

Discover 5 Invigorating Secrets to Longevity

and Happier too!



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The Amazing Healing Properties of Chia Seeds

The Many Benefits of Chia Seeds

Chia seeds contain more than 60% Omega-3 fatty acids and have the highest percentage of Omega-3 of any commercially available source, according to Dr. Wayne Coats, perhaps the world's foremost educator on chia seeds.



Remember Chia pets? This is the same material, only you won't be growing a plant. I only ask you to soak the seeds in water and watch them swell. The seeds are tasteless and odorless and therefore won't go rancid, are easy to store, easy to use, and are not contaminated with pesticides, chemicals or heavy metals. Add one tablespoon chia into an eight-ounce glass of water or juice, let sit about five minutes, stir, and then drink. Chia turns into a gel, which can be added to jams, jellies, peanut butter, milkshakes, nut spreads, smoothies, hot or cold cereals, yogurts, mustard, catsup, tartar sauce, barbecue sauces or anything else you can think of.

This is an ancient food source recently rediscovered that was known for its endurance. "Chia" is the Mayan word for strength. Chia seeds had been a staple for the American Native people for centuries (long before the Chia Pet hit the market). The Aztecs considered it to be extremely valuable for healing - from cleaning the eyes to helping heal wounds, topically, to relieving joint pain and so on. Aztec warriors would eat chia during hunting trips, and the Indians of the Southwest would eat only chia seed mixed with water as they ran from the Colorado River to the Pacific Ocean to trade products.

These tiny black seeds contain large amounts of B vitamins and calcium. In roughly two ounces of chia (100 grams), there are 600 milligrams of calcium, contrasted with 120 milligrams of calcium in the same amount of milk. That's five times as much calcium than milk!

Chia also contains boron which aids in the metabolism of calcium, magnesium, manganese, and phosphorus for bones and muscle growth. Since our nation's soil is so boron depleted, we simply are not getting enough of this mineral in our daily diets.

My Path To Chia Seeds and Wellness

When I was in my early 20's I was diagnosed with Graves Disease or Hyperthyroidism. It took three different doctors to figure out why my energy was so low and why I was gaining weight even though I ate like a bird. I was so uncomfortable with myself and probably wasn't thinking very well either. Thankfully, a nurse diagnosed my problem and sent me to an Internal Medical Doctor. I was given three options to get well.

- * Cut out my enlarged thyroid
- * Have radiation treatments
- * Take a little white pill with a long name

I chose the little white pill and managed to get well through sheer will. But, it took about two years before I totally felt myself again. I was told because of the type of condition I had, there was a 50/50 chance I would relive this disease. Then and there was when I started learning about a more holistic way to stay healthy.

I believe stress was a major factor on why I contracted this disease in the first place. I had been in an abusive marriage plus working for a very toxic company at the same time. I did heal or so I thought. Throughout the years, I had lots of PMS issues. Nothing too severe but I never did have regular menstrual cycles and I believe it had to do with the condition of my thyroid. I started a regime of vitamins, bodywork (massage, Jin Shin Jyutsu- form of acupressure) soaking in hot springs, etc. All this helped tremendously.

However, about 3 years ago, my upper lip started swelling and I wasn't even injecting Botox! My poor lip did not feel good at all. Fortunately, I learned about Chia Seeds through Mike Adams website, [Natural News](#). and ordered some. Within a couple of weeks, my top lip had gone back to it normal size and I could apply lipstick again without my lip burning. But, there were other benefits of this tiny seed that I never would have imagined. My complexion cleared, my energy levels stabilized and my appetite leveled off.

Below, I've described even more benefits of this forgotten food. Perhaps, it can help you too on your path to wellness.

Chia Seeds Gel-forming Property is a Dieter's Dream

The seeds tends to slow digestion and sustain balanced blood sugar levels, which can be helpful in preventing or controlling **Diabetes**. Water-soaked chia seeds are easily digested which results in rapid transport of chia nutrients to the tissues for use by the cells. For the dieter, this means feeling full with no more peaks and valleys in blood sugar levels. Because the Chia seed produces a thick mucilage in water, it absorbs up to 30 times its weight in water. This means that once it's in the body, debris from the intestinal walls flakes off to be eliminated efficiently and regularly. A daily dose of chia

seeds provides an excellent fiber source and most people notice a different in less than a week.

