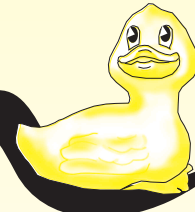


PUT DOWN THE DUCKIE



Volume 1, Issue #1

GENTLY RELEASING OLD HABITS FOR A HEALTHIER LIFE

January 2003

"What some call health, if purchased by perpetual anxiety about diet, isn't much better than tedious disease." ~George Dennison Prentice

CHANGING HABITS

HAPPY NEW YEAR!

And welcome to our new newsletter, **PUT DOWN THE DUCKIE**. Here at the Institute for Health Realities, our focus has always been on helping you get optimum health for yourself, so that you have the energy and enthusiasm to go about achieving your goals, whatever they may be. Although we ourselves are consumed with learning about health, we've always known that health alone is not the reason for *your* existence! Many times someone comes to us with a serious health problem, and the resulting action plan requires him or her to dive immediately into intensive lifestyle alterations. But the rest of us would like to know what we can do to avoid such serious health problems, both for ourselves and those we love.

My husband, Sam, is fascinated by chemistry and learning how health works, and is always studying the interconnections of the body's functions. To be honest, though, that information can sometimes make my eyes glaze over! My main interest has always been in taking the scientific information that flows from him and the Institute, and finding practical ways to help you change your lifestyle gradually and somewhat painlessly.

If you're one of the lucky individuals who enjoys relatively good health, how do you stay that way? You do it by changing yourself *one step at a time*. We often go on health kicks of some kind, vowing that we'll stop eating poorly, will exercise every day, we'll get healthy NOW! The trouble is that's a lot to handle all at once, and it's too easy to give up when it becomes difficult.

A new year has always been a time of new beginnings. It's a great time to look ahead and make fresh plans for the future. If your future has always included getting healthier, then this is a perfect time to start. We're

going to find another way to achieve your goal, one that isn't destined for failure!

LET'S HAVE SOME FUN!

I'm a great fan of sitting down in my favorite chair with a good hot cup of tea, and spending a few minutes with a motivational book or thinking quietly. I work on improving myself, evaluating the past or making new plans for the future. Sometimes it's quiet contemplation, sometimes it leads to enthusiastic optimism. That's the way I want you to approach this information—as a way of nurturing and gradually improving yourself. We're going to take things one step at a time so you can feel proud of your accomplishments as you go along. My goal is for you to be able to look at a setback as just *not* doing something right *this time*, instead of as a failure. I want you to realize that you're accomplishing something *each* time you do something even *once*, and each time you make a new healthier choice a habit.

PUT DOWN THE DUCKIE will help you set and achieve new health goals, one step at a time. It'll give you some science, and then tell you what that science means to you and how you can begin making changes in your daily life that will really make a difference. Everything here is based on the principles from the Institute for Health Realities, but made to be easily incorporated into *your* life!

WHY 'PUT DOWN THE DUCKIE'?

In a popular Sesame Street song, Hoots the Owl advises Ernie that if he really wants to learn how to play the saxophone, he has to let go of his rubber duckie first. "You gotta put down the duckie, put down the duckie, put down the duckie, if you want to play



INSTITUTE
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www.healthrealities.org

WHAT IS THE INSTITUTE FOR HEALTH REALITIES?

The IHR is a research organization dedicating to changing the way the world views health. We believe that more energetic and enthusiastic living is possible through a better understanding and application of the realities of health. We look at how the body is designed to keep itself well and develop strategies to support that design. We're not really alternative medicine...we're just not how the traditional health field tends to operate. Our goal is to introduce the concept of life-long health management—instead of disease prevention—into mainstream health standard of care.



WANT TO LEARN MORE?

If you'd like to learn more about the science of acidemia, we have a Health Realities issue (from which some of this information is excerpted) that is devoted in large part to the topic. It's the Fall 1994 issue, titled "Free Radical Therapy, Part 4: Acidemia/Free Calcium Excess." The cost of this 16-page scientific journal is \$14.

You can get pH paper in many health food stores and pharmacies, as well as from the Institute for Health Realities. Our cost is \$9.50 a roll including shipping. A roll will last quite some time.

For either of these, contact the Institute for Health Realities at (719) 598-4968, or call our order-only line at (800) 414-3438.

lemon juice isn't refrigerated or frozen, it contains a preservative or additive, which opens up another entire 'can of worms' in the health arena. We'll save that for another time, too!

The only acceptable major brand (that I'm aware of) is Minute Maid, which has a frozen 100% pure lemon juice from concentrate. It should be readily available, but if not, your supermarket may be able to order it for you.

I've sometimes seen refrigerated pure lemon juice in health food stores, so that is also an option. However, fresh lemons are always available, and much less expensive than any alternative.

So there you have it...your first step toward better health. Isn't that easy? Start adding lemon juice to your drinking water and enjoy the knowledge that you're helping yourself painlessly.

And remember, just because you forget to do it one day, or don't feel like doing it, doesn't mean you give up. The next time you simply put down that duckie and try it again!

*"It is never too late to be what you might have been."
~George Eliot*

WHAT ELSE CAN YOU DO?

Fresh lemon or lime can be used in meat marinades or salad dressings. Any time you see it as an ingredient in a non-bakery recipe you've most likely come across a good recipe that will help your pH. (Most baked items also call for sugar, which will negate the alkaline buffering effect of lemon juice.) Personally, I prefer using fresh lemon or lime on salads instead of dressings, since it doesn't overpower the taste of what you're eating.

Here are a couple of recipes for you to try to add some fresh lemon to your diet.

Here's a wonderful marinade recipe for beef, chicken or fish:

FRESH LEMON MARINADE

1 tsp.	lemon peel
1/2	cup fresh lemon juice
1/3	cup cooking oil
2 Tbsp.	green onions, sliced
1 clove	garlic, minced
1 Tbsp.	honey
1-1/2 tsp.	salt
1 tsp.	Worcestershire sauce
1/8 sp.	pepper

1. Combine all the marinade ingredients. Pour over beef, chicken or fish.
2. Marinate 3-4 hours or overnight in refrigerator, turning meat several times.
3. Broil to the degree of doneness you prefer.


This recipe makes enough liquid to marinate 4 servings.

Here's another great idea, from the Sunkist web site:

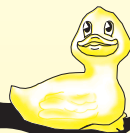
HERBED LEMON-BUTTER[®]

1/2 cup	butter
1/2	Sunkist lemon, grated zest and juice
1 to 2 tsp.*	any of the following finely chopped fresh herbs:
	basil
	marjoram
	mint
	oregano
	tarragon leaves
	<small>*or substitute 1/2 tsp. dried herbs, crushed</small>

1. In a small bowl, combine all the ingredients.
2. Melt butter in small saucepan over low heat. Add the remaining ingredients and heat through. Serve over cooked vegetables.

Makes about 1/2 cup. 

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