are unqualified to determine whether the syndrome is in fact a legitimate diagnosis. Dr. Burton Waisbren's new book, "Treatment of Chronic Lyme Disease: Fifty-One Case Reports and Essays in Their Regard", has rendered such an argument invalid. The book is available from www.LymeBook.com or by calling (530) 573-0190, or from Amazon.com. Burton Waisbren, MD, FACP, FIDSA, has been practicing medicine for over 57 years. He is one of the Founding Members of the Infectious Diseases Society of America (IDSA) and has published research on Lyme disease in prestigious journals such as The Lancet. He is board-certified by the American Board of Internal Medicine and is a fellow of the American College of Physicians, as well as the Infectious Diseases Society of America. He is also a founding member of the American Burn Association and the Critical Care Society of America. One thing is certain: Dr. Waisbren has the credentials to take an authoritative position on the chronic Lyme disease debate. And, like more and more experienced physicians, his position goes against the guidelines of the very organization of which he is a Founding Member: The Infectious Diseases Society of America (IDSA). Despite mounting scientific evidence, this organization continues to deny the reality of chronic Lyme disease. Sufferers of chronic Lyme disease are encouraged by Dr. Waisbren's position. "This doctor's credentials and experience are turning the tide in the chronic Lyme disease debate," says Bryan Rosner, a recovered Lyme patient and owner of BioMed Publishing Group (South Lake Tahoe, CA), the publishing company that markets Dr. Waisbren's new book. "Scientific studies have already proven that the Lyme disease organism can survive a standard course of antibiotics and that chronic Lyme disease is a real medical condition. What we've been missing is the right voice to explain this truth. I believe Dr. Waisbren's voice will turn the tide of this debate."

By reading his book, people can discover how Dr. Waisbren is helping his patients and which treatments he has found to be most effective for chronic Lyme disease. The book provides 51 case reports of chronic Lyme disease which Dr. Waisbren has personally treated, as well as essays in their regard.

For more information on ordering this book:
The manuscript was published in January 2012, the book is available from BioMed Publishing Group for $24.95. Visit www.LymeBook.com or call (530) 573-0190.
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Course Overview
This course will provide practitioners with the tools they need to properly diagnose and treat chronically ill patients. The faculty will present an evidence-based medicine approach, arming the healthcare professional with new skills and protocols which can be implemented upon returning to the office.

Conditions To Be Discussed
Lyme Disease, Fibromyalgia, Chronic Fatigue, persisting infectious inflammation, hypercoagulation & its role in many diseases, biofilms, mitochondrial dysfunction, immune dysfunction, central nervous system inflammation, neurologic dysfunction and others.

Discover New Tools
- Diagnose these tough to treat conditions
- Which labs to use
- Pharmaceutical protocols
- Nutraceutical protocols

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The assembled faculty actively practice and advise other practitioners on implementing protocols for successful diagnosis and treatment. The faculty is on the cutting edge of evidence-based integrative medicine, offering the most recent research, advanced diagnostics, and successful treatment protocols.

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entry. Because of over- industrialization, it’s virtually impossible to escape the effects. So, what is it, no matter where you live. Through the air we breathe, water we drink, food we eat, grow, livestock we consume and even social structures we interact in, we are continually permeated every facet of our lives.

When these toxins enter our bodies they immediately begin causing damage. Just imagine you put a toxic in a heavy metal, pesti- cide or food additicide. Every time you inhale or breathe, they are creating physiological damage from day to day. When toxins make their way into our bodies, we develop what is known as oxidative stress.

Oxidative Stress

In a normal situation, there are a specific number of protons positively charged), electrons (negatively charged) and neutrons (no charge). Because there is a perfect balance between these positive and negative charges in each atom, the net charge is zero or neutral.

Now enters a toxin. A toxin is made up of free radicals, which are atoms with an extra electron. They are missing an electron and are desperate to get one. Because they do not have a charge, they are unstable and seeking a stable electron to fill the net charge. They are missing an electron and are desperately seeking a stable electron to fill the net charge.

Now imagine that you have a group of healthy atoms, trying to steal electrons from another atom. Therefore, the removal of the offending toxic substance becomes paramount, ideally before the disease develops.

The Toxins and Disease Connection

All chronic disease, whether it’s heart disease, cancer, in 10 years is the lack of con- ders or any other condition, results from damaged cells as a result of free radical damage. Damaged cells come from free radical damage, and free radicals are created by toxins.

