

YOUR BODY CODE MAY NEWSLETTER



**WELCOME TO THIS
MONTH'S NEWSLETTER**



Happy Mother's Day! Celebrate her, celebrate her life! If you're lucky and she is still a part of your life, make her day special – just a card with heartfelt words is all a mom really wants. Everything else is appreciated and considered lovely extras. When our mothers depart, no matter what our age ... we will always miss them.

WINNING THE CANCER BATTLE

Environmental factors and diet are widely believed to be two of the major causes of Cancer. Stress has been proven to be another. There are hundreds of different varieties of cancers with different symptoms, causes and vary in the speed in which they spread.

- Cancers that affect the skin, glands, mucous membranes and internal organs are called Carcinomas. Cancers that affect the muscles, connective tissue and bones are called Sarcomas. Cancers that directly attack the lymphatic system are called Lymphomas and lastly cancers of any variety of blood-forming tissues are called Leukemia's. Most any cancer will fall into one of the four major categories listed above.
- Our DNA is a long string of molecules that tells the cells what to do. If the body is healthy, cells divide at a controlled rate to enable growth and repair of damaged tissues and replace dying cells. If our cells keep multiplying when new cells are not necessary, a growth – tumor is formed. If these tumors are malignant, they are cancerous and can be life-threatening. These types of cells can metastasize and invade other healthy tissues.

Everyone's body is individual and reacts differently to the chain of complex events that can lead to Cancer. Correct diet & release of emotion is essential for helping your body heal. Depending on the type of Cancer you have depends on your balance of diet you need as well as certain vitamins/minerals/herbs you may need to add. When working with Cancer, a Vegan/Raw & sometimes Wild Fish added balanced diet works best. Casein found in red meats and dairy products turns the cancer gene on. Sticking to certified organic food choices with NO added chemicals or GMO's is best for healing. Removing inflammatory foods is necessary as the root to all disease is inflammation. Most people with Cancer are very acidic; creating your system to become alkaline through correct diet is essential.

Our Detox Health Retreats saturate the body with necessary treatments to allow the body to heal at a much more rapid rate....When you help the body heal not only physically but emotionally the body has no choice but to improve at a rapid rate.

Some helpful foods/herbs that seem to be very helpful with cancer's in general are:

- Certain sea vegetables like Kelp & Nori (just make sure your source is clean with no toxic chemicals)
- Chlorella & Spirulina are types of algae that have proven to be very helpful due to their incredible detoxification abilities and immune boosting properties.
- Vegetables like broccoli, cauliflower, asparagus and cabbage have had proven effects on many types of cancers...(however if you have hypothyroid you may want to omit the broccoli and cabbage as the enzyme they possess inhibits the thyroid).
- Shitake, Reishi mushrooms & Garlic both contain bioactive molecules that have shown to prevent tumor proliferation and growth by increasing the level of antioxidants in an individual's blood plasma while boosting the immunity of those suffering from advanced stage cancer.
- Turmeric & Curcumin are potent herbs that are great for flavoring your foods but also targeting and blocks cancer development in a number of ways.
- The Aloe Vera plant has been shown to boost immune system function and destroy cancer tumors.

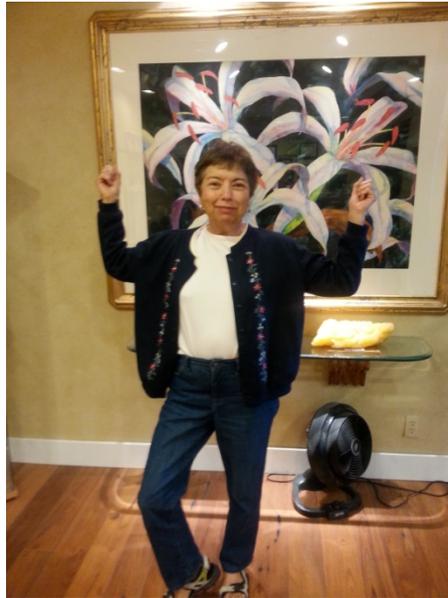
Can we heal Cancer through holistic means – **ABSOLUTELY!** I have hundreds of clients that won the battle and are and still remain cancer free and healthy today. In my book "Your Body Code", Shannon Bedard's story is on page 241 how she beat thyroid, breast and adrenal cancer. Annette Harvey's story is on page 256 how she beat Stage 4 Breast Cancer. Kathy Cooper's story is on page 247 how she has learned to maintain health through her treatments. The list goes on.

