



Siura Health Notes

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HEALTH TIPS

- Cloves have 6 times the level of antioxidants, and cinnamon over 3 times more, than blueberries.
- Ayurvedic herbs, like Arjuna and Brahmi, have wonderful benefits for the mind and emotional heart.
- Wheatgrass juice builds red blood cells and nourishes the liver and kidneys.

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Editor: Sariyd

Worst of Times, Best of Times

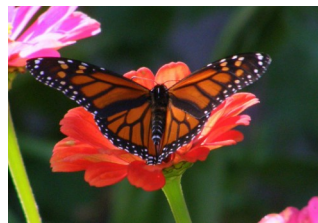
Wars, economic meltdowns, corrupt government, corporate greed, environmental distress, social unrest — and that's just the beginning.

These uncertain times can take a toll on minds, hearts and bodies. No one can say for sure what will come out of the rising upheaval yet we can look to Nature for guidance and insight.

That it is 'darkest before the dawn' expresses a guiding truth that inspires faith and optimism in the face of trying circumstances. The labor pains and convulsions in the mother's body are the precursor to new life emerging. The aggressive exertion of Life-force breaks and tears open the seed, the egg and the cocoon to reveal a new generation of life.

eration of life.

Shedding old skin is not a pleasant process, but anticipating the transformational outcome makes the experience bearable.



The butterfly, a symbol of transformation, emerges from the cocoon, revealing the beauty hidden within.

Hard times can serve you well if you choose to view them as catalysts for change through reevaluating, reprioritizing and

regenerating your life, your work, and your play.

Pain is merely a tool of communication. It is your life's way of telling you to pay attention and make necessary changes. You would never know to service your car engine unless the 'check engine' dashboard light came on to indicate that something needs attention. Pain is not a bad thing.

The pains and travails that face us individually and communally are nothing more than Wisdom's feedback mechanism functioning perfectly well in order to help us grow. Let us not grow anxious or fearful for what lies ahead, whatever it may be. Let us rather envision the glorious possibilities for ourselves and our world and be and do what we imagine.

12 Foods You Don't Have to Buy Organic

The Environmental Working Group, a non-profit that advocates for policies that protect global and individual health, produces *The Shoppers' Guide to Pesticides in Produce*. It is based on the results of nearly 43,000 pesticide tests.

Organic fruits and vegetables are by definition grown without the

use of pesticides. But some find the expense of organic foods prohibitive.

Of the 43 different fruit & vegetable categories in the *Guide to Pesticides*, the following 12 foods had the lowest pesticide load when conventionally grown.

Consequently, they are the safest conventionally grown crops to

consume:

- Asparagus
- Avocado
- Banana
- Broccoli
- Cabbage
- Sweet Corn (frozen)
- Sweet Peas (frozen)
- Eggplant
- Kiwi
- Mango
- Onion
- Pineapple

Sources: DrWeil.com 7/30/2008
FoodNews.org - *Printable Shopper's Guide*

New Research Helps You Make Better Decisions

A growing body of research has begun to focus on a particular mental limitation having to do with your ability to use a mental trait known as executive function — thought processes that require conscious effort to focus or make decisions.

But executive function draws upon a single resource of limited capacity in your brain. When this resource is exhausted, your mental capacity may be severely hindered. Even unrelated activities that tax the executive function have important lingering effects, and may disrupt

your ability to make important decisions later.

These findings have important real world implications. If making choices depletes executive resources, then later decisions might be affected adversely when you are forced to choose with a fatigued brain. Basically, your brain is like a muscle — when it is depleted, it becomes less effective.

Sources:

[Scientific American July 2008](#)

[Journal of Personality and Social](#)

[Psychology May 2008; 94\(5\):883-98](#)

[Social Science Research Network January 1, 2007](#)

Editor's Note: The importance of getting enough sleep cannot be overstated, as it rejuvenates and reinvigorates the body, mind and spirit. It also has been shown that multi-tasking does NOT enhance brain function nor improve productivity.