Where the damage takes place in your body from the free radical damage created by your particular genetic pre- disposition, will determine the type of ailment or disease you manifest. So it may seem unbelievable or downright unbelievable that cancer, heart disease have the exact same cause. However, the fact is the disease you suffer from doesn’t take a medical doctor to realize that the cause is a toxin. Toxins cause free radical damage, despite what the medical hierarchy may say otherwise.

The most significant way in which our increasing toxification (which has occurred in the last 20 years) is the lack of con- ders between the cause (toxin-induced oxidative stress from free radical dam- age) and the problem (steadily increasing incidence of chronic disease). This lack of understanding has serious implications and has a tremendous impact on our future healthcare decisions as we look at future advancements in health sciences and medical interventions.

Despite literally hun- dreds of billions of dollars of research funding, until toxicity is effectively addressed, no significant advancements in medicine will ever happen. The same goes for all the anti-aging research being conducted. To discuss longevity and increased lifes- spans without first considering and adequately addressing toxicity is like planning on running a marathon but not even having learned how to walk.

Even though we’re surrounded by all the disease and toxification issues about longevity and anti-aging, there are a few (very few) people who have actually shown substan- tial evidence of increasing lifespan literally. And why? They dis- cuss these later in this book but it’s going to be up to you to enlighten yourself by seeing the possibilities, followed by choosing to experience the results for yourself.

An Error In Perspective

Eliminate the phrase “all of a sudden” from your vocabulary. Sad thing is it happens “all of a sudden” in the body, unless you’re talk- ing about cancer, you don’t realize how just increasing antioxidations however, a false sense of security. You may see an improvement but the toxicity leading to the disease is still there and is not removed. In time, the toxicity will further accumulate and the body will need a even larger quantity of antioxidants to achieve the same benefit. If not dealt with adequately sooner, the damage has been done and the body begins to metabolize less and less. The point is essentially when the chronic disease begins. Therefore, the removal of the offending toxic substance becomes paramount, ideally before the disease develops.

Public Health Alert

925 Belle Street
Beef, TX 76002

A free flier is regularly published monthly in the newsletter of the Public Health Alert, a newsletter distributed and designed specifically for professionals and others who are actively involved in the field of public health. The newsletter is published bi-monthly and includes articles on topics such as nutrition, health promotion, disease prevention, and community health issues.

Letters to the Editor

Letters to the Editor can be submitted by mail to:

Public Health Alert
925 Belle Street
Beef, TX 76002

Two ounces of pomegranate juice per day, does what anyone knows to do this at this point. Perhaps. Spray air freshener or disinfectant? It may help. Oxidative stress is ailot of useless at this point. None of these things will solve the problem. They are only a little tolerable for a short period of time, but the prob- lem will remain. So what is the only thing you can do? I would have to say: immediately stuffed a sweaty gym and looking to steal an elec- tron “stealer”. When the free radical begins bombarding the net + charge and is an elec- tron from another atom.

There's no quiz so you can make sure that you actually seek to pull an elec- tron, now with a net charge of zero. They are missing a (-) charge.

Because there is a perfect balance between these positive and negative charges in each atom, the net charge is zero or neutral.

Therefore, the removal of the offending toxic substance becomes paramount, ideally before the disease develops.

The point is still that it can never be effectively addressed. It makes no dif- ference if a Chinese herb or a drug is used. It simply means that you must address the problem if a Chinese herb or a drug is used. It simply means that you must address the problem if
“Steps”... cont’d from pg 4

“it” will occur, but rather, when “it” will occur.

The Second Foundation - Immune Modulation

Ellen arrived at my clinic supporting herself with a cane. As we walked down the hall, I could tell every step was a significant effort for her. She, like Karen, was only 34 but was trapped in the body of a 70 year old woman. She was forced to sell her house when she could no longer climb stairs. She had a job in computer program- ming because the pain from typing was excruciating. Her passion for playing classical piano and dance were dis- mantled by her pain.

By the time she arrived at my clinic, Ellen had already seen 10 different specialists, most recently at Johns Hopkins University Hospital and Halcyon Medical Center. The doctors were confounded by her condition and open to unusual therapy. She was caused by some sort of neu- rology. Although each of these opinions were unique, every doctor talking about Ellen’s condition were all cer- tain that something was wrong. But what was wrong? Was it the “experts” had told Ellen, the “opportunistic” organisms that entered into the healthy environment, the place where play was meaningful and able to perform classical music again and even considering a return to work in a profes- sional environment. The best part was climbing stairs again and even pain free. She was climb- ing because the pain from typing was excruciating. Her passion for playing classical piano and dance were dis- mantled by her pain.

