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**JOHANNA’S NEWSLETTER No. 34**

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**ABSOLUTELY ESSENTIAL NUTRIENTS**

I have been trying for several years to whittle down my list of vitamin/mineral supplements to a manageable portion and have done a pretty good job now.  I have gone back to taking Ola Loa vitamin packets daily as you just put the powder in water and drink it down and the formula is highly absorbable.   I hear all the time, "but I don't like to take pills".  Well I don't either, but I plan on living a long time and I want to be as healthy as I can and we just can't get enough essential nutrients from our meals anymore.   So I have tried to find as many drinkable supplements as possible.    
So we need to take these once a day:  
CoQ10, DHEA (25mg for women, 50mg for men), ginko biloba 120 mg (all from LifeExtension), vitamin D3 5000 U in gel caps or liquid sub-lingual, and Krill oil gel caps (Big Red).  
And these in divided doses:  
2-5000 mg vitamin C powder, 2-5 tsp. MAM powder (I like the powders because I can mix them in with the Ola Lao or plain water) , and 1500 mg turmeric (root/extract) from www.abigon.com .    
I found a great dermal magnesium infusion spray that has stopped calf cramps dead from www.activationproducts.com.    
I also take Eye Pressure Support from Life Extension because of my eye issues and green drink and coral calcium (ca oh.org) to keep body pH in an alkaline state.  For sleep I use a sub-lingual melatonin spray Native Rest from www.primalforce.net  and Lumivella from www.northstarvitamins.com. (This is advertised as a skin care product, but when I hear the part about the sleeping aid I decided to try it.  I love it!  Sleeping better than I have in years.  As for my skin.......well, I haven't heard any astonishing comments from friends or family.)  
I get most of my supplements on Amazon or have given the website, but they are available in all health food stores.   
The bottom line is that we are going to live longer than our parents so we'd better be as healthy as possible.  You can get all the meds from your doctor that you want, but they won't make you healthy.  Eat a low glycemic diet, have an alcoholic beverage daily (unless you're already in AA), drink a cup or two of coffee in the morning, drink 2 quarts of water, fresh juice, or tea daily and get 8 hours of sleep nightly.    
  
Oh, and I nearly forgot, MEDITATE, MEDITATE, MEDITATE!

A keen sense of humor helps us to overlook the unbecoming, understand the unconventional, tolerate the unpleasant, overcome the unexpected and outlast the unbearable.—Billy Graham, Hope for the Troubled Heart  
  
**FOR THOSE OF YOU WHO STILL GET A FLU SHOT EVERY YEAR....**<http://www.bewellbuzz.com/general/10-reasons-flu-shots-dangerous-flu/> And do watch the videos for a laugh.    
  
There are so many ways to stay healthy during flu season other than getting a flu shot.  The supplements listed above would be a good place to start.  Then there's zinc, homeopathic remedies, Master Mineral Solution daily, apple cider vinegar cocktails daily, and the list goes on.   Just pick one to use during Fall and Winter--in fact use them all year long to avoid colds and other illnesses.  Wouldn't prevention be a better alternative than risking the side effects of the vaccine?  I certainly believe so!  
  
**ARE YOU STILL EATING MARGARINE!?!**    
  
Margarine was invented as a cheap alternative to butter in France using margaric acid.  Some say it's one molecule away from being plastic and shares 27 ingredients with paint.  But wait, there's more...Margarine is: very high in trans fatty acids, triples risk of coronary heart disease, increases total cholesterol and LDL (this is the bad cholesterol) and lowers HDL cholesterol, (the good cholesterol), increases the risk of cancers up to five times, lowers quality of breast milk, decreases immune response, and decreases insulin response.  There are new products on the shelf that are safer and healthier now.  Read the ingredients.  If you can't pronounce most of them and the list covers the whole container, maybe it's not so good for you.  Your body  stores anything hydrogenated because of the extra hydrogen molecule, but does know how to process butter.  I have started mixing my organic butter half/half with coconut oil.  It taste delicious and is much healthier. So, please pass the coco/butter!

**VEGGIE RECIPE**  
  
Veggie Chili  
4 cups of cooked beans, pinto, kidney, garbanzo or combination     1 large onion chopped             1 large bell pepper chopped          1 chipotle chili chopped finely 2 cups fire roasted diced tomatoes       
2 shredded zucchini squash   1 tsp chopped garlic                1 cup canned green chilis     chili powder to taste  salt to taste  
  
In a little olive oil, sauté onion, pepper, squash and garlic until soft.  Add in the rest of the ingredients and simmer at least 30 minutes.  Serve with grated cheese and a dollop of sour cream on top.  (I use about 1/4 cup chili powder because we like it spicy.) Note:  When you cook dried beans, put a dropper   
  
**A LITTLE YOGA**  
  
Chair Posture  
Stand with your feet hip width apart--about 4 inches--big toes pointed straight ahead.  As you inhale, bring your arms up parallel to the floor in front of you, palms down.  On your exhale, begin to lower down, bending your knees and sticking your bum out behind you without arching your lower back.  Shift your weight into your heels and lower down as far as you can making sure your knees stay over the arch of your foot.  Relax your shoulders down and lengthen your arms through your fingertips.  Hold for 5-7 slow even breaths.  To intensify the posture, keep your knees in the same position and lower your bum down a little further.  When you've had enough, slowly straighten your legs and lower your arms back to your sides.  Repeat.  If you're not sure about your balance, place your hands on a counter top or chair back.  Always make sure your knees stay behind your toes, your shoulders are down and your spine is fairly straight.  Just doing this simple asana every day will strengthen your legs and improve your stability and balance.

**PS. Newsletters and Index are stored at:** <http://tinyurl.com/29c9fj2>**. If there’s a subject you would like discussed or you have questions about something I’ve said, email me at** [**jw\_alley@msn.com**](mailto:jw_alley@msn.com)**.**

**My disclaimer: I try to only recommend products or remedies that I have tried myself or someone I know has tried. I also recommend remedies from the newsletters I trust even though I may not have tried them as I wouldn’t be trying something to treat a dis-ease I don’t have. But ultimately you are in charge of making decisions for your body. I am sharing my experiences and suggesting ways that you can be healthier, not prescribing anything for anybody. I strongly suggest that you investigate these remedies yourself before taking anything and/or talk with your health care practioner.**