

Body, Mind and Heart

A publication that promotes total growth

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Enzymes – The Missing Link

Jackie Reed, DC

Over the past nine months I have been learning about enzymes and the role they play in maintaining health. As we all know there are health benefits that are associated with eating fresh fruits and vegetables. What is it about fruits and vegetables that make them special? If an apple drops from a tree, the impact will break some of the apple cells, release an enzyme called cellulase and the apple literally starts to digest itself, forming a bruised spot. Now this will only happen if the apple hasn't been genetically modified or treated to lower its enzyme count. Every live, raw food that has been allowed to grow naturally has the exact ratio of enzymes within to digest and decompose itself.

Lowering the enzyme levels in fruit, vegetables, meat, and dairy through unnatural processes including taking the food off the vine early will create longer shelf life in the grocery stores. So, if you have wondered why milk can still be safe to drink after 30 days or a piece of fruit looks fine after 2 plus weeks in your refrigerator, then you have witnessed the enzyme-less food dilemma we are all facing. Enzymes are the secret factor in foods that are destroyed through chemical processing, genetic modification, heating and pasteurization. Once you steam, boil, broil, fry, can, or microwave food you have destroyed the natural enzymes. Enzymes play a role in every bodily process – from our muscles contracting to thinking, breathing and fighting infection – without them our bodily functions suffer.

How do you know if you are enzyme deficient? Well, after reading the science behind enzymes from Dr. Howell and Dr. Loomis, I have learned that the following common symptoms are all related to enzyme deficiency: heartburn, bloating, indigestion, fatigue, diarrhea/constipation, gas, headaches, hardening of the arteries, stiff sore joints, insomnia, anxiety, depression and high cholesterol. Sound familiar? If this list doesn't get your attention, perhaps a study by Francis Pottenger, MD might. Dr. Pottenger studied over 900 cats over 10 years in the early 1900s. He wanted to study the effects that cooked food – i.e. no enzymes – would have on cats. Each group got a different ratio of cooked and raw milk and meat. The group with all cooked food showed signs of degenerative disease at a much different rate from the 3 other groups that were getting some raw food with natural enzymes. Dr. Loomis summarized the study as follows:

- * The first generation started to develop degenerative diseases and became quite lazy.

- * The second generation developed degenerative diseases by mid-life and started losing their coordination.

- * The third generation developed degenerative diseases very early in life. Bones became soft and pliable. Some were born blind and weak and had a much shorter life span. Many cats of the third generation couldn't even produce offspring.

- * The fourth generation died out completely.

So, now do you see the impact of enzymes? Are all enzymes created alike? No. There are three kinds of enzymes: food, digestive and metabolic. Food enzymes are contained in all raw food. Digestive enzymes are secreted by the body to digest food. Metabolic enzymes run other biochemical processes. Taking plant-based food enzymes with your food will allow you to digest and absorb your food while reducing your symptoms of enzyme deficiencies. This gives you energy from your food rather than a tired, blah feeling after eating. Bottom line – no matter how good you think you are eating – you cannot get healthy and stay healthy without food enzymes.

If you are interested in a nutritional consultation to learn more about enzymes and what specific blend of plant-based enzymes will help you deal with the stress in your life, call to set up a consultation.

So Much To Learn About Loss

Donna Kitchen, LCSW

So it is a new year. 2008. At the beginning of the year I thought, "This will be a better year". "No deaths", is what I secretly thought and hoped. Jackie's mother, Joann Reed, had died in May of 2007. Around Thanksgiving another dear friend, Karla, lost her Dad, Arnold Sauerwein, who was like a second dad to our Melinda. Then, before Christmas, Melinda's younger sister, Lisa Gassaway, died in a fatal car accident. Around the same time our friend Kellee lost her Mom, Starlyn Voss.

When someone we love dies there is a huge loss. We need time and love to recover from those profound losses. There is a hole in our world when we lose someone we love. Nothing ever fills that hole the way that person did. It is like a giant jigsaw puzzle with a gigantic missing piece. That hole can never be filled by a different piece, by a different person. The loss is permanent. Irrevocable. That hole will never be whole in the same way.

It is difficult for me to admit I don't want to deal with any more deaths. When my neon angel (the one a friend had given me after Carla's death; the one I thought protected the building and me and those I love) crashed to the floor in a million pieces, I breathed involuntarily, "This cannot be a good sign". The angel crashed on the 4th of January. On January 10th we received the sad news that our friend, David Grove, passed away from a massive heart attack on January 8th at the age of 58. Another irrevocable loss.