More Reasons to Eat Chia

*2 times the protein of any other seed or grain,

*2 times the amount of potassium as bananas,

*3 times the reported antioxidant strength of blueberries

*3 times more iron than spinach

One woman manages her **Acid Reflux** with chia because of the highly absorbent properties. She swallows a Tsp of dry seeds with just a little water. Then drinks a glass of water a few minutes later, so the seeds can do their job of absorbing the acid in her stomach. It is necessary to drink enough water after taking the chia because if there isn't enough liquid in your stomach, the seed will draw from the tissues instead. By allowing the seeds to first absorb the acid, then drinking some more water, this woman is able to very simply, effectively and cheaply handle her condition.

I started incorporating at least two tablespoons of chia seed into my diet everyday. I no longer have numbness in my fingers when I wake up in the middle of the night, my fingernails are noticeably harder and aren't chipping or breaking, the swelling of my top lip is no longer an issue and I am experiencing very little menopause symptoms. Need I say more?

No More Hotflashes!

And other medical conditions Chia Seeds may relieve

One pound of chia seeds lasts quite a few months using only a couple of tablespoons a day

- * Diabetes
- * Celiac disease
- * Depression
- * Headaches- Are you tired of those constant migraines?
- * Heart Attacks
- * IBS
- * Lowers cholesterol- no cholesterol.
- * Lyme Disease

- * High blood pressure
- * Menopause symptoms - Life is much cooler!
- * Panic Attacks
- *Thyroid Conditions

Valuable Nutrient for Your Pets Too!

Chia is not just for people; dogs, cats and even horses will benefit by the elements found in this seed. I can attest to that. My 11 year tabby cat has had an intestinal problem since she was young, but since I have been adding 1/4 teaspoon mixed into her food, she no longer vomits after every meal. Which is nice to not have to clean up.

Isn't it Time to Introduce Chia Seeds Into Your Diet for a Healthier You?

Your local health food store may carry Chia seeds, but I have found them less expensive online. The best way to incorporate Chia seeds into your diet is through smoothies.

And one more note about Chia Pets. Even though Chia seeds are too sticky for conventional sprouting jars, they do sprout very easily when spread out on earthenware. The Mexicans have long made earthenware in the shapes of Chia Pets, and yes, you can eat the sprouts that grow on the Chia Pet. They taste like watercress (but better), and are full of vitamins and minerals, just like the seeds.

Tired of Wearing Prescription Glasses?

Five Simple Steps to Renew Your Vision

Have you ever noticed your vision became worse at the end of a stressful day? Perhaps it improves after a nap, or a vacation? Would you like to revive and maintain your eyesight through quick, simple techniques such as palming, blinking, breathing or even laughter? Donna Gross, now a natural vision specialist, wore thick glasses as a young child and was determined to find a better way to be able to see and read. She found the book, [“Light, Medicine of the Future; How We Can Use it to Heal Ourselves NOW”](#) written by Joe Liberman and it changed her whole outlook. If you spend even 10 minutes a day working on the suggestions below, your vision will improve. I know because I have tried it. It works and I guarantee it!

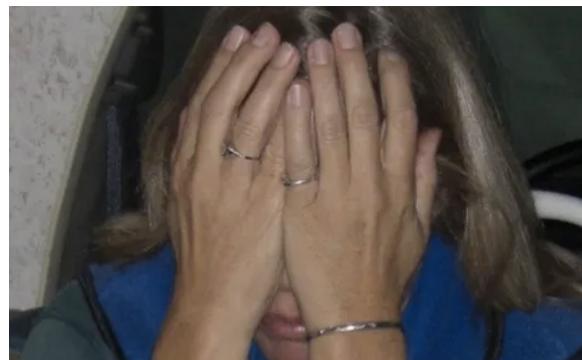
The Basics

A positive attitude, diet, exercise, a clean intestinal tract as well as light play important roles in maintaining healthy eyes. Believe it or not, preservation of the eyes starts with taking off your glasses. Wearing glasses keeps your eyes in a constant state of tension which only sustains poor vision. With the glasses off, most people feel a sense of fatigue settle over their body. Palming is an easy way to combat this.

Palming

Rub the palms of your hands briskly for a few minutes to create friction. Then gently place the bottom of your palms on the bone directly underneath the eyes.

Cover the eyes completely, resting the fingers on the top of your forehead or hairline. Make sure your back is straight as you sit silently in the darkness. Sitting backwards in an armless chair with your elbows resting on the back of the chair works well. Then, visualize a happy time in your life. Languish in this virtual reality. Breathe slowly and deeply and fill your lungs with new air. As you breathe, feel the joyful event, moment by moment. Do this five to ten minutes several times a day. You will be amazed at how well rested your whole body will begin to feel.



