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CHRISTMAS GREETINGS 2015

 Well this has certainly been the year of major changes, not just me, but for many of my friends and clients. The website is currently down, but we are working on our new one, which I hope to have completed soon. I’ll let you know when it is done.

This has been a very stressful year with the business. I am sorry that some of you had to wait so long to get product. The Lab that makes them for me, really didn’t want to make them anymore since I am such a small company with small orders in comparison with the large store chains they supply, but thankfully they have reconsidered and are now making all my products again. Even though they have raised the manufacturing cost to me, I have not passed that increase on to you. It is a little harder to keep going, but I want to keep providing product that you can afford to buy. I know times are hard for all of us, but I want to do all I can to help. It feels good to have the shelves full and be able to send out orders within a day. I want to express my deepest gratitude to all of you who hung in there and waited so patiently for your product. Without you, I wouldn’t still be here, supplying nutrients that are greatly needed by many people. I am passing on their gratitude too as they so often express it to me. Thank you.

I’ve been thinking a lot lately about the epidemic of obesity in this country and wondering why it is happening. I’ve been spending a lot of time reading labels to see what’s going into our foods, especially the so called “food replacement” items like Boost, Ensure, etc. I could not believe what I was reading as most of them are loaded with sugar! And they call them healthy for seniors who are not getting proper or enough nutrition as it is? In one bottle of Ensure I read the following ingredients which are listed on the labels in the order of their content, starting with the highest amount in the product being number one on the list, water, the second highest ingredient is sugar, the third highest ingredient is High Fructose Corn Syrup, another form of sugar. As I read on there were traces of synthetic vitamins, not made from whole food sources. How in the world can they call that a food replacement item when there is basically very little the body can use from it? What about a diabetic drinking it? Do you really think this is going to help anyone? Now they are telling us to feed it to children in Pediasure? The ads tell us to feed our children a nutritious breakfast so they can be more attentive students and then they tell you to feed them yummy pop tarts, loaded with sugar and carbohydrates. What is so nutritious about that? Is it any wonder our children are having difficulty learning and can’t sit still when we send them off to school loaded with sugar and carbohydrates? On top of that, they take peanut butter (also laced with sugar - read the ingredients) and more sugar in the Peanut and jelly sandwich in their lunch. Peanut butter is a good source of protein, but really, do we have to lace it with sugar? This is establishing such bad habits for kids as they grow into teenagers and adulthood. I only found one brand on the market shelf called Adams that did not have sugar in it. The ones made in the health food stores are generally clear of sugar, made only with grinding peanuts and no additives. As I searched through label after label on the various kinds of foods, I found that sugar is added to almost everything you buy in the way of prepared foods and drinks along with high doses of salt. I couldn’t even find a bag of croutons for stuffing my turkey at Thanksgiving that didn’t have sugar added to it.

If you want to stay healthy and fight obesity learn to read labels and find out what you are putting in your bodies. You will be surprised, but you can improve your life by being more careful of what you eat. As the saying goes, “You are what you eat.”

I recently came across some interesting articles for migraine sufferers. There is scientific evidence that consuming a cold drink quickly or eating ice cream, constricts the blood vessels in the roof of the mouth, causing “brain freeze.” This is often very effective in stopping migraines, especially when consumed at the start of the headache. One person who suffered almost daily from migraines found that this method stopped her headaches 99% of the time. Here is an interesting recipe she uses. Put a tray of ice cubes made from coffee into the blender and cover them with refrigerated coffee and 3 ounces of coffee creamer. Blend for two minutes and drink it quickly. I know that Annmarie who lives here and suffers almost daily with migraines, often uses Coffee to ward off a headache. May be worth a try.

Having problems sleeping? Try a couple of our Calmers before bed. They seem to shut off the mental wanderings that keep us awake and are not addictive like sleeping pills. You may also try lavender-scented baby lotion and a drop of lavender essential oil on the forearms before bed. Lavender has a reputation as a sedative or calming effect. Research showed an improvement in sleep quality among people exposed to the odor of lavender oil, even cardiac patients in Coronary ICU who inhaled lavender oil fumes slept better and were less anxious than those who did not use the oils. Rubbing lavender oil on acupuncture points over painful areas seems to ease the pain which improve sleep too.

