



INTEGRATIVE LIFE SOLUTIONS

June 2014 Newsletter

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What's New at Integrative Life Solutions



Father's Day Special

Give Dad a gift certificate and get a bonus gift of equal value! [When you purchase a \\$45 or more gift certificate for Dad, we will gift him a free HeartQuest scan \(a \\$45 value!\).](#) HeartQuest is a heart rate variability scan that will help Dad stay in great shape by revealing his current state of health and what he can do to make it even better. Information is knowledge! Plus, there is no better gift than the gift of good health.

Summer Specials: 15% Off Select Products and All Nail Polish



Celebrate the beginning of summer with great specials. All brands of our natural and non-toxic [sunscreens and bug repellants](#) are **15% off**. Plus, all of our non-toxic [Zoya and Scotch Naturals nail polishes](#) are a great buy at **15% off**, too. You won't want to miss this sale, which ends June 30, 2014.

Ladies Night Out! It's FREE!



Mark your calendar for **Friday, June 13, from 6 pm – 9 pm**. Drop by Integrative Life Solutions Spa and Wellness Center for our ladies night out and play, play, play!*

Catch up with friends while you enjoy free wine and light refreshments. Try our new line of non-toxic mineral-based make-up for free. We'll have a makeover expert here to help you find just the right look.

While you're here, get a free chair massage and a free nail buff. (Add polish after your nail buff for only \$5.) Plus, you can choose from among three recipes for essential oil blends to make to enhance your well-being. (There is a modest charge for the oil blend.)

Drop by between 6 pm – 9 pm, Friday, June 13, and have some fun with the staff of Integrative Life Solutions.

*Free services will be offered to as many of our guests as possible depending on attendance. We cannot guarantee a service.

New Medical Service at ILS



Dr. James S. Campbell

We are delighted to announce that James Steward Campbell, MD, who has been the director of ILS Thermography Services for four years, is opening a general medical practice here at ILS beginning July 8, 2014.

Dr. Campbell brings the personal touch to medicine and healthcare. He developed the "MEDesign[®]" program, where he designs and implements the best treatment plans based upon your individualized needs and personality. You can be sure your healthcare experience will be uniquely warm and personalized.

Patients of any age are welcome, although Dr. Campbell will not be doing obstetrics. Second opinions will be a specialty, and Dr. Campbell will be able to diagnose and treat 95% of medical problems. He will continue to offer diagnostic thermography as part of his practice.

Dr. Campbell has an impressive medical résumé as both an experienced physician and innovative biomedical engineer. He founded clinics in rural areas so residents would receive quality healthcare, practiced medicine in larger cities, and designed cutting-edge medical technology on his own and for established companies. He is also a pioneer in natural health, having studied herbs, medical simples, and acupuncture. He believes the natural route to healing is the ideal, and knows how to integrate that approach with the best of modern medicine.

Dr. Campbell will see patients three days a week (Tuesday, Wednesday Thursday) from 9 am to 5 pm. If you are looking for a physician who has the personal touch and values combining the power of both conventional and natural medicine, then you have found him! To make an appointment with Dr. Campbell, please call the ILS Wellness Clinic at (336) 778-1950.

Carly Huff, CNHP



Integrative Life Solutions staffer Carly Huff recently completed qualifications as a certified aromatherapist. Call Carly for a consultation about how essential oils can help improve your well-being.

Carly also has degrees in Exercise Sports Science and Psychology from UNC-Chapel Hill. In addition, she is a Certified Natural Health Professional (CNHP) and is trained in heart rate variability (HeartQuest) assessment, Theragem fusion light therapy, and miHealth bioresonance therapy. To learn more about essential oils, aromatherapy and natural health or to make an appointment, call Carly at (336) 778-1950.



Did You Know? Is Your Cooking Oil Damaging Your Lungs?

A large, new study by Northwestern Medicine has raised troubling questions about how canola, soybean and corn oil may be affecting people's lungs. These types of oils, touted as "healthy" oils for your heart, may be causing real damage to your lungs. They contain large amounts of a form of vitamin E called gamma-tocopherol, which recently has been shown to contribute to lung inflammation and reduced lung function. In the U.S., the rate of asthma has climbed during the last 40 years, a trend that coincides with the growing popularity of the use of soybean, canola and corn oils.



Joan Cook-Mills, an associate professor of medicine in allergy/immunology at Northwestern University Feinberg School of Medicine, explained, "Considering the rate of affected people we found in this study, there could be 4.5 million individuals in the U.S. with reduced lung function as a result of their high gamma-tocopherol consumption."

