



Wellness Secrets NEWS...

VOLUME 2, ISSUE 2

NOVEMBER 2009

SPECIAL POINTS OF INTEREST:

- WELCOME
- Hydro tone
- Chik noodle soup
- Flu Prevention
- Real Faith

INSIDE THIS ISSUE:

Welcome	1
Encouraging Testimonies	1-2
Secrets from our kitchen	2
Physician's Corner	2-3
I want to KNOW	3
Living by every	3
Upcoming Events	4

From your Staff @ Wellness Secrets-

Welcome!

Wellness Secrets has been undergoing a variety of changes and expansion since our last newsletter.

Ann Marie Scott R.N. is our newest addition to the team at Wellness Secrets. She comes to us from Uchee Pines Lifestyle center where she worked as a lifestyle counselor and anatomy and physiology teacher. We are thankful to have a nurse with her talent, experience and love for people.

We now have our new reading room attached to our restaurant. It's exciting to see people take the opportunity to enjoy truth filled literature. We have book cases filled with free literature

plus books that can be purchased.

Our inventory in the store has greatly increased. Tina has been working hard to find more products that would meet the needs of people in our community.

The exercise room has been transformed into a second hydrotherapy room. A sun room is being built as the new exercise room where health guest can enjoy the exercise equipment while viewing through beautiful scenery of our backyard and gardens.

Since our last newsletter we have been on the road a lot!! This past summer we have been to Missouri, New Hampshire, Texas, Virginia, New Hampshire, Fayetteville & Hot Springs, AR to conduct health and spiritual semi-

nars, health expos, and cooking schools. We have had a wonderful time and thank God for all He has done! It is so thrilling to see people grasp the health principles God has given us in His Word and to witness the tremendous improvements in their physical mental and spiritual health.

This fall we have been to Iowa, Oklahoma, and Kansas visiting conference presidents to see how we can better network and enhance God's work. We really have enjoyed getting better acquainted with them and are excited about future opportunities to work with their pastors and churches.

We can truly testify that God has been faithful to guide us and expand our borders of ministry.

Encouragement- Testimonials



Paul was right when he said, "But my God shall supply all your need according to his riches in glory by Christ Jesus." Phil 4:19

A couple of months ago we were discussing the need of another hydrotherapy room. As we were contemplating all that

would entail we started talking about the need of another whirl pool that would be more comfortable and effective than the one we presently had. That very day our business manager got a phone call from, Kae Borrero, our former director (who now lives in Florida) informed him

Encouragement continued...



Hydro Tub
#2!

that her parents just came from the Good Will and found, a versatile, hydrotherapy tub called a Hydro Tone. Now you must know, this is without Kae knowing our plans or our need.

Well you might be thinking what is a hydrotherapy tub doing at a Good Will? A spa went out of business and they donated their tub to the Good Will. Originally the cost of the tub was about \$35,000 but Good Will was selling it for \$5000. Because of our interest, and God moving on their hearts they were willing to sell it to us for

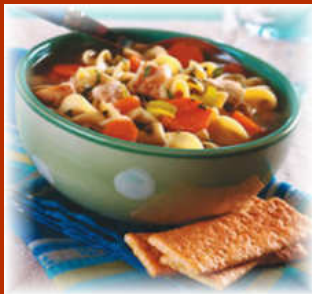
ONLY \$900.00. But the blessing doesn't stop there. All of this happened around the time we were planning to drive to Alabama to pick up our new nurse. We were able to pick up Ann Marie Scott, from Uchee Pines and our new hydrotherapy tub in Florida. Isn't God good to His children?

And there's more... Shortly after we got word from one of our church members that a spa, here in Arkansas, was also getting rid of a Hydrotherapy

tub. Its value was \$5000 new, but they were selling it for only \$500.00. The spa had only used it ten times at the most.

Provisionally the Lord impressed the church member's son, who was the Plummer taking the tub out, to buy it, securing it with the thought that we would be interested in it. Once again God has gone behind our expectations to supply our needs. And He can do the same for you!

"Summer has
gone, fall is
here and winter
is on it's way.
Ready for some
nice, warm
Chik Noodle
soup?"



Secrets from our Kitchen-

"Chik" Noodle Soup

3C Water
3Tbl "Chik" style seasoning
1 1/2 C Whole Grain Pasta
1/2 C Onions, chopped
3/4C Carrots, cubed (or more)
1/2 C Celery, diced (or more)
1/2 C Peas, frozen (or more)
1 1/2 C Garbanzo beans (also known as chick peas) cooked

In pot, lightly sauté onions & then add your water, "chik" style seasoning, carrots and your pasta. When pasta is soft then add your celery, peas and garbanzo beans and simmer for about 15-20 min.

"Chik" style seasoning

1C Nutritional Yeast Flakes
1Tbl Salt
2Tbl Onion powder
1Tbl Celery salt

1/2 t Garlic powder

1tea Paprika, sweet

1tea Italian seasoning

1 1/2 Tbl Parsley flakes

Blend all then it's ready to use.



Health Nuggets-



Flu Prevention-

Lifestyle definitely shapes immunity! Here are various ways one can boost their immune system to prevent such illnesses.

Vitamin D- Ultraviolet radiation (either from sunlight or artificial sources) promotes vitamin D synthesis on the skin and reduces the incidence of viral respiratory infections. Get at least 15-20 min.

of sunlight a day.

Exercise- Serum IgG is a class of antibodies that is found in all fluids in the body & is very important in fighting bacterial & viral infections. IgM antibodies are found in blood & lymph fluid & are the first type of antibody made in response to an infection. In a study done by scientists it was found that the

subjects who exercised vigorously had a higher concentration of both IgG & IgM.

