



Missouri River Flood 2011

This is just a snapshot taken in June. Below you can see where the river “should be” & how it has expanded. A quick websearch & you will find that the “blame-game” has already begun, with the Army Corp Of Engineers at the top of the list. However, the Corps officials say don’t point the finger at them, & instead, point it at Mother Nature. Until the unexpected heavy rains of 8 inches plus, fell in Montana, Wyoming, North & South Dakota, they were in good shape. The Corp is an easy target though, because they are controlling the flow.

The scope of this flood is overwhelming, devastating, & forever life-changing. I have heard that there will be standing water until December/January, if not longer. What are we going to look like once all of this water does recede? How do we even begin to clean up & repair after such a disaster has occurred that has affected so many lives over such a huge span of area?

We are resilient. We are strong. We will rebuild. And until then, we pray, we help our neighbors, we count our blessings, & hopefully we learn from our mistakes so that history doesn’t repeat itself!

~ amber

Happy 4th Of July!

**Thank You To All Of Our Men & Women
Who Serve This Country - Here & Abroad!**



**Mormon Bridge
Omaha, NE**

DETOXIFICATION

As I am on Day Four, of a 28-Day detoxification plan, (*which in all honesty, may end up to be a 4-Day detoxification plan*), I decided to research this subject a bit for ENEWS. So, let's begin...

WHY DETOXIFY?

Detoxify because toxins undermine your health. Toxins, defined by Dr. Elson Haas, are “any substance that creates irritating &/or harmful effects in the body, undermining our health or stressing our biochemical or organ functions.” Through the detoxification process, you clear/neutralize toxins from your body. You also allow your body to “rest,” enabling it to rejuvenate itself & in the end, function at a more optimal level.

It is true that the body does have some “built-in” detoxification mechanisms. But keep in mind that the body was made to handle “natural” toxins, not man-made, which is generally what we are exposed to each day. In fact, our bodies have been exposed to an estimated over 2 million new synthetic substances. Toxins, that buildup inside the body with continuous day after day exposure. If you think about it, the air is polluted, the soil has been contaminated, our water supply contains high levels of toxic microorganisms, & most of the time, our food quality is low. Paints a sad picture, doesn't it?

But there is hope. It is still possible to enjoy good health, despite our exposures to toxins. By using detoxification techniques, you give your body a chance to rebuild itself, & to find balance again!

WHO SHOULD DETOXIFY?

From what I read, pretty much everyone & their dog should detoxify at some point or another. Below is a list of health issues related to toxicity.

Constipation	Stomach Bloat	Poor Digestion	Flatulence
Weight Gain	Excessive Mucus	Poor Concentration	Headaches
Poor Skin	Poor Memory	Sadness	Body Odor
Bad Breath	Joint Pain	Lack Of Interest	Gout
Repeated Infections From:	Worms, Bacteria, Viruses, Fungus, Parasites		Diarrhea

WHAT IS DETOXIFICATION?

As stated above, detoxification is clearing/neutralizing toxins from your body. The actual process of detoxification is implementing dietary & lifestyle changes that reduce the intake of toxins & improve elimination.

In order to eliminate toxins, the body has to first take that toxin & change it into a non-toxic molecule. The process mainly occurs in the liver. However, all tissues, such as the intestines, skin, & lungs have some ability to detoxify.

Detoxification within the body happens in two phases, known as Phase I & Phase II. In Phase I, (aka: activation step), there are three things can happen to a toxin. The toxin can be made water-soluble, which then it is excreted out through the kidneys. It can be broken down into two or more less toxic or made into harmless toxins. Or, the third option is, it can be made into a fat-soluble entity, which will enter into Phase II to be further processed. Please note that these fat-soluble entities can be even more toxic than the original toxin. Furthermore, the harder Phase I has to work, the more free radicals are produced.



During Phase II, in simplest of terms, molecules are added to the “new entities” created in phase one to make them less toxic & water-soluble. This allows for the “final product” to be flushed out through the kidneys or excreted in the bile. It is of the utmost importance that Phase II can keep up with Phase I. If Phase II is sluggish, toxins can build up in the toxins, that are highly active, & can buildup in the liver, causing damage!

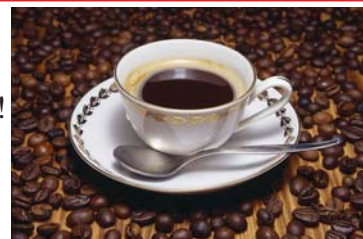
My websearch came up with an amazing amount of detox tips, plans, & products to help get your body back in balance. In researching, all plans had similar information & most every plan advised what I call “Core Truths” when it comes to detoxification. These Core Truths are as follows:

Core Truth One: Water, Water, Water

All plans mentioned drinking lots of water. In my plan specifically, it suggests drinking at least two quarts of plain, filtered water each day. As one site puts it, water is instrumental in detoxification, both internally & externally. Internally, water flushes toxins out & transports nutrients to where they are needed. Externally, water can be used in baths & saunas to help the detoxification process. Hot baths & saunas cause you to sweat, opening up your pores, allowing toxins to flow out. One plan mentioned that some people experience dizziness when going through a detoxification process, & this is one way to alleviate that side effect.