Blinking

If you are having a hard time focusing while reading, remember to blink. Blinking more frequently and moving the head in the direction of whatever you are focusing on while you read, drive or walk rejuvenates the eyes.

Real rejuvenation can only start with a clean colon. The quote, "the eyes are the windows to the soul" could be a reference to our intestinal tract. A clean colon plays a major role in healthy eyes. How can our spirits soar if our intestinal tract is all clogged up? Seeing clearly is literally about being clear and clean on the inside so that we may shine (being productive, happy and positive) in our daily lives. Therefore, I also recommend a simple juice cleanse to move us along.

Juicing

Carrots (which are good for the eyes), beets and celery (which are full of organic salt that breaks down in the body quickly) is a wonderful juice combination. The fiber helps the body assimilate and absorb the necessary vitamins and minerals.

Sunlight

Vitamins and minerals are absorbed through light which is just as important for the health of our eyes as our overall well being. In our modern society we tend to hide our eyes from light by always wearing sunglasses anytime we are outside. Our skin needs certain amounts of Vitamin D from the sun and so do our eyes. In fact, our bodies absorb the Vitamin D easier when it comes in directly through the eyes. If your eyes are sensitive to light without glasses, it usually indicates some toxicity within the body. Since light is a major form of nutrition, your eyes and body will benefit tremendously if you go outside and close your eyes for at least ten minutes a day absorbing the sun's rays.

Light not only affects our bodies directly but also affects us indirectly through the foods we eat. Eating high on the food chain (animal products) or consuming many junk, fast, frozen, irradiated or heavily processed foods significantly reduces and/or totally eliminates light's nutritional value within that food. An example of this would be the nutritional difference between a fresh green apple and a piece of processed hard candy. The most light filled foods are blue green algae and organically grown fruits and vegetables.

Laughter

And last but not least, consider this from the [Humor Project](#) in New York: Laughing 100 times a day is equal to a ten minute session of rowing. So, why sweat when you can laugh? Be seeing you!

To Cleanse or Not to Cleanse?

Three steps toward feeling good about not eating anything solid for ten days.

Are you ready to feel good?

I mean really feel good?

All day long and every day?

When you wake up in the morning full of ideas and look forward to putting these ideas into place?

Or do you wake up and dread the day ahead?

Just moving around the bed creates more aches and pains?

I am sure you have heard it all by now. You've been told you need to exercise more, eat better, get more rest, drink more fluids (not soft drinks or alcohol) etc. It all seems so hard to get motivated doesn't it?

Have you ever thought about doing a Master Cleanse to unload toxins from your body?

Have you even heard of such a thing?

And just what is this Master Cleanse that is also referred to as The Lemonade Diet?

Stanley Burroughs, a natural healer, introduced this lifestyle change over 40 years ago. He recommends drinking a lemonade mixture which consists of organic grade B maple syrup, lemon or lime juice, cayenne pepper and spring or purified water for no less than 10 days.

Sound too drastic? I thought so too at first, but I was pleasantly surprised how good I started to feel about 2 days in. My energy actually soared and I slept like a baby for the first time in months. For me, the first couple of days were the hardest. Just getting past the mind set- "I'm not eating any food!" Believe me, missing a meal isn't going to hurt you. Since the days of Jesus Christ, people have abstained from food for many reasons such as health, political ends, and even spiritual enlightenment.

First of all, I highly recommend you order these two books, "[The Master Cleanser](#)" by Stanley Burroughs and "[Lose Weight, Have More Energy, Be Happier in 10 Days](#)" by Peter Glickman. These books are essential in understanding what you're getting into.

Weight loss, memory sharpening and high energy levels will surprise you. It isn't as arduous as you might think. I am talking from experience here folks because I've tackled this cleanse six times now. And believe it or not, it is actually getting easier. The benefits far outweigh the convenience of not eating for the ten days. Below is a quick review of what to expect so that you too, can sail through this experience easily.

Have Plenty to do

Read or make plans during this time. It isn't much fun sitting around waiting for something to happen. Admittedly, your stomach will grumble at you. So keep busy! Not just watching TV either. If it is a nice day, go outside, talk a walk. Plan an event you have been wanting to do. Plan a day for yourself or spend quality time with your family.