Water- In flu prevention, the use of water- both internally & externally- should be emphasized. Adequate hydration is essential for the immune system. Take your body weight & divide that by 16 & that's how many 8oz glasses you should drink on

Flu Prevention Continued...



average everyday. Contrast showers help to stimulate the circulation of the immune cells throughout your blood which helps to fight off infections.

Nutrition— a high fat diet slows antibody production & suppresses the immune system. Another immune suppressant is sugar, which works in a does-related fashion & lowers our resistance. A high-salt diet also depresses certain viral-

killing compounds in the immune system. But eating foods rich in antioxidants, which are your fruits, vegetables, legumes, whole grains, nuts and seeds, gives the immune system an extra boost.

Sleep- Good quality sleep helps to replenish the cells of the immune system. Researchers from Stanford University discovered that the body's peak disease-battling, immune-system activity occurs during the night; this activity is weakest during the day.

Thoughts- Psychological fac-

tors have been shown to influence immune response & alter susceptibility to infection. That's why we have precious counsel from Solomon in the book of Proverbs, "A merry heart does good like a medicine but a broken spirit dries the bones." Prov.17:22

Why don't we all seek to do our part. Remember what Benjamin Franklin said, "An ounce of prevention is worth a pound of cure."

Reference: The Journal of Health & Healing, volume 28, #2



"I want to Know!"

If my child has the flu, how can I keep myself and other family members from getting sick?

Keep your sick child in a room separate from other people in the house. Have supplies including a thermometer, clean washcloths, household disinfectant, tissues, a trash can (and liners) available in that "sick" room Choose 1 adult to care for the sick child and limit visitors to reduce the spread of infection.

- If possible, the sick person should use a separate bathroom from the other members of the household. The bathroom should be cleaned daily with household disinfectant.
- When holding a small child who is sick, place the child's chin on your shoulder so that he or she will not cough in your face
- Wash your hands with soap and water often, or use an alcohol-based hand gel if soap is not available.



- Keep surfaces (including toys and bedside table) clean – wipe them down with a household disinfectant.
- Wash bed sheets and towels with laundry detergent in hot water. Avoid "hugging" the dirty laundry on the way to the washing machine, and wash your hands thoroughly after handling dirty laundry.



Living by every WORD -



We can gather precious lessons of what faith can do through the stories of **the woman with the issue of blood, Blind Bartameus, The man who was sick with the palsy and dear Mary Madelyn.**

Mark 5:25-34 tells the story of the woman with the issue of blood. Her experience helps us to see that FAITH brings the fulfillment of our great need, it causes us to receive the blessing we crave.

Through this story we can also see that faith helps us to take our eyes away from our problem and focuses our eyes on Christ and His promises. It also shows us that faith catches the attention of God. Our faith matters to Him.

Luke 18:35-42 tells the story of Blind Bartameus. His experience shows us that FAITH fights, faith is

persevering, faith doesn't give up. It also reveals that under the worst opposition, under the darkest hour faith prevails.

Luke 5:18-24 tells the story of the man sick with the palsy. His story brings out that faith does not allow anything to stand in the way of the individual and it's goal.

Last but not least **Luke 7:30-50**

Tells the story of Mary Magdelyn. Her story reveals the same as the man that was sick with the palsy.

Faith doesn't allow anything to stand in the way of the wanted blessing, not people, not reputation, not money, not even past mistakes, NOTHING!

How many want such a faith? I do! Lets go to the Author & Finisher of our faith so we can have a story to tell too!



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3 Fold Ministry

Wellness Secrets is a three fold ministry/business that was founded in 2004 in North West Arkansas.

We are a **TOTAL HEALTH** center that seeks to meet the physical, mental and spiritual needs of people. We have a health food store that carries a variety of whole foods and other healthy products along with a mini bookstore, sandwich and juice deli plus a wellness center where we conduct cooking schools, give a variety of health lectures, do consultations, hydrotherapy & massage. We also have homes on our property where people can come and live in for 5 days and receive a jump start to a total lifestyle change.

Our Motto

"Our Lord Jesus Christ came to this world as the unwearied servant of man's necessity. He "took our infirmities, and bare our sicknesses," that He might minister to every need of humanity. Matthew 8:17. The burden of disease and wretchedness and sin He came to remove. It was His mission to bring to men **COMPLETE RESTORATION**; He came to give them health and peace and perfection of character." {MH 17.1}

Upcoming events (projects in the making)

- **November 8th-21st** will begin our two week live-in program. The second week will include more advanced lectures, devotional thoughts & food preparation.
- We'll be holding our 3rd Hydrotherapy class on **Nov. 22nd**.
- **Dec 6th -11th** we'll be our last live in session for 2009
- **Dec 13th** Ann-Marie Scott (R.N.) will be conducting a flu seminar at the Jones Center in Fayetteville, Arkansas, @ 3:00pm
- We've been invited to Lamar, Missouri on **Dec 19th** to conduct an emphasis weekend.

- We've also been invited back to Florida to do a health seminar in, January for two weeks.
- An intern from Belize will be joining us in January for a few months to receive further training in the health work..

ANNOUNCEMENTS:

Follow-up Programs: Recently we have incorporated a follow-up program, consisting of weekly assignments, contact with staff regarding goals, and more. In addition, we are planning a 2nd week return visit (5 days) at least 6 or more months after your initial stay. These would be scheduled on a periodic basis as we see there is a demand for such. We are trusting that this will be helpful in insuring, by God's grace, lasting results from your stay here. Please enquire for details regarding

both, via phone or email. Thank you!



"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

3 John 2