



## The Kingdom LINK

### Dear Friends & Partners in Good Health,

With the winter months approaching, pretty soon it will be flu season. Better stock up with all those over-the-counter medications and get a flu shot as soon as possible, right? Well actually, probably not.

Ever wonder why it strikes in January and February? Do these evil flu germs have little calendars and wait for the winter months, so they can pounce on us hapless, helpless humans? We know that sounds ridiculous, but it almost seems as though that's the flu is portrayed by doctors and drug companies. But if we "catch" germs, why do some people get the flu and some people don't? We would probably all agree the answer has something to do with an individual's immune system. So ask yourself, what do we do as a nation starting from the end of October until January? We eat. And drink. And eat. Halloween, Thanksgiving, Chanukah, Christmas, New Years, Super bowl weekend, we eat bad food and we eat for about 3 months straight.

All bacteria and viruses are scavengers. They cannot thrive on healthy tissue. It is only in toxic, rundown tissue compromised by poisonous substances that they can set up housekeeping and cause infection. The cleaner the system, the stronger the immune system. In other words, the less fatty and cured meats, sugar, soda, processed food, cooked food, junk food, fast food, alcohol, and any other so-called food that we were never designed to eat, and the more raw fruits and vegetables we do eat, the stronger our immune system will be. Our bodies will be able to fight off bacteria and viruses. There has to be an outside agent breaking our immune system down and something for pathogens to feed on in order for disease to manifest. Remember, Pasteur, the French scientist, could not get bacteria to grow on healthy fruit. He could only get it to grow on food that was rotten and decaying.

Barring certain genetic tendencies, we alone are pretty much responsible for our own health. Now, that should be good news to all of us, to know that we're not at the mercy of some mindless, merciless enemy. But it does call us to greater responsibility and discipline. We cannot eat what ever we want and expect to be healthy. Our diet must be plant-based, nutrient-dense, full of fresh raw fruits and vegetables, nuts, seeds, legumes, healthy fats in moderate amounts and plenty of water. We also need to exercise. Our bodies were made to move. Follow this regimen and chances are, you won't have to fear the dreaded flu season.

### HEALTH TIP OF THE MONTH

All Echinacea was not created equal



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### IT'S HERE!

**It's here. . . the KCNH CHATROOM is operational! Now you can talk with other KCNH students, alumni and professors via the internet just by logging in on our site.**

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*NOTE: If you are already registered, just send the email to request access.*

Chatrooms are a great way to stay connected with other students who may have similar questions and interests. So have fun and we will see you there!

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### DID YOU KNOW?

Just one overweight employee incurs an additional \$1034 in company costs per year due to doctor visits, medications and medical procedures? Did you also know that obesity cost companies nation wide, an additional eight billion dollars for added health insurance, 2.4 billion dollars in sick leave, 1.8 billion in life insurance and one billion for disability? The statistics are clear. Obesity

The famous herb known for stimulating and enhancing the immune system is generally available as *Echinacea purpurea*. But the most effective species is *E. angustifolia*, having the highest concentration of alkylamides, the active ingredient. As *E. angustifolia* is more difficult to cultivate and therefore more expensive, the majority of supplement companies opt for the less expensive species, *E. purpurea* often combining it with the *angustifolia*. When taking *Echinacea*, it should make the tongue "tingle." The stronger the tingle, the more effective the product. Did you also know that *Echinacea* can and should be taken long term? There are many myths pertaining to this wonderful herb and that is one of the most prevalent. But the truth is that when taken orally over time, *Echinacea* has been shown to improve and stimulate white blood cell activity, not decrease it. In other studies, the herb has been shown to have a strong anti-inflammatory effect when taken long-term. Other facts to know, the roots have a 10-20 times higher concentration of alkylamides than the flower (aerial portion), which is what most commercially *Echinacea* is made from. So, when purchasing *Echinacea*, be sure is *E. angustifolia*, is made from the root, and that it tingles! The best way to be sure you're getting an excellent quality *Echinacea* as you might imagine (also the least expensive), would be to cultivate and dry it yourself.

and being over weight is not only very unhealthy, it's very expensive. So, be encouraged, the natural health educator/consultant is needed in America now more than ever...to show people the right way to lose weight and keep it off.

## CHECK IT OUT!



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## PROFESSOR SPOTLIGHT



Dr. Michael Anderson is one of the most well rounded individuals in the field of health care that we know. As an ND, PhD in nutrition, having an MS in natural health and being an MD, Dr. Anderson is well acquainted with alternative and allopathic modalities. When we asked him why he became interested in natural medicine, he explained, "I became interested in natural health and holistic medicine long before I even thought about going to medical school. However, it was during my clinical training in medical school that I really developed a deep appreciation for alternative medicine and natural therapies. During my clinical rotations, I began to see a significant void in many of the allopathic treatments and therapies employed, particularly with many of the sickest and oldest patients. If they improved at all, it was usually temporary and many came back

to the hospital time and time again with the same or very similar symptoms. Sadly, the drugs only seemed to mask the problem at best, and the side effects were often worse than the disease. Having had prior training in natural health and nutrition, I knew there was a better way to deal with many of the disease conditions. To those patients who would listen and heed my advice, I gladly offered nutritional suggestions and guidance on changing their life styles. For some, I suggested natural supplements and herbals. The result was that I did not see many of these patients again ... hopefully because they achieved some level of wellness. That is what I choose to believe!" We wish all medical doctors had a similar philosophy! We are fortunate to have Dr. Anderson at [KCNH](http://www.kcnh.com) and look forward to all he has to offer.

## GRADUATE SPOTLIGHT

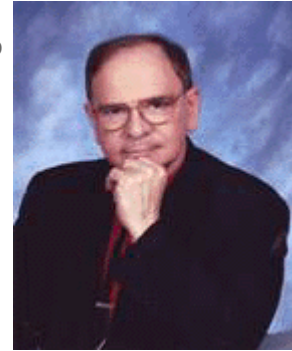
Paul Krolick, N.D., Ph.D. an adjunct professor at KCNH, is a man of vision and passion. Although trained in the hard sciences of biology and chemistry, Dr. Krolick decided to make holistic health consulting his life's work. Within one year of opening Genesis Health he built a very busy practice with clients seeking his services from all over the country. In addition, he also leads an educational program on vaccines issues, and how to legally avoid them. (This is important to him as he and his wife Joanna recently welcomed a baby girl to their family via a home water birth!) With diverse interests in health, he is also interested in oxygen therapy and has integrated a hyperbaric chamber in his practice.



When asked why he chose [KCNH](#), he said it was because of the depth and scope of the programs. We are very proud to have Dr. Krolick as an alumni and teacher. As he is a successful practitioner and teacher, we are certain he will be a wonderful and blessed father!

I've just returned from our graduation ceremony held in Atlanta, Georgia. Graduates came from all around to participate in the ceremony. We are so proud of each one who labored long hours to finish his/her degree program. We are so honored to have such studious and professional graduates and feel sure that all of them will be successful in helping people live a long and healthy life.

To all our students/alumni and faculty, may the remainder of the autumn season be a peaceful one, and may you and your family be blessed. We at KCNH always pray that "You may enjoy good health in your body, even as your soul (that is, mind---inner being) also does well" (3rd Jn.1:2). See you next time!



Sincerely, Partners for Better Health

Dr. Henry Harbuck  
[Kingdom College of Natural Health](#)

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