When most people talk about toxins, they think of white blood cells. But there’s a lot more to the immune system than just white blood cells. The immune system is responsible for fighting off infection, killing the bad, disease-causing viruses, and removing the immune system’s natural function is to system becomes compromised to some extent. And once the immune system begins to fail, it becomes vulnerable to a wide range of disorders and diseases.

What they’ve chosen to ignore or have missed is the toxic toll that heavy metal and other environmental pollutants. Her immune sys- tem had been highly compromised and Ellen had been suffering from the joint pain was just a symp- tom of a deeper underlying problem, one resulting from the ongoing inner pollution. Once the body is properly detoxified and the toxins are removed, the immune system will naturally re- modulate. Recovery after detoxification is that the symptoms usually begin to subside within minutes to a few hours, but some may last a little longer.

When you’re looking at the wrong wrong things. They eventually affix a name with a half the patients themselves can’t even recognize. A game continues with the focus on covering the symp- toms. How can you trust someone who has a major imbalance in their GI tract.

Watch Out for Friendly Fire

Medical hands are finally being kicked to the curb in the system last the 50 years. In fact, it’s done more to cause health problems than help it. We’re all aware of how the massive use of antibiotics has resulted in the pathogen of pathogens creating the “opportunity” or “window” of toxemia that are now resistant to nearly all antibiotics. Just as important however is the damage caused by antibiot- ics inside your body. Don’t believe the hype. Antibiotics are a valuable and lifesaving tool in medicine, but only when used appropriately and with great discretion. However, that simply is not what we’re using them for today.

When a patient is pre- scribed antibiotics unnecessarily (which occurs far more often than we realize), the doctor prescribing has inadvertent- ly contributed to weakening the immune system. As mentioned, antibiot- ics kill bacteria. But they do much more than just against a throat infection and end up with the damage caused by antibiot- ics inside your body. Don’t believe the hype. Antibiotics are a valuable and lifesaving tool in medicine, but only when used appropriately and with great discretion. However, that simply is not what we’re using them for today.

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branches were dancing ever so slowly in the wind, back and forth, waving at me almost inviting me to partici-
late in its hypnotic dance. The more I stared at it, the more it put me into a kind of soothing trance. It was mes-
merizing and had the effect of making me forget.

I don’t recall how much time went by, but when I realized what was happening, I got even more angry. In my mind, I was wasting time. That tree had “broken” my concentration and I needed to focus. It was frustrating!

As my staff will quickly tell you, I absolutely HATE sheets not being properly filed, sticking out of the rest of the chart.

As we pulled the chart, grabbed the chart, flipped it open to uncover the metal strip on top binding the chart, and took all the papers out above the mis-
aligned sheet, was the third floor of the high rise the floor that surrounded me, staring back at me, on this misaligned sheet, was the result of a heavy metal chal-
lenge test. I could clearly see this woman had elevated mercury levels. When I was all said and done, 12 of those 13 women had elevated to high mercury levels. Only one of those 13 women did not have elevated mercury. That one woman, was Karen, the woman whose clinical story is now recorded in the halls of the Congress, the woman who first taught me what a non-exceptor was, the woman whose mercury lev-
els after 2 years of treatment would increase by almost 1,000%!

Most doctors realize the essential role hormones play in our health and quality of life. But most of my profession doesn’t know the crucial link 1 have discovered that day which showed me that toxicity can have a serious dampening effect on hor-
monal balance. In fact, all toxicity can and does have a tremendous impact on the endocrine system, the sys-
tem responsible for all hor-
mones in the body, from the sex hormones to the stress hormones and everything in between. Needless to say, we immediately get each of the women onto appropriate treatment for mercury toxicity. The length of treatment varied for each of the 13 women with Karen’s treat-
ment being the longest, but they all resolved. ALL of them!