According to her study results, those people who had high levels of gamma-tocopherol in their blood had on average a 10% to 17% reduction in lung function. She said, "A 10 percent reduction in lung function is like an asthmatic condition. People have more trouble breathing. They take in less air, and it's harder to expel."

Cook-Mills also pointed out that in the U.S., the average blood plasma level of gamma-tocopherol is much higher than in countries in Europe and Scandinavia, where the choice of oil tends to be sunflower and olive oil. Not surprisingly, these countries have far lower asthma rates than does the U.S.

Olive oil and sunflower oils contain vitamin E, but it is in a different form, called alpha-tocopherol, which does not harm the lungs. In fact, the use of these oils correlates to improved lung function.

So perhaps it is time to check your pantry for the kinds of oil you are using and switch to olive oil, coconut oil, or sunflower oil. (Note: However, sunflower is higher in Omega-6 than in Omega-3 fatty acids, so olive oil or coconut oil may be the better choices for lung, brain, and heart health.) Also remember to check the package ingredients of baked goods and other foods that contain oils. Choose those that do not contain these suspect oils. This is especially good advice if you already have asthma or some other type of respiratory disease.



Featured Product of the Month: Glō-minerals Cosmetics

In last month's newsletter, we educated you about the dangers lurking in cosmetics and personal care products. They are full of chemicals and toxins that are potentially damaging to your health. So, if you value looking great the *all-natural* way, then you will love our new line of cosmetics, glō-minerals. Free of chemicals and the most toxic ingredients usually found in regular makeup, glō-minerals cosmetics are the perfect choice for the health-conscious woman.



These cosmetics have received both industry and consumer awards year after year. For example, in 2013 *New Beauty* magazine singled out the glō-minerals pressed powder base as the "best sheer mineral foundation" of the year.

Glō-minerals cosmetics are endorsed by dermatologists, plastic surgeons and skincare professionals. They feature pharmaceutical-grade ingredients; triple-milled, high-pigment minerals; and special formulations of antioxidants (vitamins A, C, E and Green Tea extract). Plus, they are talc-free. Most provide broad-spectrum UV sun protection and are designed to help prevent free radical damage to the skin. They also are free of all chemical dyes and perfumes.

You are going to love this line of cosmetics. Call for an appointment to schedule your [free glō-minerals cosmetics make-over or drop by and play with the testers](#). Call 778-1950 today.



Five Strange Facts about Happiness



It is safe to say that most of us, if asked, would admit that we could be happier. "Happy" is a relative term, and its meaning in our lives seems to shift from day to day, if not hour to hour. But as usual, science has weighed in and offered opinions about what makes people happier. Researchers have uncovered some unusual influences on happiness and facts about attaining more of it.

The Happiest and Unhappiest Ages You may be generally happy most of the time, but surveys show that on average people are happiest at age 23 and then again at 69. The danger years—when men and women feel most unhappy—is 37 for women and 42 for men.

Sad Movies Make People Feel Happy When some scientists noticed that most of the Academy Award-winning movies from the past decade were tear-jerkers, they did what scientists are supposed to do—they probed to find out if there was any significance to the trend. Of course, there was—watching sad movies makes people feel happier. The reason is pretty much common sense: we compare ourselves to those woeful characters on the screen and decide, unconsciously at least, that we have it pretty good.

Men Who Do Housework Are Happier Hard to believe, right? But a study of 30,000 men from 34 countries found that the more housework a man did, the happier he felt. Of course, when scientists drilled down for an explanation, one of the main factors they found was guilt! Turns out men who watched their wives or significant others doing most of the housework felt guilty. When the guilt reached a certain pitch, they capitulated to it and



helped out. Doing so alleviated their guilty feelings and so they felt better about themselves afterwards. Traditional “men’s work” such as mowing the lawn also held a hidden gem related to happiness. It seems that cut grass releases chemicals that block the stress receptors in human brains, so you feel better, calmer, and happier after mowing.

Happiness Is Not All in Your Mind It is in your body, too. People who characterize themselves as happy have higher levels of antibodies in their bodies, and so have stronger immune systems. Happy people can have up to 50% more antibodies than unhappy people. In addition, scientists have found that nearly half of our happiness (48%) is inherited—it’s programmed in our genes. We all have a genetically influenced happiness “set point,” and not much changes it over the long term—not winning the lottery or finding Mr. or Ms. Right. We may have temporary highs and lows, but our happiness set-point is pretty stable throughout our lives.



Feature Article

The Color of Hyperactivity: The Hidden Danger of Food Dyes

White cake icing is . . .well. . . white. Pickles are green. Cherry pie filling is red. Common sense, right?