In my life I have been blessed to be close friends with two remarkable people. Not that we aren't all remarkable. We are. But really, Carla Cunningham and David Grove were each such unique people. Different. Special. Irreplaceable. "But we all are", I want to scream. Then I realize, "yes we all are. But they were so special." I've talked about Carla before in this newsletter, but for those of you who didn't know her, she was our mentor, teacher, and friend for close to 30 years. Carla, Marian and I met David in the mid-1980's when he came to St. Louis to teach his seminar, "Resolving Traumatic Memories". At the time, I knew that my cognitive-behavioral training did nothing for trauma other than help someone cope with the aftermath. But after two 45-minute sessions with David, my own little traumas were totally resolved. And over the last twenty-some years through his techniques, many of my friends and clients have resolved their traumatic memories also.

David was a unique thinker. As he taught, he thought. As new thoughts came to him and as he figured things out, he shared them. He bounced his ideas off of those he taught and helped. I am grateful that I went to half of his seminar in Columbia the last time he was in Missouri. You don't always know the last time you will be with someone. How do you commit to memory every conversation? How do you keep the person who is gone present? There are no truly satisfying answers to these questions.

I like to think that David found Carla and they are flying around out there checking out all the answers they were looking for in life. I like that idea. I don't care if it is corny. I talk to them and feel their answers. But I miss them. I don't like that I won't be able to talk to them again on the planet. I cannot imagine David not being in some other country or state teaching. I still think of Carla as just being in another room in the building.

This wasn't the start I wanted to the New Year. And yet I am eternally grateful for having had the opportunity in this lifetime to know and love Carla and David and I know that is how Jackie and Melinda and Karla and Kellee all feel about their mothers, their father and their sister – about their loved ones. No one will ever replace them. They will live on in our memories, always loved, always cherished, forever missed.

*****[If you are interested in reading more about David Grove you can go to the website davidjgrove.com.] *****

This edition of Body, Mind and Heart is dedicated to the memory of our loved ones:

Joann Reed 12/20/25 – 5/18/07

Arnie Sauerwein 3/9/24 – 11/12/07

Starlyn Voss 11/9/36 – 11/13/07

Lisa Gassaway 9/1/58 – 12/4/07

David J. Grove 1/1/50 – 1/8/08

And Always Carla Cunningham 8/26/38 – 3/6/00

[You may have noticed the lack of newsletters in 2007. The following article was written in April for publication and then our series of losses hit and no one here could motivate to write. We are sorry for the delay, but happy to be back in touch.]

THE MIRACLE TORNADO – Donna Kitchen, LCSW

On an ordinary Saturday evening Jackie and I set out to meet friends for dinner and a movie. We dressed right for the nasty weather: jeans, good sturdy shoes, our ‘macs’ - those L. L. Bean raincoats with the Velcro wrist bands which we had tightened before we left because it was pouring and we wanted to stay dry! As we headed onto the highway, I didn’t really think about the danger of the storm. I love storms. I didn’t give it a second thought.

Thinking back I want to cry at the innocence of those moments. The safety. As we headed toward the city, the rain came down harder. Traffic had slowed to 40 MPH; visibility was poor. As we approached Jefferson Avenue we saw a black menacing wind-blown tunnel of rain like the breath of a dragon across the highway. “Uh Oh! This could be trouble.” Immediately we could not see the front of the car, let alone the car in front of us. I, who have never pulled off the road in a storm, false pride I suppose, said, “I’m pulling over.” Jackie agreed. The shoulder was narrow. Would the cars behind us be able to see us? Would we be hit? I put on the flashers hopefully. It was black as night. We were uneasy. A shadow. An instant later: KABLAM!!! “What was that? Oh my God. What was that? Are you okay? Are you okay?” A 40-foot Cardinals billboard slammed onto the highway next to us, covering all four lanes. Could that have hit us? Yes, it had. We were covered in glass from the shattered window on Jackie’s passenger side and the shattered windshield. The torrential rain was pouring into the car. Our teeth were chattering. Somehow Jackie got in the backseat, and then I did too. Jackie figured out how to dial 911 and then she called our friends to say we weren’t coming to dinner.