Core Truth Two: Eliminate! Eliminate! Eliminate!

This Core Truth is why I am calling my detoxification plan, “28 Days In Hades.” Eliminate caffeine! Eliminate dairy! Eliminate grains! Eliminate pork, beef, sausage, cold cuts, hotdogs, shellfish! Eliminate peanuts! Eliminate nightshades! Eliminate butter, margarine, creamy condiments! Eliminate alcohol! Eliminate refined sugar! Eliminate processed foods!



Core Truth Three: Ride The Rollercoaster!

Be prepared to feel bad, then good, then maybe bad again, & then good. Remember, you have probably spent years building up your body’s storage of toxins, & so eliminating them isn’t going to be a quick & easy process. Initially, you may experience mild flu-like symptoms & changes in bowel habits. As you continue, you may feel energized but then hit a low point, & feel low in energy again. In a nutshell, what is happening, is buried toxins are starting to come out & so you feel this cycle of symptoms. The key is, not getting discouraged, & sticking with it through the good & the bad. Because in the end, the good times will last longer & the bad times will grow shorter, & you will eventually feel better all-around!

Core Truth Four: Supplementation!

In all the detox programs I found, there were always products offered to help supplement your body as you go through this process. Many herbs, vitamins, minerals & homeopathics help facilitate the detox program. Detoxification will help your body become balanced again, but the process does require energy & does put a metabolic burden on the body. Your body requires essential nutrients in order for healthy detoxification to occur, especially during Phase II. By supplementing, you help support your body through, a stressful, but in the end, beneficial time of change!

Core Truth Five: Make It Personal!

First of all, find a good health care provider to guide you through this process. Be honest. Be direct. With your health care professional, find the right program that works for you, keeping in mind that you still may have to make exceptions. Remember to take in to account, not only your physical ailments, but how do you feel emotionally? What are our current life activities? What are your stressors?

And finally, the best advice I found while researching this subject was in essence, “pace yourself,” especially if you are unsure about this whole process. Do one thing, like drink more water & eliminate pop. See how you do for a couple of days, & then move forward.

I don’t know what my final analysis will be of the program I have chosen. I do wish I would have researched it a little more before I jumped in with both feet. It does help that a couple of friends are doing this with me to offer encouragement & keep me accountable. But I am thinking I will make it past Day Four...



Bill's Back Page

“My Page ~ My Domain”

Cleansing the body from the inside-out, or “detoxifying” will rid the body of unwanted toxins, & support a healthier you!

NC157-2 **Dandi Comp** ~ 2 Ounce Botanical

- ~ Supports A Healthy Liver*
- ~ Promotes The Detoxification Process*

NC103 **Liver Gallbladder HP** ~ 2 Ounce Homeopathic

A high potency homeopathic that supports the liver & gallbladder. The liver is working every minute of the day, filtering, detoxifying, synthesizing, & processing the mass variety of stuff that comes into the body. This organ filters over 50 gallons of blood every day. Because of this filtration system, toxins are detected, identified, & eliminated. Furthermore, the liver has impact on the most critical systems of the human body: nervous, immune, endocrine, digestive, & circulatory.

The gallbladder is found under the liver, & is a hollow organ that is designed to hold liquid, aka: bile. The gallbladder collects the bile salts that the liver has filtered out of our system, removes the water & concentrates it into bile. Bile is green, strongly alkaline, bitter, & corrosive. This is important because when fat globules reach the small intestine, a hormone is triggered to tell the gallbladder that bile is needed. The bile acts like a detergent & breaks down the fat globules, making it easier for digestion.

It should also be mentioned that the liver also sends waste products, such as calcium & cholesterol, to the gallbladder. At times, the system can be overloaded with calcium &/or the liver produces more cholesterol than needed, so the liver takes these two items & dumps them into the gallbladder. In a nutshell, the gallbladder is the trash can to the liver. Normally, excess calcium & cholesterol are also concentrated down into the bile & flushed out when the gallbladder does it's “bile dump.”

NC579 **EZ Fiber** ~ 230 Grams

Vegetable Fiber Source From Methylcellulose & Bamboo

Methylcellulose tends to produce less intestinal gases than other fiber sources because it doesn't ferment in the digestive system. Fiber promotes & maintains regularity, by absorbing water in the colon to form a gel. This allows for a stool to pass with ease or bulks it up some, so it doesn't pass so easily.

Please note, that when taking a fiber supplement, it is important to drink lots of water. Of course, if your goal is to follow & complete a detoxification plan, drinking water is highly recommended anyway!



** These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.*

References available upon request.