

# Kingdom College of Natural Health Newsletter

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## GRADUATE SPOTLIGHT



This month we had the privilege of talking with Dr. Fred Cypert. Fred is a natural health consultant with a successful practice in Ventura, CA. Having earned a degree in Traditional Naturopathy, he decided he wanted to further his education and enrolled in [KCNH](#). He graduated with a Ph.D. in 2004 with an emphasis on natural medicine.

When asked why he chose Kingdom, he said, "I chose KCNH because of its flexibility and thoroughness in the doctorate program." Dr. Cypert is an inspiration as he lives the natural health message. Fit, alert and the picture of health, he easily looks 10 younger than his 62 years! We are proud to

January/February 2010

[E-Link](#)



## Dear Friends and Partners in Good Health,

We trust that all of you had a blessed and peaceful New Year. We at Kingdom College wish you all the best for a healthy and prosperous 2010! KCNH is growing and expanding world-wide. The interest in the Natural Health field is becoming more and more sought after.

## SLEEP

### A Crucial Element in Good Health

Sleep is something that universally, everyone enjoys. But did you know that the US Center for Disease Control and Prevention (CDC) estimates that nearly 50 million Americans report sleep difficulties with 10% meeting the criteria for insomnia? It's no secret that stress effects sleep and we as a nation are very stressed out. The amount of sleep for the average American has decreased on a steady basis from 8-8.9 hours a month in the 1960's to 7 hours of sleep at the present time. As with nutritional and dietary deficiencies, lack of sleep can cause systemic adverse health effects that can impair both physical and mental function. Lack of sleep early in life, in particular rapid eye movement sleep (REM), has been linked to impaired cognitive development and behavioral problems. Short-term sleep deprivation can also have severe implications on memory and other mental capabilities.

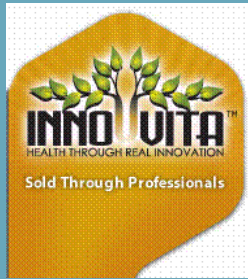


Sleep is not only a necessity for proper mental function. Did you also know that it plays an crucial role in endocrine function? Lack of sleep affects the pituitary gland, which is responsible for signaling systems that control and regulate all peripheral endocrine glands. Human growth hormone (HGH) is secreted by the anterior pituitary and plays an large part in tissue-regeneration and maintaining lean body mass. Sleep deprivation can also affect thyroid stimulating hormone (TSH) levels, which can have detrimental effects on normal metabolism and metabolic functions, one of the main ones being appetite regulation. Ghrelin, is a peptide hormone secreted by the stomach to stimulate hunger, while leptin is secreted by fat cells to induce satiety and appetite suppression. It is essential that balance between these two hormones be maintained. In a sleep deprived person, leptin has been shown to be markedly decreased despite normal caloric intake and physical activity. That can lead to increased appetite, the inability to feel satisfied even after eating and the inability to lose weight. Cortisol levels are also affected by not sleeping, affecting blood sugar levels and pancreatic function.

Be sure you retire as close to sundown as you can as the later you go to bed, the more stress on the endocrine system. To most of the medical

have him as a graduate and know that his clients are in good hands!

### CHECK THIS OUT!



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### CUT BACK

Cut back on foods high in dietary cholesterol. Try to eat less than 300 mg of cholesterol each day. Some common cholesterol-containing foods include whole eggs (about 200 mg per yolk), shellfish (50 to 100 mg per ½ cup), "organ" meats such as liver (375 mg per 3

community, the primary solution to sleep disorders is medication. But because problems can be due to varying factors, an effective practitioner should look at a client's nutritional profile, emotional condition, exercise routine and supplement regimen. All these are crucial factors when designing a healing protocol.

The amino acid tryptophan is the nutritional precursor to both serotonin and melatonin, and can help induce a tranquil, sedating effect. Foods containing this nutrient are pumpkin seeds, turkey, nuts and chocolate. Consuming them in small amounts an hour before bedtime can assist in achieving normal sleep patterns. Botanicals such as valerian, poppy and hops can be helpful as can calcium and magnesium.

Factors that can disrupt sleep are hormonal imbalances, alcohol, excess fluids and/or simple carbohydrates consumed right before bedtime, a too large and/or heavy dinner, caffeine and unmanaged stress. Eating the right foods at the right time in the correct amounts is the first step towards restful and healing sleep.

So, adequate sleep is a crucial element in the health paradigm. Get as much as you can as often as you can. You'll both feel and look good!

## HEALTH FACTIODES

### DID YOU KNOW?...

1. The CDC reports that 50 years ago 10% of population in the US was chronically ill. Today that figure is over 40%.
2. Health care costs as a percentage of the GNP has risen from 7.5% in 1970 to nearly 20% in 2004.
3. In a one year period, an elderly person in the US takes an average of 17-20 different types of medications.
4. Prescription drugs are the 4th leading cause of death in America, even when they are administered "correctly".
5. The average person produces at least 60 cancer cells a day. A healthy immune system will eliminate them, while an compromised immune system may not.
6. Stress contributes to 80% of all major illnesses.
7. The liver can deteriorate up to 75% before there will be any noticeable signs on any standard test.
8. Most cells in the body are replaced every 3-6 months. The quality of food will determine the quality of the new cells, which will determine the body's susceptibility to disease and aging.
9. The Wellness Council of America reports that 70% of physician visits are unnecessary.
10. Medical students on the average, receive only 20 hours of nutrition instruction.
11. A Columbia University Study showed that 5 hours of exercise per week reduces the risk of a stroke by 70%.
12. A study by Dr. Rahjet Chachra revealed that one multivitamin pill per day reduced infection-related illness in elderly patients by one-third.
13. A study at UCLA found that by taking 400mg of vitamin C every day, reduced the chances of a heart attack by 50%.
14. Reducing red meat consumption and processed food while increasing fiber can reduce the risk of colon cancer by 40%.
15. Regular consumption of cruciferous vegetables can reduce the risk of colon cancer by 40%

When we enter a New Year, most of us like to make resolutions. Just remember when doing so, be sure they are realistic, attainable and workable. A long journey starts with small steps.

Health is not an event, it's a habit. It is how we think, what we eat, how we

oz) and whole milk (30 mg per cup). Egg whites don't contain cholesterol and are good protein sources, so they're fine. In fact, you can substitute two egg whites for each egg yolk in many recipes that call for eggs.

move and how we interact with others on a daily basis that determines our future, emotionally, physically and financially. It's the small things that matter so always be mindful of all that you do and say.

Until next time from all of us at [KCNH](#), may you abound in grace, peace, health and generosity.

**Sincerely,**

Dr. Henry Harbuck

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