A young woman and man from a car behind us had ventured out into the terrible storm: “Are you ok?” They had prepared themselves for the worst, it was clear from their faces. “Come into our car. You can’t stay here. Part of the billboard is still up there and could come down on your car at any minute.” So we did. Getting glass all over their car. Teeth chattering. Shock. A terrible headache – “My head, my head.” Jackie trying to hold my stress release points in order to help. I thought my head was going to explode.

The ambulance came. Candy and Bernie, the EMT’s, wondering aloud how we were able to walk away from the hit we took. We are alive; we are alive! We would tell the tale over and over. Over the next week what was called at first a “strong storm” was acknowledged by the National Weather Bureau as a “weak” tornado – a “0” on the F scale – 70 MPH winds.

But it is hard to express the sort of shame one feels at being the one car of all those cars to be struck – to be singled out. Both Jackie and I have struggled with our culpability – our Karma. What is the message? My conclusion was that we were protected by angels.

I hold onto my image of the brilliant rainbow arching over St. Louis as I made my way slowly toward the ambulance. A message of hope – a message of light and renewal as the darkness clears. We walked away with a few bruises and a few scratches. We were blessed.

Left Bank Books – St. Louis’s Only Full-Service Independent Book Store

Since this is our newsletter, I realized recently, I get to unabashedly put in a plug for one of my favorite places in St. Louis. With all the big chain stores we have, I love the whole idea of our own unique Left Bank Books. Located at the corner of Euclid and McPherson in the West End, it is surrounded by great shops and restaurants. I love the people who run it and the personalized service one can always receive by phone, internet, or in person.

Years ago we had a fabulous Donna Eden book-signing through Left Bank. We filled to overflowing the First Unitarian Church on Waterman. A fabulous event! Their book-signings are fabulous and they have other great fun events. Did you know that you too can become a Friend of Left Bank? Join their “Friends of Left Bank Literary Society”, launched in 1996, and for as little as \$35 you receive a gift certificate and access to twice yearly sales with great discounts. If you live in the St. Louis or St. Charles Counties you can phone in orders or order by internet and your books can be shipped to you.

I hope you are inspired to go to Left Bank Book’s website and explore all the great possibilities there.

www.LEFT-BANK.COM

Upcoming Events and Updates

Dr. Jackie's Classes:

Energy Medicine Study Groups*

2nd Mondays, from 7–9 p.m.

Cost is \$15. February 11th, March 10th, April 14th

Alkaline Way of Life Support Group (AWOL)*

Nutritional information and a healthy food tasting item at each session.

Class meets from 7 – 8 p.m.

First Wednesdays; Cost is \$10

Advanced registration is required for the above classes.

Meramec Counseling, LLC's Beginning SNAP Classes:

SNAP is an acronym for **S**elf-**N**urturing, **A**nger and **P**roblem-Solving. Improve and enhance your relationships by learning these fundamental communication concepts and skills. We teach the basics of all we have learned in the last 30 years. The classes are fun, informative and supportive. Classes meet for 10 – 15 weeks. Cost is \$400 payable in installments. Call today to sign up.

Maplewood's Women Making History

The City of Maplewood, National City and Saint Louis Closet Co. are sponsoring the second annual "Women Making History" event honoring and recognizing our local women business owners during Women's History Month. The evening will be held at Saint Louis Closet Co. in Maplewood on Thursday, March 6th from 5:30pm – 8:00pm. Sauce Magazine Co-Founders Catherine Neville and Allyson Mace will be the featured speakers. There will be tables for each participating business owner and some of the cool Maplewood shops will be selling. It will truly be a taste of Maplewood. Arrive early to mingle with some of the business women featured. Take time to meet people and network too.

Meramec Counseling, LLC and Blueprint For Health, LLC will share a table and we would love to see anyone from our mailing list who decides to attend. Refreshment is provided for anyone attending the event. Our dear friend, Linda Pilcher, will be hosting a table for her Something Elegant Catering. Maplewood's Minion's Café will provide the main event refreshments. Wine will be from Saint Louis Cellars.

Please RSVP by Tuesday, March 4th to Rachelle L'Ecuyer, Director of Community Development at (314) 646-3607 or r-lecuyer@cityofmaplewood.com.

HIPPA Privacy Forms/Personal Information Forms

Blueprint for Health, LLC and Meramec Counseling, LLC are providing privacy forms. If you haven't received one from your practitioner please get one and fill it in. Also if you have new personal information, inform us so that we can serve you better.

**Body Mind & Heart is a joint venture of
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