

ASHBY ADVISOR

Fifth edition
February 2006

1) The Mental Health Foundation says scientific studies have clearly linked attention deficit disorder, depression, Alzheimer's disease and schizophrenia to junk food and the absence of essential fats, vitamins and minerals in industrialized diets.

Food can have an immediate and lasting effect on mental health and behavior because of the way it affects the structure and function of the brain.”

According to Caroline Stokes, the research nutritionist, the mental health patients she saw generally had the poorest diets she had ever come across. “

The therapy includes omeg-3 fatty acids and multivitamins, with advice on cutting out junk food and replacing it with oily fish, leafy vegetables for folic acid, Brazil nuts for selenium and food providing tryptophan.

2) Heart Disease is the leading killer of women. Cardiovascular disease now claims more women's lives than the next seven causes of death combined. Since 1984, more women have died from cardiovascular disease each year than men. New data indicates that women are typically not diagnosed or treated as aggressively as men.

3) Persistent/intermittent stiffness or pain in the area of the knee or the joint itself could be caused by a number of imbalances or dysfunction patterns away from the knee. Examples include foot imbalances (uneven arches), weakness in leg muscles, hip rotation, weakness in the hips, sacroiliac joints or lower back. Pain is the symptom, not the problem.

QUOTE OF THE ADVISOR....”Learn from the mistakes of others – you won't live long enough to make them all yourself.”