

Walking the Tight Rope of Health

Dr. Tyteeka Reye

The human body is continually renewing itself, creating infinite potential for health and healing.

All living organisms (plants, animals, single-celled amoeba) must maintain internal balance, homeostasis, to thrive. Every cell in our body work to maintain balance within themselves, and work together to maintain balance throughout the body. Blood pH levels, fluid levels of sodium and potassium, and blood glucose levels are just a few of the multiple factors that could cause disease or death if thrown off.

The philosophy of modern medicine is that pathogens (harmful bacteria, viruses, and parasites) cause illness and must be driven out of the body through medication.

The holistic view of medicine is that a weakened immune system is the source of illness. When we are healthy, pathogens are unable to enter the body. However, when our internal systems are imbalanced, pathogens easily enter the body and wreak havoc. A few days ago my grandson found a living water bug in my pool. The chemical balance in the pool was off. The bug would never have survived if the balance was correct.

Our bodies are equipped with a complex defense system and the unlimited potential to heal. Strong, balanced bodies can heal injury and prevent illness without the assistance of pharmaceuticals. When we hear of someone recovering from brain cancer, *after* modern medicine has given up, we say it's a "miracle." Why, are we shocked when our bones heal after being broken, our skin regenerates after a burn? Though healing is incomprehensibly complex, it is the body's natural and miraculous process, a process only possible when healthy.

Imbalance is caused through unhealthy lifestyles. Stresses, poor nutrition, environmental pollution all affect the body's ability to protect itself. A single symptom (headache, asthma, pain, fever) indicates defensive action by the body. All illnesses, no matter how minor, are holistic, affecting the body and mind. Therefore, healing must also be holistic. Our bodies, not medication, cure and heal. Restoring balance allows the body to rid itself of toxins and waste. Through proper nutritional, emotional and supplemental support our bodies can prevent disease. By maintaining a healthy lifestyle and believing in our own healing, we allow the body and mind to maintain balance and wellbeing.



July Specials

20% Discount* :

♦ **Vitamin C 1000mg caps**

♦ **Digestive Enzymes**

(see page 2 for more
supplement information)

* In office pick up only.

News from Acacia



Watch for Dr. Tyteeka Reye's upcoming Book!



Dr. Tyteeka Reye is still seeing patients at Acacia once a month, make your appointments today!

Charge the cells in the simplest way with *Vitamin C*. Vitamin C or L-ascorbic acid is an essential nutrient. It is required for a range of essential metabolic reactions in the body. Vitamin C is an anti-oxidant, protecting the body against damaging free radicals (the cause of many signs of aging). This nutrient is also a cofactor, a substance that needs to be present for enzyme function. The body is able to only store a small amount of vitamin C, and is quickly depleted without daily supplies.

Digestive enzymes break down the nutrients we eat into their smaller building blocks. Various imbalances, including nutritional and emotional stress, cause disruptions in the normal digestion process. This not only causes painful bloating, acid reflux, diarrhea or constipation, but also prevents the absorption of vitamins and minerals from the food we consume. Not only do these enzymes assist during digestions, but after as well. Enzymes consumed between meals may help inflammation, gut healing, and blood cleansing, or one with a high level of cellulase to help with yeast overgrowth.

Easy gluten and dairy free cooking

Chicken and Quinoa Salad

Serves 4 to 6

As a shortcut, use meat from a rotisserie chicken. Serve alone or over lettuce and chopped fresh veggies.

Ingredients

2 cups water
1 1/3 cups quinoa
Salt and pepper to taste
2 tablespoons white wine vinegar
2 tablespoons olive oil
2 cups shredded cooked chicken
1 1/2 cups green grapes, quartered
1/2 cup sliced almonds, toasted

Method

Rinse quinoa under cold running water and drain. Bring 2 cups water to a boil. Stir in quinoa and a pinch of salt then reduce heat, cover and simmer until tender and most of the liquid is absorbed, 15 to 20 minutes. Uncover and set aside to let cool.

In a large bowl, whisk together vinegar, salt and pepper. Slowly add the oil, whisking well. Add quinoa and toss to combine. Add chicken, grapes and almonds and toss again. Serve at room temperature or chilled, if you like.

A Rise in Kidney Stones Is Seen in U.S. Children

From articles by Laurie Tarkan

Pediatric urologists and nephrologists across the country say they are seeing a steep rise in young patients. Some hospitals have opened pediatric kidney stone clinics!

The increase in the United States is attributed to a host of factors, including the most overused food additive: *salt*.

Studies have found that dietary factors are the leading cause of kidney stones. Stones form when these substances become too concentrated.

The two biggest risk factors are not drinking enough fluids and eating too much salt.

The culprits are not just chips and French fries, but also processed foods like sandwich meats; canned soups; packaged meals; and even sports drinks like Gatorade. Furthermore, children tend not to drink enough water.

The solution? A healthy, well balanced diet to support a well balanced body.

Nutrition

Per serving (about 8oz/235g-wt.):
350 calories (130 from fat), 14g total fat, 2g saturated fat, 25mg cholesterol, 260mg sodium, 39g total carbohydrate (5g dietary fiber, 7g sugar), 18g protein