

# YOUR HEALTH MATTERS

Vol. 2, No. 1

Aug 22, 2006

It does! To me, and especially to you.  
These notes will help you with your health matters.

With this issue we pass our first anniversary milestone! Thanks to all of you for keeping me motivated to do this. Remember, if you have topics you wish to discuss or learn more about, please let me know. This ezine is for you.

\*\*\*First, a quick reminder to do the MAR (contact me with questions, instructions). I did mine (practicing what I am preaching) and discovered some things I need to be working on. What are you missing that your health needs to know about????

\*\*\*Second, please go to <http://www.goodheartgroupinc.com/news/GHWNV2N1.html> and complete the "Subscribe" box in the upper right to be sure you stay subscribed to future issues of this newsletter!

Thanks.

-----Feature Article-----

## BONE HEALTH

We were standing at the nurses' station one day writing notes or doing whatever we residents did in the afternoon in a slack moment. One of the nurses, a fortyish year old, in good health, walked away, down the hall, a tray of meds in one hand. She was on her way to pass out afternoon doses for patients. All of a sudden we heard this blood-curdling scream and saw her crumpled in a heap on the floor. Rushing over to help, it was obvious her right leg was not lined up the way it was meant to be! She had a broken hip.

That raises the common saying: "She fell and broke her hip." Or does it?

Perhaps, in this case (as in very many) she "broke her hip and fell."

How can that be? What is going on? Are you at risk?

A major problem in our country is Osteoporosis, or "thinning" bones. This occurs when the calcium normally stored in bone is taken out to be used elsewhere in the body (muscle contraction - one muscle must always contract!, nerve conduction, pH balance, clotting). Hate to break it to you, but milk and Tums™ are NOT good sources of calcium. Those are good marketing ploys, that's all. Actually it takes an acidic environment to absorb calcium and both milk and Tums™ are basic (on the pH scale - that's why you take the 'antacid', to get some base!).

Some other facts about Calcium chemistry:

Meat protein not only decreases calcium absorption, it enhances its secretion. In lay language, that means it lets less in and makes more go out. Not good for the overall balance.

Caffeine doesn't let calcium get put back into bone, once it is out.

Magnesium keeps it in the body, helps it go where it needs to go.

Phosphorous causes it to leave more quickly.

Vitamin D is needed to get calcium where it needs to go.

So, in a country that eats more meat than any other, drinks a lot of coffee and caffeinated soda, and drinks an inordinate amount of phosphorous-laden soda, is it any wonder that we have the highest rate of bone loss/osteoporosis of any other country?

## **What to do?**

First, stop doing all the things noted above that makes it hard on calcium (soda, coffee, milk, antacids, meat).

Second, take the magnesium. We all probably need more than we usually get. Is good for lots of things, like handling sugar, relaxing muscles, helping the bowels to work.

Third, eat lots of green leafy vegetables. Broccoli, kale, seaweed, etc. Green!

Bioavailable! That's what counts.

Fourth, exercise. At least two or three times per week, with light weights. Sweat.

Fifth, take a supplement. If you are OK (probably only young boys and girls are really OK) take some calcium tablet, may not matter which. However, if you know you are

behind (osteopenia) or worse (osteoporosis) take a supplement that has Calcium Hydroxy Apatite as the form of calcium. First shown by Metagenics to put calcium back into bone, some others now have it available. Life Force has their Osteo Pro Care that supposedly has been shown to restore calcium. (Ask the corporate office for documentation).

Sixth, get out in the sun. 15-20 minutes per day. Forget the sun screen, at least for that long (it likely actually causes skin cancer - more on that later). Most of us don't get nearly that much sun. Can supplement with Vitamin D, but taking a pill is not as much fun as working on the tan.

We haven't even touched on the Hormone Replacement issue. Another issue, a big topic. Meanwhile, all the above will work for you, too.

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## **EMOTIONS**

Came across an interesting website recently.

<http://www.succeed4sure.com>

The author brings a lot of interesting ideas, techniques to play. I use some of them already. In fact, a major tool she uses is EFT which we highlighted in earlier editions of this newsletter, <http://www.goodheartgroupinc.com/news/archive.html>

Let me know what you think and if you use any of her approaches.

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## **FEED YOUR SPIRIT**

My friend was almost in tears recently, speaking of how things were going for him. Under a strange bondage in his work. Oppressed financially, caught in the credit card loop, not making enough to make ends meet. Crying out to God for help, blaming himself for bad choices, not knowing where to turn.

Sound familiar? Do you ever get there? I do.