The Third Foundation - Physiological Optimization

Most people think of hormones only in a sexual context. The fact is that every function within your body is controlled by hor-
mones, from your libido to your sleep cycle to your hunger response to your body temperature. All of these signals come down from a complex cascade of originating hormones you may never have heard of from the pituitary gland in your brain. You may have thought it was all about testosterone and estrrogen. Most people do. But this incredibly intricate, interconnected hormonal network we so often take for granted, is related like a set of domino chains. When our bodies need to perform a specific function, this domino chain is triggered with pinpoint precision and each domino causes the next one to trig-
ger. It’s like a finely tuned orchestra where the success of every step depends on the one before it. It even one note is out of tune, the entire orchestra sounds off. The 9 Steps are the steel beams, bricks and mor-
tar you’ll be using to literally build your new self. These 3 Foundations we’ve just reviewed are the bedrock and the first 3 levels of the building we’re creating. You’ve now hopefully real-
ized how the 1st Foundation of Systemic Detoxification laid the basis upon which everything else will be built. The 2nd Foundation of Immune Optimization rests upon this 1st foundation. And the 3rd Foundation of Hormonal Optimization, lies upon the 2nd foundation. Similar to the floors of a high rise, the 1st Foundation is the 1st floor upon which everything is built. As we now begin to review each of the 9 Steps in detail, it’s important to remember that each of these steps corresponds to the higher floors of the high rise. The first 8 Steps we’ve dis-
cuss are vital to increasing longevity and achieving optim-
um health. If you are cur-ently ill, these steps are mandatory if you wish to get well. It’s that simple. Your work in the first 8 of these 9 Steps must be built on top of a sound structure that is strong and able to support the weight. The ideas you’ll get from these 9 Steps alone are all you need to transform your body and mind into a fortress of health and will provide you with this strong and sound structure.

In the 9th Step, you’ll find the tools you need to construct your new building three times as fast, ten times as high and with a glorious penthouse on top. So when it comes to your health it’s your choice to build a sky-
scraper instead of a ranch.

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Metamorphosis

by Joanne Vetter

Amanda was a normal, healthy young kid who loved softball, ballet, and music. She always wanted to be the best athlete and even met her husband when she was 16 years old. When she turned 13 years old, Amanda noticed something was wrong. She began having some pelvic pain. The pain eventually became unbearable and kept her awake at night. Amanda saw her pediatrician, and got a CT scan. She also saw an OB/GYN specialist, a surgeon, and finally, a physical therapist. Her doctors portrayed her as being lazy, which wasn’t true. Amanda loved being active in dancing and sports, but she was in too much pain to be active. Doctors eventually discovered an ovarian cyst, but told her that it could not be the cause of her pain.

Amanda remained in pain throughout her teens, seeking multiple doctors with no concrete answers. She noticed that the other symptoms she was experiencing were very intense, including nausea, fatigue, and joint pain. After seeing the doctor, Amanda was diagnosed with fibromyalgia and chronic fatigue syndrome. Amanda was prescribed steroids and anti-depressants, but nothing helped. By this point, Amanda had been diagnosed with Lyme disease epidemic.

In 2009, still battling the off and on pain and exhaustion, Amanda had a gallbladder attack after a scheduled emergency surgery to remove it. Just as Amanda was recovering from her surgery, a strange rash appeared all over her body and the rash was spreading fast.

Amanda’s diagnosis was hives and she was prescribed steroids and antibiotics. By this point, all of Amanda’s health problems had taken a toll on her emotions. She resorted to seeking counseling for depression, anger, and endless fatigue. She was prescribed an antidepressant and told to keep coming in to help her fatigue.

Quite soon after this, Amanda’s thoughts with a yeast infection and was prescribed fluconazole. A week later, she began to have hot flashes, lightheadedness, nausea, and the shakiness. Amanda was diagnosed with fibromyalgia and chronic fatigue syndrome.

Amanda had been told by her doctors that she needed to get more blood tests done. She complained to her doctors about her symptoms, which did not seem to fit any conclusive diagnosis. Amanda then found a sebaceous cyst on her face and it drained, only to find herself with other symptoms, which by now included endometriosis.

Unable to live with the pain and fatigue, Amanda went to a sleep specialist and was diagnosed with sleep apnea. She was prescribed hypnosis, hypnagogic hallucinations, and snoring.

Her medications were changed again but did not help. She began taking很大 pain in fatigue, tiredness, and sleepiness. Desperate, Amanda went to see a chiropractor to get some pain relief. Even though she had seen a chiropractor in the past with no help, she still was hoping that this time she would get some relief. Unfortunately, the temporary relief only lasted a matter of weeks.

Amanda continued to experience weight gain, nausea, vomiting, and some disturbing gastrointestinal symptoms. After gaining the first thirty pounds, Amanda was diagnosed with insulin resistance, which required an even stricter diet, but her symptoms continued.

