

Welcome to the July Newsletter!

YOUR BODY CODE JULY NEWSLETTER



WELCOME TO THIS
MONTH'S NEWSLETTER



HAPPY FOURTH OF JULY – Our independence day! On July 4, 1776, we claimed our independence from Britain and Democracy was born. Interestingly, my grandparents house in England, was built in 1776... it still stands today and when I go home to visit, I always stop by. Happy Birthday America!

Before we get into our monthly information, I would like to let everyone know that our Monthly NEWSLETTERS will be moving to QUARTERLY after this month – so our next one will be coming out in October and after that January of 2015! You can also view on our website at: www.yourbodycode.com for any back issues you may have missed.

This month's newsletter will be addressing a dreaded disease that more and more people are developing – **Neuropathy**. There is hope, so read on....

Neuropathy is a complication found in a number of different underlying medical conditions. **Physical trauma, Mental/Emotional Issues, repetitive injury, infection, metabolic problems and exposure to toxins and some drugs** can all lead to peripheral neuropathy.

The term neuropathy is short for peripheral neuropathy, meaning nerve damage in the peripheral nervous system. Three main types of nerve can be involved in peripheral neuropathy; autonomic nerves, motor nerves and sensory nerves. Also if someone has had great stress and has held onto emotions within an organ combined with poor eating or alcohol consumption, this type of situation can surface.

People often describe the pain of neuropathy as being a tingling or burning sensation. Some say it is sharp and painful. Whether single or multiple nerves are affected by neuropathy, the underlying cause can often be targeted for treatment, but if the background condition cannot be corrected, treatment takes the form of symptomatic pain relief.

Fifty percent of patients that have neuropathy are diabetic which is considered a metabolic disorder and known as diabetic neuropathy. Diabetic neuropathy is a micro vascular complication. An excess of blood glucose in people with diabetes over a number of years, can injure the walls of tiny blood vessels supplying nerves, especially those in the legs.

For this type of neuropathy, the consequence of the nerve damage can be an inability to feel pain, and so problems can go unnoticed by people with diabetes, for example because of "insensate" injury to their feet.

While diabetes is the most common cause of neuropathy, other medical conditions can also lead to the problem:

- Long term Emotional Stress & Poor eating
- Chronic Liver or Kidney Disease
- Long- term excessive alcohol intake
- Cancer-Lymphoma or multiple myeloma
- Lyme Disease
- Vitamin & trace mineral deficiency – especially the B vitamins
- Charcot-Marie-Tooth disease which is a genetic cause of nerve damage – particularly in the lower limbs.
- Diphtheria – which is rare and not common in the US
- Guillain-Barre syndrome which is rare but attacks the peripheral nerves
- Drug causes – over 40 drugs prescribed by your doctor are known to cause neuropathy side effects. Some examples would be:
 - Anti-hypertensive drug to lower blood pressure
 - Certain Antibiotics
 - Certain Cancer Drugs
 - Certain Cardiac Drugs used for Arrhythmias
 - Psychiatric Drugs used for Bipolar Disorder
 - Anti-Seizure Drugs used for Epilepsy

The list goes on and on. For toxic causes, simply removing the exposure to a suspect toxin, or stopping a culprit drug, will halt further nerve damage behind the neuropathy. When neuropathy is caused by compression of a single nerve, treatment is similar whichever nerve is involved, and depends on whether the compression is fixed or transient.

A good start on fixing this disease is stopping all Alcohol consumption; get off any inflammation causing foods – such as: Red meat, dairy, eggplant, mushrooms, tomato, white potato, peppers, citrus fruit and caffeine.

Rid yourself of any core emotional issues – NPR – neurophysical reprogramming works very well – it is like 6 months of therapy in one session – something we offer at our Health Detox Retreats.

Change your Diet and Lifestyle – more exercise, less stress, better food choices , less sodium and saturated fats, more vegetarian and organic.

Get off unnecessary drugs – especially those with possible side effects for this type of problem. Remember, there has never been a “Drug” on the market that has EVER fixed or cured a disease. Stop feeding your body poison and help it heal.

RECIPE

Red Lentil Burgers

Serves 8

Per Serving: 151 Calories, 2g fat, 0 mg cholesterol, 164 mg sodium, 33g total carbohydrate, 10g dietary fiber, 23g sugar, 11g protein.

Ingredients

1 pound (1 ½ cups) red lentils

5 cups water

1 cup diced onion (1 medium)

1 large diced carrot

2 cloves diced garlic

2 tsp. olive oil

2 cups chopped cremini mushrooms

1 tablespoon chopped fresh oregano

½ tablespoon cumin

1/8 teaspoon freshly ground black pepper

¼ cup Japanese bread crumbs (panko)

1 ½ teaspoons lemon juice

10 ounces firm tofu, pureed in a blender (0-4 grams fat) or 1 cup brown rice or quinoa cooked – if this substitution is made add in 1 medium yellow squash cooked and diced for moisture.

Directions:

1. In a large pot simmer the lentils in salted water until tender. Drain and cool. You can also buy Eden organic canned.
2. In a large skillet sauté the onion, carrot and garlic in 1-teaspoon olive oil until tender, about 2 minutes
3. Add the mushrooms, oregano, cumin and pepper to taste. Cook until mushrooms are tender and liquid has evaporated, approximately 5 minutes and allow cooling
4. Add the breadcrumbs, lemon juice, pureed tofu, 1 tsp.olive oil and cooked lentils and mix to combine. Transfer to a large bowl. Chill for 30 minutes and then shape into 8 patties
5. You can freeze the patties and use as needed.

TESTIMONIAL



Below is a testimonial from Rick Carlson from our May Retreat 2014

Dear Amanda & Darryl:

I wanted to thank you both for a life changing experience! We had made many changes in our lives to repair damage caused by many years of abuse. We had confidence in Amanda and felt this retreat would be the next step in our journey.

All expectations were exceeded! Our health improved in just a few days as well as our emotional well being. We learned much about nutrition and food. It was really fun to eat what we were learning about. Marcus is a fabulous chef.

One reason for me to come here was to focus on a plan to address the neuropathy in my feet. I had several years of numbness and severe pain. I couldn't even walk bare foot! We arrived on a Thursday and on Sunday afternoon I walked barefoot all over the house. I was living a miracle!

Thank you,
Rick Carlson – Palm Desert CA

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 HEALTH & "RAW VEGAN" 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 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!!!

Visit my online blog at: <http://www.yourbodycode.com/blog>

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Happy Independence Day!

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