



New Vitality

Holistic health from a biblical perspective

New Vitality News

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Herbal Sports Drink

Holy Basil Tea * Sea Salt * Honey

Trace Minerals * Adaptogenic Herbs & Spices



Are you ready for TIP #6 for transforming comfort foods into healthy alternatives? So far, we have discussed **5 TIPS** for making "Julified" versions of your favorite foods. This time I want to share with you about the importance of **unrefined** Salt in your diet. In order to function properly:

- Salt is required for the conversion of T4 to T3 in the liver and thyroid. Unrefined salt contains over 80 trace minerals including selenium, zinc and iodine which also contribute to healthy thyroid function.
- The adrenals need salt in order to properly regulate blood pressure and to prevent adrenal exhaustion.

- Salt is required for regulation of total cholesterol, triglycerides and LDL cholesterol in the body, which means that low-salt diets contribute to cardiovascular events.
- The body needs salt to regulate insulin levels and metabolism.
- Salt cleanses the body and increases alkalinity, promoting health if the body tends toward excess acidity.

(Source: Dr. David Brownstein, M.D., [Salt Your Way to Health](#))

Sodium from salt plus other valuable electrolytes are depleted from our bodies through perspiration during exercise and hot weather, which is on the way soon! Rather than reaching for a sugary sports drink, learn how to make your own [Herbal Sports Drink](#) which contains adaptogenic herbs that help your body respond to stress!

TIP #4: Use Celtic and Himalayan Salt or Mined Salt such as Orsa or Redmond's in place of refined Table Salt. **Unrefined Salt contains over 80 trace minerals** vs. refined Salt which is bleached and stripped of all but two minerals: Sodium & Chloride. The full complement of naturally-occurring, organic minerals in unrefined Salts is what makes Sea Salt so great-- the magnesium and potassium help maintain balanced blood pressure vs. plain Sodium Chloride which will raise blood pressure.

Unrefined Salts also have unique flavors based on their mineral profile-- one of my favorite Salts is pink Alaea from Hawaii-- delicious flavor, but it was years ago that I enjoyed this type of salt, long before the trouble in Fukushima, Japan. These days we are cautioned about using Salts from warm water sources such as the Mediterranean and even Hawaii due to higher levels of toxins. To be safe, opt for organic Salts from cold water sources such as Celtic and Nordic varieties or Salts mined from the earth, such as Redmond's.

Start a healthy habit today with your family by replacing refined Table Salt with unrefined Sea Salt, and try out a healthy electrolyte-balancing sports drink in place of the sugar-laden, "diabetes in a bottle" Gatorade. [CLICK HERE](#) to download a **FREE** copy of my version of a tasty "[Herbal Sports Drink](#)." And if you enjoy this idea, check out [The Lazy Housewife Cookbook](#) to discover more "Julified" recipes! Coming soon... Herbal Sports Drink kit-- \$42 for 25 quarts (\$1.66 per quart). [Let me know if you are interested.](#)

Also, to learn more about the importance of the right **KIND** and **AMOUNT** of Salt for a healthy body [READ MY BLOG](#)



L'chaim-- To Life!

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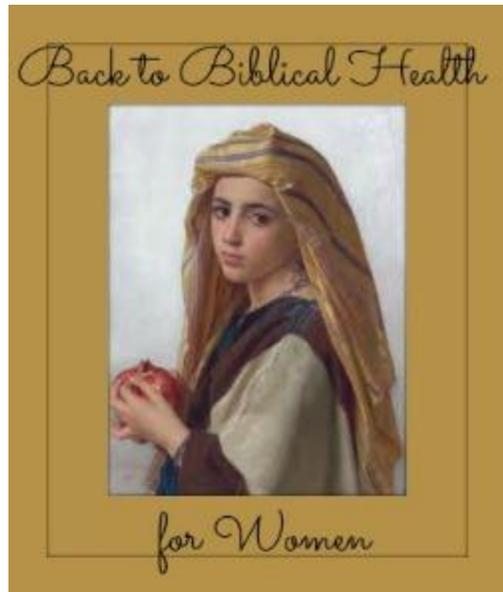
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[Contact me today](#) to schedule your appointment to

End the Hormone Madness!

Also available: [FREE 230 page introductory eBook](#) to my teaching series called "**Back to Biblical Health for Women**," which includes an overview of all 11 sessions covering the healing properties of:

- Light & Color
- Biblical Fabrics
- Essential Oils
- Biblical Foods
- Biblical Herbs
- Ancient Health & Beauty Secrets for Women
- Fasting
- Retraining our Minds
- Water
- Spiritual Fruit
- Sleep & how it affects the Female Endocrine System



Upcoming Events

Ladies, do you experience any of the following?

- Poor quality or low quantity sleep
- Irregular menstrual cycles/ menstrual issues (cramping, heavy cycles, skipped cycles, etc.)
- Infertility, miscarriage
- Low libido
- PMS (including breast tenderness, bloating, irritability)
- Hot flashes, menopausal issues
- Low sex drive
- Weight gain
- Low energy

Are you sick of it vet?

End the Hormone Madness!

Balance Your Hormones Naturally



Join me at [The Crunchy Grocer](#) in Loveland on
Sunday, April 13th, 2014 from 1-3 pm

FREE Class

[Reserve your spot here](#)

-OR- email info@crunchygrocer.com

this month for only \$75.

Can't make it to the live presentation?

[Download the eBook version instead](#)



My next show will air on:

**Wednesday, April 16th,
2014 from 1-2pm MST**

Tune in KHNC 1360 AM
for SPECIAL OFFERS

that are ONLY available through the RADIO & to hear an overview of my seminar series called **"Back to Biblical Health for Women."** This month I will be TAKING LIVE CALLS again and talking more about:

- Health & beauty secrets of ancient women
- Women's hormonal health

[CLICK HERE to listen to live programs on the internet](#)

[CLICK HERE to view video recordings of my programs](#)

I have recently switched from Constant Contact to [SocialZing](#) for my email newsletter service.



I have done my best to ensure that I have only included current subscribers, so please forgive me if you have previously unsubscribed from New Vitality News and I have inadvertently emailed you. If that is the case, kindly unsubscribe once more and accept my apologies!

I hate to see you go!

On the other hand, if you find my newsletter to be informative and helpful, please forward to others who may be interested. And if you would like to streamline your business, including social media, check out everything that [SocialZing](#) has to offer!

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Receive \$25 off your own Holistic Health Assessment when your friend schedules AND completes a consultation with me. Remote consultations can also be performed outside of this city, state, and even country-- think globally!