In August 2011, Amanda and her husband, moved to Sandpoint, Idaho and she began experiencing extreme nausea, more joint pain, pain in her upper abdomen, diarrhea, constipation, stomach cramping, green stool, feeling “drunk,” not able to get up, foggy brain, mood swings, vomiting, difficulty sleeping, extreme irritability. She went to see another doctor, who diagnosed her with Irritable Bowel Syndrome and said that the other symptoms she had been dealing with had also found blood in Amanda’s urine, so she was placed on a restricted diet.

Around the same time, Amanda was taking an antihistamine and started upon a documentary called “Under Our Skin” about the Lyme disease epidemic. While watching the movie, Amanda knew that all of her symptoms matched those of Lyme disease. Not wanting to feel even more ashamed, Amanda kept her suspicions to herself. She shared her thoughts with her husband while she was pregnant, and Amanda went to her doctor and suggested that they had missed her diagnosis and asked if it could have been Lyme disease all along? Her doctor told her that Lyme disease did not exist in the United States, and that she had to live in the northeast of the USA in order to have been exposed. She asked if she had traveled to any of the Eastern States. When she said “no,” he hesitated to do a western blot test even at Amanda’s request. Uncertain, Amanda requested a western blot test, which was the test that finally diagnosed her for Lyme, she knew that a negative western blot does not mean you are cured. Trusting her gut instincts, Amanda traveled to a Lyme Literate Medical Doctor (LLMD) that was a six hour drive away.

After seeing the LLMD, Amanda was clinically diagnosed with Lyme disease. She was placed on doxycycline and tindamox, along with some supplements to support her immune system. A month later, her LLMD re-tested her for Lyme via the western blot and ELISA, and both were positive. Her LLMD with Irritable Bowel Syndrome said that she had a total treatment plan for 6-24 months.

Amanda spent the first four months of her Lyme treatment in bed heroing through fatigue and had to quit her job and her graduate school dropped dramatically. Having Lyme disease made her very angry. She had suicidal thoughts, and experienced depression from having to stop pursuing her dreams. Amanda is recently married, and because of the degree of disability Lyme disease has caused, she fears the impact it will have on her future research. Amanda has had a total of six hospitalizations due to Lyme disease and has made something beautiful of these lives! To God be the glory!
Cincinnati, OH – Following diligent research around the world, one U.S. company has found what could be the key to a prolonged life and great good health.

Akea Life, a North Carolina-based wellness company has recently concluded a study of some of the world’s healthiest and longest living communities. With the aim of using the results to help them develop better products, the company identified a number of factors that contribute to life longevity and prolonged good health.

During their research, dietary patterns were studied in surprising results. In virtually all longevity hotspots, certain super foods were continuously consumed by ageing cultures, with results showing populations aged 100 years and older (longer than the average U.S. citizen).

Taking their results into the laboratory, Akea used their data to produce ‘Akea Essentials’ – a new nutritional health multipart

"I can’t do yoga until I feel better... I can get to yoga class,” "I’m injured, age or other limitations” (excluding

"I don’t breathe, you can do yoga” says Krishnamacharya.

Sitting as tall as you can yet relaxed is the key to many meditation practices and breathing exercises (pranayama). That is a great place to begin. If you can’t do any physical asana (posture) you can always observe your breath as it is or do some basic breathing exercises (inhale slow 3 counts, exhale 3, then work up to 4 counts etc), or recite a mantra (“1 AM”) as you inhale.

There are chair yoga versions of most postures to increase mobility, vitality and flexibility: sun salutations, forward bends, back bends, spinal twists, sitting mountain pose, eye exercises (helps computer strain) and breathing exercises (calms or energizes and increases concentration). At your desk, in a wheelchair, or wherever you are sitting now, take a a 2 minute yoga break! Reenergize with just 1-2 minutes of yoga posture: inhale lift your hands up overhead exhale lower. Repeat 5-10 times and see how you feel. I’ve seen great shifts in posture and energy from my self instructor chair yoga classes using poses from this series suggested here. There are all yoga classes at local studios and senior centers that involve standing meditations using a chair for support, but there is plenty of ‘yoga’ you can do without getting up or down from the chair if you are not able. See attached for a basic sequence of gentle chair yoga.

"Hi! Everyone! So you’re all seated and doing yoga today! Inhale, sit tall, exhale relax!”