Have Enough Ingredients Available

Buy everything you need ahead of time. Both books mention this and it is important. Unless you like going to the store lot. Of course, it does give you something to do. And importantly, if you can't be home to have fresh juice, make enough ahead of time. Then when your stomach starts to grumble at you, start downing some of the brew you have already made. Immediately, the grumbling stops and you can keep going. My goal is to have a drink every hour. That way, my stomach didn't talk to me so much in the beginning.

Don't Change Your Activities

There isn't any need to curtail any activity that you would normally do, but don't over do it either. You are a fully functional person and perfectly capable of doing anything you want. Within reason of course, You still need wings to fly.

After the second cleanse, Aaron, my partner, set up a special room in our barn just for his exercise routine. He had been talking about it for years and finally got motivated to do it! He is looking good (he lost 15 pounds), has a much better outlook on life and much easier to live with.

For me, the cleanse eliminated many skin disorders as well as a fungal issue I've battled with for over 15 years in just one foot. My eating habits also changed. If I digress to eating too many chips or too much alcohol, I feel it the very next day. My body rebels almost instantly any more. I have to pay attention! This is a major lifestyle change worth checking out.

So, are you ready to feel good?

Tune Up Your Chakras

With Jin Shin Jyutsu

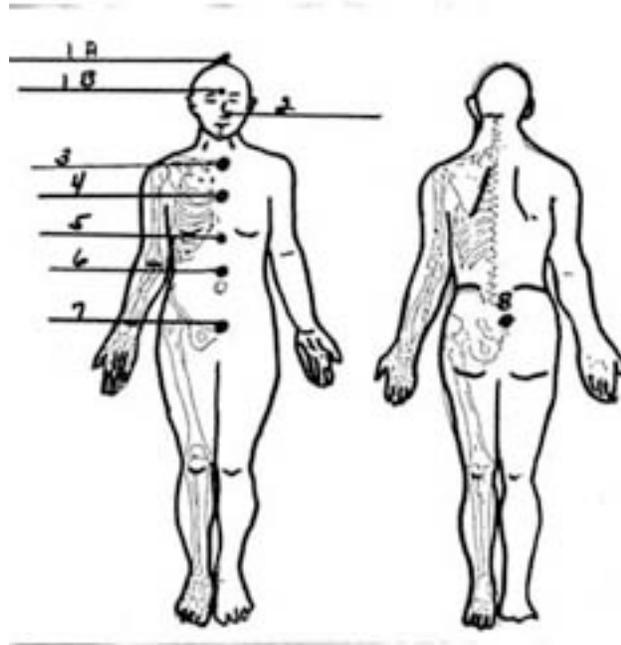
Chakras are a buzz word these days. But what are they really? There's a simple way to find out.

In Sanskrit, chakra means "wheel." According to Indian metaphysical teachings we have dozens of these spinning centers of vital energy within and around us, each with a specific function. Chakras even glow in different colors, according to the speed at which they spin. The fast-spinning chakras produce cool colors of blue, green and violet. The slower spinners glow warm colors of red, orange and yellow.

There's an easy way to directly experience your chakras: the acupressure-like art of [Jin Shin Jyutsu](#). One of its techniques, the Main Central Vertical Flow, works with nine pressure points, seven of which are chakras. This easy self-help routine is considered to be an overall tune-up for the body. It harmonizes and nourishes the spine, which is key to keeping our vital flame of spirit and enthusiasm alive.

Doing the Main Central Vertical Flow involves placing two or three fingers on each of the nine pressure points for two or three minutes each. This stimulates the flow of life force through each of the chakras. You may notice a light, pulsing sensation like a heartbeat as you move your fingers down the center line of the front of the body. This sensation is the energy, or "chi," moving more freely around your body. Sometimes you may feel soreness surrounding the pressure point, which indicates a blocking of chi. Stimulating the point releases the chi, and soreness goes away. Other sensations that you may feel as the chakras begin to open are a gurgling stomach and warmth or chills in different areas of your body.

As you follow the steps below, you don't have to press very hard. The energy flow is subtle, yet powerful! For best results, practice the Main Central Vertical Flow every day. It may take ten to twenty minutes. A good time is right before you go to sleep or first thing in the morning.



Step 1A - With your right hand, place two or three fingers on the top center of your head and leave them there until Step 8. The Crown Chakra is the violet-colored center at the top of the head. In Sedona Power Spot, Vortex and Medicine Wheel Guide, Richard Dannelley describes it as "the cross-over point between the physical and the soul." Stimulating this chakra can help bridge your everyday awareness with consciousness of the higher, or universal self.

