

Kingdom College of Natural Health

The Kingdom-Link Newsletter



SEPTEMBER - 2009

KCNH E-LINK

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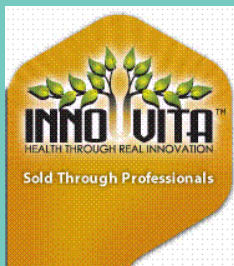
[DID YOU KNOW?](#)

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HEALTH TIP

Lipoic acid is one of the most powerful antioxidants and overall anti-aging substances available. Along with being a powerful anti-inflammatory, it regenerates the anti-oxidant properties of vitamin C and E, supports the mitochondria with energy production in the cell, helps increase glutathione in the liver, inhibits glycation which the unnatural and bonding of sugar and proteins, improves insulin function and helps remove sugar from the blood stream. It has even been shown through in-vitro studies, to inhibit HIV from replicating. These are just a few of the properties of this amazing anti-oxidant. For maintenance, the suggested use is 100 mgs twice daily.

TAKE A LOOK...



Dear Partners in Good Health,

Greetings from all of us at KCNH!



As we transition into autumn, the issue of nationalized health-care has become a political hot topic. There are those who think the idea is one whose time has come, and there are others who vehemently oppose it. Those in the field of holistic health understand that the only effective health insurance there will ever be is prevention. Not prevention as the medical and government officials define it, which is early detection for diseases and conditions so a person can be put on prescription drugs earlier in life, but rather an adherence to the time-honored principles of natural health: optimum nutrition, clean air and water, exercise, stress management, temperance and healthy relationships.

We are so glad to be part of the true solution to this health crisis and are even more thankful that we can help our like-minded students with their part.

Sincerely,

Henry Harbuck, Ph.D., N.D.

STUDENT SPOTLIGHT

Cindie Law has worn many hats in her lifetime. From working as a Broadway producer, leading dancers in the Macy's Day Parade and also the 2000 Sydney Olympics. But she found her true career-passion in the field of natural health for animals while working in Alaska as a dog groomer. There she opened her own salon where dogs were flown in from all over the state for her services.



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Graduate Spotlight



As a Licensed Massage Therapist (LMT) in Maryland, **Stephanie Reid** comes in contact with many stressed-out people. She sees firsthand the role stress plays, both physically and emotionally. Being aware that nutrition and lifestyle can be a powerful influence for the good or detriment of a person, she decided some years ago to expand on what she already knew about stress by enrolling in a [Doctor of Naturopathy degree at KCNH](#) and took its triple-A rated studies in naturopathy.

Choosing KCNH because of its challenging, relevant, and thought-provoking courses, Stephanie (now that's she's graduated) plans to focus on senior citizens and use her expertise to assist this group of cherished citizens with their physically diminished and cognitive skills. She also plans to write and publish articles, books, papers, etc. with the goal of increasing public awareness of holistic health and well-being.

We at [KCNH](#) applaud Stephanie in her endeavors and look forward to her continued success.

EARN YOUR

She eventually moved to Las Vegas and purchased an established dog-grooming academy, increasing the number of students in a short time from two to more than sixty. Along with partnering with veterinarians in India who send 20+ students a month to her school, her company has been approved by the state of Nevada for students to be trained as "Pet Nurses." To our knowledge this is the first program of this kind in America and would involve medical procedure follow-up and after-care.

On October 3rd, Cindie will graduate with the degree of [Doctor of Veterinary Naturopathy](#). She plans to work with several pet hospitals and clinics as a consultant under licensed veterinarians. Cindie says she chose [KCNH](#) because *"It offered me a wonderful opportunity to take my love for animals and the science of a practice to a level beyond anything else I have achieved. My classes have been wonderful. With each course I've endeavored to learn everything I can, because I owe that to my clients."* We know Cindie will be a blessing to animals and their owners!

DID YOU KNOW?

Did You Know?...the average American adult uses over nine personal care products a day exposing himself/herself to 126 potentially hazardous chemicals? Here is a partial list of toxins commonly found in personal care products:

Sodium Lauryl Sulfate found in shampoos (SLS) is a mutagen that suppresses the nervous system; it can cause cornea damage, and hair loss.

Propylene Glycol found in hair conditioners is a known skin irritant; it can cause blisters, and dermatitis, kidney damage, and liver abnormalities.

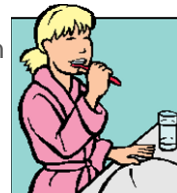
Talc in talcum powder is related to the asbestos family; it has been linked to lung disorders and ovarian cancer, yet it continues to be used in baby powder.

Toluene, most commonly listed as "fragrance;" it is a carcinogen that damages the central nervous system. It's known to cause cancer, liver damage, and lung damage; it may trigger allergic reactions, asthma attacks, and cause birth defects.

Aluminum is found in deodorants and antiperspirants; it is linked to skin toxicity, Alzheimer's disease, and breast cancer.

Fluoride is a known carcinogen; it is found in toothpaste. Yet there are no warnings on toothpaste labels. In fact, there is enough fluoride in a tube of toothpaste to kill a small child.

PVP is found in hairsprays and other styling products; it is linked to tumors, and has been known to damage the lungs and kidneys.



Many people think personal care products are "safe" believing the FDA would never allow such potentially harmful chemicals on the market. This is untrue. Cosmetics and personal care products are at present wholly unregulated. This means there is no governing

DEGREE . . .

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agency monitoring what goes in them. A good rule of thumb is: if you would not swallow your shampoo, powder, perfume, deodorant, toothpaste or hairspray, then don't apply any of these to your skin, because eventually they will end up in your body.

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CONTACT US TODAY!

To all of you from all of us at KCNH please know that we are here to see that your experience with us is as beneficial to you as possible. Do not hesitate to [contact us](#) with questions, comments, etc.

Until next time, be well!

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