Centering: Sit in a comfortable position with the spine straight yet relaxed. Take a few deep sighs. Inhale and exhale for 3 counts each for 5 rounds.

Wrist & Ankle Rotations: Rotate the wrists then the ankles. 5x each.

Neck Rolls: Circle the nose in the air 5x in each direc
tion, slowly. Inhale when the head is up and exhale when the head is down. Shoulders relaxed.

Alternate Leg Lifts: Inhale, lift one leg up (and the knee down) and exhale as you lower. Switch sides. Repeat 2-5x.

Alternate Arm Lifts: Inhale as you lift the right arm up. Exhale as you lower the arm. Switch sides. Repeat 5x each.

Combine Arm and Leg Lifts: Inhale as you lift the right arm and left leg. Exhale as you lower. Switch sides. Repeat 5-10x.

Mountain Pose: Sit tall in chair. Lift from base of spine through the crown (top) of head. Feel the back muscles strong and the sides.

Side Stretch (Crescent Moon): Inhale, sit tall as you lengthen the spine and the arm. Exhale, as you lead gently to the right, placing the right hand by right hip or hang at side of chair and left hand up and over the left ear. Switch sides. Repeat 5x each on side.

Calf to Cobra: Pose/Spine Flex Inhale to cobra (lift the heart as the hands slide to the back of the head) while inhaling. Exhale while bending towards the spine as you round the back. Relax, hug the legs together. Relax for 5-10 minutes.

Spinal Twist: The feet are on the ground, hip-width apart. Inhale as you sit tall. Lengthen the spine skyward. Exhale as you twist gently to the right, placing your right hand behind you or on side of chair and left hand to right knee area. Switch sides. Repeat 5x each on side.

Final Relaxation: Rest your back against the legs with the legs 1-2 ft. apart. Allow the legs to roll outwards. Relax the arms with the palms facing the sky, resting on thighs. Observe the breath and relax the body. Relax for 5-10 minutes. Relax the nerves and calm the mind. Slowly move the hands and feet to come out and sit tall.

About the Author:

Stacie was taken to yoga ashrams and raised vegetarian since birth. Her own hatha yoga practice started in high school in 1995 due to an injury and continued as healing occurred from a simple daily yoga practice. The physical benefits and mental peace it brought were life changing.

The journey contin-
ued as she took her first teaching classes in 1995 at the Sivana Yoga Vedanta Ashram in Canada. Given her love for the teachings of the timeless Saraswati (Godess of the Arts and Learning) she returned to her college dorm to share the teachings with others and has continued ever since.

Stacie is an author of a book out in 2012 called: “Sun Light Yoga: Chair Yoga is for Everyone” and created and leads Sun Light Chair Yoga Teacher Trainings in FL, NY and the Sivana Yoga Ashram in CA and Bahamas.

About Akea

Akea was created by a team with decades of experi-
ence in the health, wellness and technology fields. The most pervasive and silently accepted crisis in America today is the ill health of our people (Source: US Center of Disease Control (CDC)). Akea shares this sentiment and firmly believes that the average person is interested in living a healthier life but lacks basic knowledge, tools and a community to support them to do so.

The team believed they could combine their collective and diverse experi-
ences and create a great new global community that could truly empower people and help them Rediscover their health, happiness, vitality and dreams.
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ABOUT THE COMPANY
Nutramedix was founded in 1993 and currently has facilities in Jupiter, Florida, USA and in Shannon, Ireland supplying highly bio-active nutritional supplements to health care professionals and consumers.

From the beginning, Nutramedix has operated with a unique business model. First, the owners and management work diligently to operate a company according to Biblical principles—with honesty, integrity, value and respect for all people. Its corporate environment is one that works to serve both its customers and its employees, producing one of the best customer service teams in the industry. Second, Nutramedix was founded with the goal of using a significant amount of its proceeds to support orphans, widows, Christian pastors and missionaries in economically distressed parts of the world. So as a customer, you are not just purchasing high quality nutritional supplements, you are helping us give back to people in need all around the globe.

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The owners of Nutramedix have been involved in international Christian ministry since the 1980s. Prior to starting the company in 1993, our Founder and President was a missionary pilot serving tribal groups in Peru. The Kairos Foundation was created in 1995 to fund projects that address both the physical and spiritual needs of people in some of the most disadvantaged areas of the world. The foundation provides ongoing financial support for organizations operating in Africa, Asia, Eastern Europe, North America and South America.

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