“...the best way for a woman to check her breasts is ...to get to know what is normal, and feel them regularly for signs of any changes.”

How to Do Breast Checks

Is there a right way to check your breasts for early signs of cancer? Many women remain confused as experts now say there is no evidence that rigorous monthly self-examination — widely recommended in the United States — reduces breast cancer deaths. Plus, it can lead to unnecessary biopsies.

Two large studies looking at a total

of more than 388,000 women found that death rates from breast cancer were the same among women who rigorously self-examined as those who did not, while there were almost twice the number of biopsy operations in the self-examination group.

According to some experts, the best way for a woman to check her

breasts is not to follow a strict examination routine, but to get to know what is normal, and feel them regularly for signs of any changes.

Sources:

[BBC News July 15, 2008](#)

[Cochrane Database of Systematic Reviews July 2008, Issue 3](#)

Red Bull Can Give You a Stroke

Just one can of the popular stimulant energy drink Red Bull can increase your risk of heart attack or stroke.

The effect was seen even in young people.

The caffeine-loaded beverage causes blood to become sticky, a pre-cursor to cardiovascular problems such as stroke.

One hour after drinking Red Bull, your blood system becomes abnormal, as might be expected from a patient with cardiovascular disease.

Red Bull is banned in Norway, Uruguay and Denmark because of health risks.

Source: [Reuters 8/14/2008](#)

Editor's Note: Most claims we read are just slick marketing. Do your own research and be informed on all sides of claims and arguments.

Of all harmful things you can put in your body, soda and energy drinks are among the most damaging. Yet they are marketed as must-haves for fun, high-energy and an invigorating life.



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The online leader in health and
wellness of Mind, Body, Heart & Soul

Siura is the term for the spirit guide in the Dagara culture that helps people stay focused on fulfilling the purpose for which they were born.

Siura Wellness Group has taken on that same mission to help you live as you were meant to — freely, prosperously and peacefully in all areas of your life.

To do that we've assembled dedicated, competent holistic practitioners experienced in Ayurveda, Reiki, Shamanic Healing, Holistic Health Counseling, Lifestyle Coaching, Spiritual Counseling, Holistic Psychotherapy, workplace wellness, and EFET.

We deliver our services through individual sessions, teleseminars, workshops, information guides, and essays/articles. Siura Wellness Group has an established presence in Boston and New York.

Call or email us for a free consultation and together we will assist you in fulfilling your purpose and healing journey.

Top 10 Spices that Defend You Against Aging

This study, published in the current issue of the [Journal of Medicinal Foods](#), found a strong and direct correlation between the phenol content of common herbs and spices and their ability to inhibit glycation and the formation of AGE compounds, making them potent preventers of heart disease and premature aging.

(Advanced Glycation End products - occur when glucose & other sugar molecules cause glycation, a process in which sugar bonds with proteins to form AGEs, thus damaging the proteins).

The top 10 most potent herbs and spices are:

Cloves (ground)

Cinnamon (ground)
Jamaican allspice (ground)
Apple pie spice (mixture)
Oregano (ground)
Pumpkin pie spice (mixture)
Marjoram
Sage
Thyme
Gourmet Italian spice

Herbs and spices are rich in antioxidants, and they are also potent inhibitors of tissue damage and inflammation caused by high levels of blood sugar.

When researchers tested extracts from 24 common herbs and spices,

they found a direct correlation between antioxidant phenol content and the ability of the extracts to block the formation of compounds that contribute to damage caused by diabetes and aging.

Spices such as cloves and cinnamon have phenol levels that are 30 percent and 18 percent of dry weight, respectively, while herbs such as oregano and sage are 8 and 6 percent phenol by dry weight. Blueberries, which are widely touted for their antioxidant capabilities, contain roughly 5 percent phenol by dry weight.

Source:

[Journal of Medicinal Foods June 2008:](#)