Step 1B - Place two or three fingers from your left hand between your eyebrows. This indigo-hued pressure point, according to Dannelley, is associated with the "pineal gland or 'third eye' deep within the brain." also known as the Anja Chakra. According to traditional teachings, opening this chakra revitalizes latent energy deep inside the body and may stimulate ESP.

Step 2- Next, place your left hand on the tip of your nose. There is no chakra related to this pressure point. But according to Jin Shin Jyutsu philosophy, holding the tip of the nose revitalizes the reproductive functions.

Step 3- Now move your left hand to the "V" of your throat. The blue Throat Chakra is a powerful energy center which, according to tradition revitalizes the Thyroid and Para thyroid glands. "This is also the chakra of the human voice," notes Dannelley, adding that "metaphysically", sound is one of the primary energies of the universe."

Step 4 - Now place your left hand on your sternum (breastbone) which is midway between top and bottom of your chest. This green Heart Chakra pressure point is the

center of your energy system. When this chakra is open, the Thymus gland is helped and other immune systems are said to be revitalized.

Step 5 - Next, move your left hand to just below the bottom of the sternum. This area lies over a nerve center and yellow-colored chakra called the solar plexus. "Mystics and Yogis around the world regard it as the body's vital center and the seat of the will." writes Dannelley. It 'works' with the adrenal glands and the third eye to draw a healing form of light into your system.

Step 6 - Now place your left hand one inch above your bellybutton. This pressure point isn't associated with any chakra. But according to Jin Shin Jyutsu practitioners, it works closely with the solar plexus and may aid intestinal functions.

Step 7 - Now place your left hand on the top center of your pubic bone. Leave it there for the next step. This orange-colored chakra is known as The Basic Life Force. "It revitalizes the organs of the lower body, such as the spleen and ovaries," according to Dannelley.

Step 8 -Finally, place your right hand at the base of your spine. This is the Root Chakra. Red in color and associated with the sexual organs, " it is your connection with Mother Earth and Her primal Life Force energy," or kundalini, notes Dannelly. Awakening this energy may improve circulation, especially in the legs and feet.

Practitioners of Jin Shin Jyutsu claim that holding these pressure points every day can relieve a variety of health problems, including digestive disorders, high or low blood pressure, breast tenderness, fatigue, spinal cord injuries and disk problems, scoliosis, and premenstrual syndrome. As a regular sufferer of PMS for many years, I can vouch that "going with the main central vertical flow " has eliminated 90 % of my symptoms.

The Main Central Vertical Flow can be used to complement conventional medicine or simply to sustain a sense of harmony and well-being. Plato said, "learning is simply remembering." As you work on each pressure point, remember to smile and breathe slowly and deeply so you will receive all the abundance you need.

The Story of Jin Shin Jyutsu

An ancient oral Japanese tradition, Jin Shin Jyutsu had virtually disappeared when it was rediscovered in the early 1900's by a Japanese philosopher named Jiro Murai.

Master Murai was born into a long line of medicine professionals. As a young man, he contracted a terminal illness. He asked his family to take him to the mountains and leave him alone for seven days. In a feverish state, Murai had a vision of meditating

sages using sacred hand movements, or mudras, which he then applied to himself as he slipped in and out of consciousness. By the seventh day, he was completely healed.

Murai vowed to spend the rest of his life studying the connection between his amazing recovery and these mudras. The Main Central Vertical Flow was among the first sets of mudras, or flows, that Murai established as he redeveloped the Jin Shin Jyutsu system that practitioners use and study today.

---adapted from "An Interview with Mary Burmeister, Master of Jin Shin Jyutsu" by Melissa Higgins, Yoga Journal, March/April 1988.

If you are interested in learning more self-help methods, Check out [“The Touch of Healing: Energizing Body, Mind and Spirit with the Art of Jin Shin Jyutsu”](#) by Alice Burmeister.

Wheatgrass, The Ultimate Live Food

Try it, you just might like it

Want to learn a secret about slowing down your biological clock? Let's face it, the older you grow, the more you burn up your natural enzymes and the harder it is to digest your food. Many things can contribute to a youthful and vibrant life and one of them is drinking wheatgrass juice on a regular basis.

Wheatgrass contains all the elements of which the body is composed of including revitalizing and rebuilding materials according to [Dr. Ann Wigmore](#), one of the pioneers who has promoted the value of wheatgrass and founder of the [Hippocrates Health Institute](#).

