

# Kingdom College of Natural Health

The Kingdom E-Link - November 2009

*Happy Thanksgiving*



Dear Friends,

Greetings from [KCNH](#)! As we approach the holiday season, many of us will be giving and attending parties. Although it is a time for celebration, we should take care that we practice temperance and not overindulge. We all know how it feels the next day when we have eaten too much bad food...Lousy! So here are few tips to help you control the urge to eat and drink everything in sight:

1. Exercise if possible, on the day of the event. Light to moderate aerobic activity helps regulate the appetite for hours.
2. Eat a healthy, balanced meal as close to the party as you can. Include some protein and vegetables. If you're hungry before you get there, you'll be tempted to splurge.
3. Stay hydrated during the day. A lot of times the hunger mechanism is triggered by thirst, not an empty stomach.
4. While socializing with others, don't park yourself in front of the table full of sugary deserts and snacks. It will be too easy to just reach over and grab.
5. Eat all snacks on napkins instead of plates. Studies have shown that people eat less when they use napkins as plates.
6. As you look at all those unhealthy, delectable morsels, just remember that nothing tastes as good as being healthy and slim feels!

## DID YOU KNOW?

Did you know that in a survey of 30 girls and 20 boys between 3 and 10 years of age who avoided milk intake due to various reasons, it was found that in general, the milk avoiders were shorter, had smaller skeletons, and a lower total-body bone mineral content than did the control children who drank milk.

Although high levels of bovine-milk drinking is usually discouraged among natural health proponents, the fact is that milk is an excellent source of calcium. The problem is that cows' milk is for some people, hard to digest. It is also highly mucous producing and has a high fat content. Raw milk however, is often well-tolerated by the body and usually produces none of the adverse reactions of pasteurized milk.

Another alternative to consider is drinking goat's milk. Having been consumed by humans for thousands of years, it is much closer to human milk than that of a cow. It is also an excellent source of calcium that is easy to digest, and is nutrient-dense. One eight ounce glass provides 32.6% of the daily value of calcium as opposed to cow's milk which has 29.7%. If you cannot obtain raw milk or goat's milk, just be sure that the your bovine milk is organic. Hormones, antibiotics and pesticides are stored in milk fat and you want to be sure yours is free of these toxins.

Building bone is, however, far from all that calcium does for us. In

*Thinking about all those turkey sandwiches you'll be having after Thanksgiving?*

*Turkey is high in tryptophan which helps relaxation. When eaten with whole grains it increases the synthesis of the neurotransmitter serotonin which induces the mood enhancing, calming effects. Whole grain bread is a rich source of B vitamins and magnesium. Spread some mustard on it for extra flavor and selenium, a mineral with potent antioxidant activity.*

## Student Spotlight



**Carolyn Contois**, a student in the [Doctor of Animal Naturopathy \(DAN\) program](#), has been caring for animals for over thirty years. Her

recent studies, this important mineral has been shown to:

- Help protect colon cells from cancer-causing chemicals
- Help prevent the bone loss that can occur as a result of menopause or certain conditions such as rheumatoid arthritis
- Help prevent migraine headaches and reduce their severity
- Reduce PMS symptoms during the luteal phase (the second half) of the menstrual cycle
- Play a large role in immune function

Calcium is also involved in many other vital physiological activities, including blood clotting, nerve conduction, muscle contraction, regulation of enzyme activity, cell membrane function and blood pressure regulation. Because these activities are essential to life, the body utilizes complex regulatory systems to tightly control the amount of calcium in the blood, so that sufficient calcium is always available. As a result, when dietary intake of calcium is too low to maintain adequate blood levels of calcium, calcium stores are drawn out of the bones to maintain normal blood concentrations.

Getting adequate calcium is crucial to health. For best assimilation, get your calcium from food and not supplements, unless they are made from whole-food. Calcium carbonate, ascorbate, even citrate are not the same as obtaining calcium from fresh food. Organic dairy products, sesame seeds and dark green leafy vegetables are the best sources.

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## HAVE A WONDERFUL THANKSGIVING!

With Thanksgiving almost here, we hope you will take time to count your many blessings. We encourage you to think about your health, your family, friends, the fact that you have a home and food to eat. Contemplate your good fortune in that you are able to go to school and learn about the wonderful principles of natural health. Meditate on the fact that you are able to give back by teaching others what you know, helping them lead a life of grace and dignity. Let us endeavor to make Thanksgiving an integral part of our lives today and everyday of the year.

From all of us at KCNH, may you have a wonderful holiday. We consider all of you a blessing and are grateful to have the privilege to serve you.

**Grace and Peace always,  
The Entire Faculty and Staff of KCNH**

**KINGDOM COLLEGE OFFERS. . .**

varied experience has led her doing every thing from being involved with animal shelters to working with curators of science museums. She has been privy to shark tagging projects, turtle research and bat exhibits from Galapagos Islands to Yucatan Peninsula. She has loved all her work, but realized her strongest passion was for dogs. For the last 20 years she has owned her own business where she boards, cares for and grooms dogs. She became a master groomer in 1992 and took first place in her first grooming competition in 1995.

Over the years she has seen many dogs with a myriad of health problems. Dissatisfied with the advice of trainers and traditional veterinarians as to how to help them, she began researching natural alternatives. She couldn't find what she was looking for until she discovered KCNH. She enrolled because of "the progressive and innovative programs, and the degree of clarity and competence with which the KCNH faculty and staff answered her questions." She is hoping to eventually work along side traditional veterinarians as a consultant. We applaud Carolyn for dedication in pursuing her dreams. We know they will continue to come true!

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