SUCCESS STORY - DOLORES BARRETT

Dolores Barrett came to our retreat in July fighting Breast Cancer and has now won the battle holistically. Please read her story below:



Before



After

On April 2013, I was diagnosed with breast cancer. After preliminary testing confirming the initial diagnosis, a lumpectomy was performed and testing during that procedure revealed a migration to the lymph nodes. Less than a week after the surgery the surgeon wanted to do further surgery to “improve the margins”.

In addition to fear of the cancer itself, was the question of what course to proceed. Options were a, bi-lateral mastectomy, given the potential for further involvement, or mastectomy of the involved breast. Necessitating the subsequent chemotherapy and radiation, this was the recommended course of treatment. I was fearful of the outcome.

Amanda was recommended by a friend. I met with Amanda and she outlined her program of healthy foods and proper diet. Emphasizing the positive aspects of aiding the body to take care of itself; with proper nutrition, food and exercise.

Amanda gave me hope beyond “cut and burn” as the only remedy. Meaningful hope. I decided that this was what I wanted to do. Amanda was very positive, answered all of my questions, and stayed the course for the entire year.

In addition, I was 40 lbs. overweight, and on cholesterol medicine. I have now lost 40 lbs., I am off the medicine and do not feel tired all the time. Another plus is my new look and

the many compliments I have received.

The last two scans have revealed no abnormalities. I feel great and am looking forward to putting this behind me, forever. I have learned a great deal about nutrition and diet which I can apply to my future lifestyle.

I have profound respect for Amanda and her program.

I thank God I did not have another surgery and for the opportunity to meet Amanda and participate in her program.

Sincerely,
Del Barrett

MAY RECIPE

RAW ZUCCHINI LINGUINI WITH PESTO ZUCCHINI

1 handful basil/cilantro/parsley/dandelions
2 cloves garlic
1 tsp. Turmeric
2 T Tamari
1T olive oil
1 tsp. of kelp
1/2 cup pecans
water - enough to blend (approximately 1/2 cup)

Spiralize the zucchini into spaghetti. Place the rest of the ingredients in the blender and blend with water for desired pesto consistency. Serve pesto over zucchini linguini.

CONTACT US TODAY!

We want to help find YOUR BODY CODE! We currently have two walk-in locations in Palm Springs and Palm Desert. We also have an online program and are available throughout the world to help you with your health and wellness goals. Don't hesitate to contact us for a free consultation as we can work with you to meet any budget. www.yourbodycode.com

We also offer personalized retreats for your best Health and Wellness in the following areas:

**INTENSIVE WELLNESS & FAT LOSS
FAT LOSS/ ENERGY AND PREVENTION:
AFTER SURGERY DOWNTIME AND HEALING**

To learn more about our HOLISTIC DETOX & "RAW" RETREAT and to sign up, visit our website: <http://www.yourbodycode.com/detox> or contact us at: (760) 341-BODY (2639).

**YOUR BODY CODE: PERSONALIZED NUTRITION WELLNESS PROGRAM
BOOK**

In my career I've learned so much and worked with so many people to help them achieve their nutrition, health and weight loss goals. The book includes descriptions of vitamins, minerals and the common imbalances that could affect health and wellness. The book also contains 11, seven-day menus that address a variety of disease and health conditions along with a full colorcookbook with more than 50 'chef-tested' healthy recipes. Click here (<http://www.yourbodycode.com/book/readonline>) to preview the first chapter and how you can order your copy!

Thank you for checking out our monthly newsletter! We are in this together and want to help you with your path to health and wellness. For more information on how you can start your change, visit our website at: www.yourbodycode.com or contact me at: 1-760-341-BODY (2639)! Also we'll keep you updated with the latest specials and news! Thank you and we look forward to working with YOUR BODY CODE!!!

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Happy Mother's Day!

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