I have always wondered which kind of salt is the best, table or sea salt. I found out that table salt and highly processed sea salt can be made with as much as 18 food additives such as glucose and other anti-caking agents. I was shocked when I found that some salts also have sugar added to make it more desirable. You have to read the labels to notice it. When making salt, the ingredients are treated to high heat, high pressure, bleaching, additives and oxidation. Authentic sea salt has no additives since it is made by simply evaporating seawater and contains good quality trace minerals such as zinc, iron and selenium in the same ratio to sodium chloride found in our blood. These trace minerals are regulators, helping with bodily functions and a healthy balance of electrolytes. Sea Salts also provide tiny amounts of macro-minerals such as calcium, magnesium and potassium which are destroyed in the processed table salt and processed sea salt. Both kinds of salt, natural sea salt and processed salt contain sodium chloride which needs other elements to help it assimilate into the body properly: authentic sea salts provides these elements which are mentioned above.

How much salt should we eat per day and why? The proper maximum amount is 2,300 milligrams per day which is about a teaspoon full. The average person, including children, eats far more than they need because of the high amounts in processed foods. Salt in essential amounts is necessary to increase hydration by allowing water into cells. Salt helps the intestines absorb nutrients, prevents muscle cramping, and keeps joints limber. In addition, salt controls blood pressure, stabilizes the heart beat, and increases communication between nerve cells and the brain, supporting the proper breakdown of complex carbohydrates and proteins into usable food. In 2013 the Institute of Medicine reviewed 34 studies that tracked 28,880 heart and diabetic patients and found that there is no data-none- showing that curtailing sodium intake below 2,300 mg provides better health outcomes. They also found that the individuals who consumed less than 2,000 milligrams of sodium a day were 37 percent more likely to die of heart disease than those who consumed too much. If you want to limit your salt or sodium intake, limit your processed foods. More than 75 percent of the sodium Americans consume comes from processed foods. Read your labels. This information came from an article I found in our local paper which came from the Washington Post. It is quoted from reliable medical sources.

Ever wondered if that nice cold slice of watermelon on a hot day has any other benefit than to be refreshing? Well, I have good news, it does. It, along with those beets you usually reject at the buffet, are considered the “miracle recovery fruit and vegetable” because they increase levels of artery-relaxing nitric oxide which increases blood flow and helps lower blood pressure. Why do we need this molecule? Here is a list of how beneficial it is; it helps memory and behavior by transmitting information between nerve cells in the brain; it assists the immune system at fighting off bacteria and defending against tumors; it regulates blood pressure by dilating arteries; and, it reduces inflammation and soreness after workouts, and improves sleep quality. reduces soreness after workouts and much more.

Watermelon and beets top the list of most produce that contain some nitrates, but some are more potent than others and should be a part of our diet every day. It is best to not consume iceberg lettuce as it contains a sedative that inhibits digestion. If given to pet birds, it can even lead to death. All other lettuces are beneficial to humans and animals. The nitrates found in the foods are necessary for our health whereas the nitrites found as preservatives in lunch meats, such as hot dogs, bacon etc. are different and are known to be linked to cancer risks. Again, processed foods are detrimental to your health and best avoided where possible.

I want to extend my apology to those of you who have been so kind over the past year, but did not receive a thank you note for your care and generosity or had to call to remind me of something you needed, but didn’t get. I have been very ill and have not been functioning up to par as I just didn’t have the energy or mental thinking capacity to be fully functioning. Due to all the chronic stress and loses I have been through over the past 4 years, I have totally blown my adrenal glands that regulate almost all the other organ functions in my body. I am presently being treated for Addison’s disease or at least borderline Addison’s, which is a loss of the adrenals. One of our products that I had been neglecting to take and is the most effective for adrenal fatigue, is the Immune formula that contains adrenal support and should be used by anyone who is going through stress. As everyone knows, stress is a killer resulting in extreme fatigue and mental fog, the major symptoms of Addison’s. My naturopathic doctor also has me on adrenal support and if I get tired, I just stop and take a nap because if I push through, it just gets worse. I am gradually getting better, but when one gets as depleted as I was, it can take a year or two to fully recover. I appreciate your patience and persistence through this season of my life. If you need something that you requested and didn’t get, please call and I will get it right out to you.

Well, that is it for this time. I wish I had the artsy ability to make this look more Christmassy, but suffice it to know that I wish all of you a very Merry Christmas and a blessed New Year.

Beatrice Lydecker-Hayford