This came soon after, a great word for each of us for the month:

*"Be Strong and of a Good Courage"*, Joshua 1:8.

We need clear vision, strong hearts, hearts that KNOW and SEE.

We are at war, we need to be warriors.

<http://www.ransomedheart.com> offers some insights and helps. Let them bless you.

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## **ON THE HOME FRONT**

There is a whole new look to the GoodHeart Group opening website. Check it out. Will continue the face lift of the remainder of the site as time allows, so stay tuned. The [HealthyBackVac](#) site has moved to another host, and the shopping cart works wonderfully! Get a Super Coach now and you can be making your home cleaner and healthier at the same time and with ease.

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## **ENVIRONMENT**

An update on the fuel additive that is saving us money and cleaning up the environment:

**It's working!**

<http://www.ecoenergizer.com/drjon>

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## **SO LONG FOR NOW**

That will do for now. Quit reading this, get up from the computer, go take your calcium pill and get exercising!

So many good things my head is spinning! LOTS more to talk and write about in future issues. Stay tuned.

Check out the sponsor links on the Resource page.

Your questions and feedback are always encouraged and welcomed.

Have a healthy, glorious, grateful, day!

Dr Jon  
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314-750-6916  
<http://www.goodheartgroupinc.com>

P.S. We are accepting advertising for your new (or established) business; send me an email or call.

## RESOURCE PAGE

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### **MIA-BELLA CANDLES**

The amazing candle that burns cleanly, smells better than anything else and is healthy and non-toxic as well. One of our customers said:

"Jon, these candles are PHENOMENAL! Smelled great just in the box when they arrived in the mail!"

Everyone is talking about how wonderful they smell - the best ever discovered so far. I use them in my office. One votive lasts a couple of days, and makes my work space smell and feel like home, not like the office!

Work for any time of the year, but are especially wonderful gifts this time of the year.

To find out more, or to order, call Susan at 314-750-8633 or go to

<http://www.goodheart.scent-team.com/usa2.php>

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### **SAVE MONEY AT THE GAS PUMP**

Easy to use liquid, added to your gas, brings real savings:

<http://www.ecoenergizer.com/drjon>

(and can help you as you help your friends and neighbors, too)

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**BIODEFENSE**, the remedy that works against viruses, fungi and bacteria.

To obtain this remedy call Dr Fierro's office at:

**877-434-2495** (toll free)

Use the code: **JM0001** for a discount below the standard price of \$24.95 + S&H

The usual dose is two capsules twice daily.

At half the usual dose, or 1 capsule twice daily, you can cover chronic infections.

I would have some around just in case.

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**JUICE PLUS+** IS A WAY TO GET ALL THE RAW FRUITS AND VEGETABLES YOU AND YOUR FAMILY NEED EVERY DAY! What is Juice Plus? It's a convenient and inexpensive way to get all the nutrition from fresh, raw fruits and vegetables everyday. Juice Plus is more than extra vitamins and minerals. It is actually a whole food supplement. The fruit capsules are made from apples, oranges, pineapples, cranberries, peaches, cherries, papayas, dates and prunes. The vegetable capsules are made from carrots, barley, parsley, beets, kale, broccoli, cabbage, oats, spinach, tomatoes. (Taken from <http://www.askdrsears.com>).

For more information on Juice Plus+ please contact Jamie Groff-Kuenzie OTR/L, LMT at 1-866-210-0977 or 314-276-4489. Or check out her [web site](#).

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### **VACUUM YOUR HOUSE WITH AN ATTITUDE!**

Clean up your personal space by removing dirt and filtering the air while improving your physical health at the same time. Use a SuperCoach Backpack Vacuum Cleaner from ProTeam. For more information, go to <http://www.healthybackvac.com>

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**NUTRAZON**

Help your body adapt and conquer the challenges of stress, physical & mental over-exertion, lack of energy, waning libido and the broad category of aging - to name only a few. Nutrazon, a Double-Adaptogen.

<http://www.nutrazon.com/100236>.

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**START YOUR OWN BUSINESS**

Interested in finding a way to accomplish your dreams and "WHY"?

Take a look at this [opportunity](#) and click on "Join Now" link.

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Over time we will include information from many, if not all, of the various modalities which together comprise "alternative" or "complementary" medicine: diet/food, nutritional therapy, herbs, homeopathy, energy modalities, chiropractic and manipulative therapies, and of course massage/bodywork.

You are encouraged to forward it to your friends who would be interested.

Don't forget to click on the links of our sponsors!

Previous issues can be found [here](#). \_