Sunlight Isn't so Bad After all

Wheatgrass contains raw chlorophyll. Chlorophyll is condensed sunlight and is as close to the molecular structure of human blood as anything on the planet. From an external source comes a raw material that the body can instantly convert into fresh blood. We're only as healthy as our blood is. Therefore, the more you rejuvenate your blood, the more you slow down your aging clock. Our bodies get loaded down with toxins from the products we use, foods we eat and water we drink. These toxins get into our bodies and cannot escape because the pores of our skin are clogged with animal fats, oils, waxy residues, alcohol, and chemicals. Consequently, all you need to keep your system clean and functioning the way nature intended is about a 1/2 glass of wheatgrass juice a day.

Lots and Lots of Vitamins and Minerals

Especially high in calcium, magnesium, manganese, phosphorus and potassium, as well as trace minerals such as zinc, and selenium which are important for the cardiovascular and immune system. Wheatgrass is a wonderfully balanced source of nutrients and is loaded with all the B-vitamins as well as biotin, folic acid, pantothenic acid, and abundance of lecithin. Protein is in the form of poly-peptides which are simpler, shorter chains of at least 20 amino acids that enable faster, more efficient assimilation into the blood stream and tissues.

Ailments of all Sorts Can Be Helped

Dr. Wigmore has a long list of stories and testimonials from guests who improved their health with the help of wheatgrass. High blood pressure, diabetes, obesity, gastritis,

stomach ulcers, pancreas and liver troubles, asthma, glaucoma, eczema, skin problems, constipation, hemorrhoids, diverticulitis, colitis, fatigue, female problems, arthritis, athlete's foot, anemia, bad breath/body odor, and burns. In addition, wheat grass has served as a wonderful first aid for red eyes, wax in the ears, congested nasal passages, bleeding gums, tooth pain, sore throats and inflamed mucous membranes.

I have been drinking wheatgrass juice for almost a year now and can attest to clearer skin, hormonal issues lessening considerably, energy sustaining all day and appetite changes. I now crave more whole, fresh foods. My favorite mixture is juicing a handful of wheatgrass, spinach and parsley, then juicing a couple of carrots, one whole cucumber and a stalk of celery. Very tasty and sweet!

This is a lifestyle change definitely worth pursuing. Wheatgrass is easy to grow. Visit www.sunorganic.com or www.sproutman.com for all kinds of organic sprouting seeds and supplies to get you started.

Growing Wheatgrass at home:

Soak one cup each of hard wheat berries and kamut seeds mixed together up to 12 to 24 hours in a large glass jar with warm water and put into a dark space. You want to see the seeds sprouting just a little bit. Kamut is a sweeter grass but mixed together tastes great. Then drain the water and pour the seeds into an 8 or 10 inch round plastic saucer (the kind you use under plants) and cover lightly with potting soil. Then cover with a wet newspaper for the first couple of days till they sprout further. Expose to sunlight, but sprinkle regularly. Within 7 to 10 days your wheatgrass reaches a height of 6 to 7 inches. It is ready to cut and juice at that height. Bon Appetite!

About the Author- Sharron Calvin



I've specialized in alternative medicine and studied holistic health for over 30 years. What began as a personal journey for my own recovery turned into a passion to teach others how to overcome diseases naturally. Since 1989, I've studied and offered [Jin Shin Jyutsu](#) (form of acupressure) to the public and 5 years with Hospice. This wonderful healing modality continues to be an integral part of my life in staying healthy.

My love of the written word led me to graduating with a BA in Communication Arts from Regis

University in Denver, CO. Yet my passion for a more holistic wellness lifestyle shepherded me toward a path of integrating my healing arts background with business writing. So far, I've published over 200 articles for a variety of online and offline magazines, newspapers and blogs on spa health, holistic health, social media, outdoor adventure, spirituality and travel. I've enjoyed writing for healing centers, wellness resorts, hotels, hospitals, artists, farmers, ranchers, authors, outdoor shops, and other environmentally conscious individuals.

Fun Fact- In this lifetime, I've managed to move more times than I care to admit. Four years were actually spent traveling in an RV in the American Southwest. The experiences, feelings, aromas from this adventure is priceless. Therefore, the [Four Cornering blog](#) - Jaunts around Arizona, Colorado, New Mexico and Utah was born.

Ready to dive in and learn all you can about the many natural ways you and your family can stay healthy in today's crazy climate? Then click over to [The Healing Channel blog](#) now.

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