Wrong.

You wouldn’t think Mother Nature would need a helping hand to make these products appetizing. But tell that to the food industry. Pickles are so tantalizingly, mouth-wateringly green because manufacturers have added synthetic blue and yellow dyes to them. Blue dye + yellow dye = a green that even Mother Nature can’t top.



A recent study has for the first time quantified the amount of artificial food colorings in common consumer food products, especially those marketed to children, and their findings are rocking the world of health advocates and parents alike.

They are sounding the warning about how the increasing amount of synthetic food dyes that children ingest is linked to developmental and learning problems, such as ADD and ADHD.

This study from Purdue University, in Indiana, is not the first to study the link between food dyes and children’s health but they are the first to publish the actual quantities of artificial coloring in various common food products, especially processed foods such as cereal and fruit drinks.

Here is a startling—and alarming—fact: The FDA recommended daily limit for a child’s consumption of artificial food coloring is 31 milligrams (mg), but the average child is eating way more, sometimes hundreds of times more. When the Purdue researchers actually calculated how much dye was in common food products and the average American child’s consumption of such foods, they discovered that children are likely to exceed the recommended daily limit from a *single serving*. Researchers believe it is common for children to be ingesting an average of 100 mgs of artificial food coloring a day, and they suspect that many children are ingesting 200 mgs or more.

What are the consequences of ingesting such large doses of food colorings? The number-one problem identified by studies is hyperactivity. Studies in 1994 and 2007 linked the intake of artificial food colorings and hyperactivity, ADHD and other behavioral problems



such as heightened levels of distraction and irritability.

In 2010, the British equivalent of the U.S. FDA issued a warning to parents to avoid giving their children foods containing food dyes. In addition, British food manufacturers were required to add warning labels to their products, and the food industry in general was pressured to replace the synthetic food colorings with natural alternatives. The same clarion call to action has not happened in the U.S. The result is that it is very likely that a cereal bar for sale in the European Union will contain only natural food coloring, while the same cereal bar for sale in the US will still contain a synthetic food coloring.

In fact, use of artificial food colorings has actually increased in the United States. It has risen from an average of 12 mgs per person in 1950 to 62 mgs in 2010. That percentage is no doubt higher today. The problem is that children, with their developing bodies and brains, may be more sensitive to the harmful effects of high doses of food dyes than adults, although studies on adults have indicated problems, too, such as correlations to increased risk for cancer and allergies, among other diseases.



Until the Purdue study, few researchers were aware of children's high intake of these synthetic dyes, and so not many health studies examining the effects of massive doses had been conducted. That's why the Purdue study is nothing short of a reality check, for both scientists and parents.

Lead study author Laura Stevens says, "In the 1970s and 1980s, many studies were conducted giving children 26 mg of a mixture of dyes. Only a few children seemed to react to the dyes, so many doctors concluded that a dye-free diet was pointless. Later studies using larger doses showed that a much larger percentage of children reacted. But some researchers considered those doses unrealistically high. It is now clear that even the larger amounts may not have been high enough. The time is long past due for the FDA to get dyes out of the food supply or for companies to do so voluntarily and promptly."

So which foods are most suspect? The truth is that artificial food coloring is ubiquitous in commercially prepared foods. Although blue, orange and red processed foods are most likely to contain the highest amounts of dye, Stevens was surprised with how widespread the use of these synthetic colorings is in products you would not think contained them. "Finding red dye in cherry pie filling was pretty odd. You would think the cherries would make it red enough." But she also found yellow coloring in lemon pudding, and dyes in marshmallows and white cake icing to make them whiter. As mentioned at the opening of this article, Stevens and her group found that manufacturers commonly add yellow and blue dyes to make pickles more appetizingly green. Salad dressings, peanut butter and cheese crackers, and cheese sauces all contain synthetic colorings. Nesquik's "strawberry" milk drink is not pink because it contains any strawberries (it doesn't) but because it is colored with red artificial food dye. The sad fact is that esthetics trumps nutrition and health when it comes to marketing food to consumers.

The major culprits are processed foods, especially those marketed to children. A sampling of children's cereals showed that most contain the daily limit of food coloring or more in a single serving:

- Cap'n Crunch Oops! All Berries, 41 mg
- Trix 36 mg
- Fruity Cheerios, 31 mg

Almost all candies and sweets are high in synthetic dyes. Candy corn, jelly beans, and frozen slushies are among the worst offenders. A sampling from the study includes:

- Target Mini Green Cupcakes, 55.3
- Skittles, 33.3 mg
- M&Ms 29.5 mg

Drinks were also suspect:

- Kool-Air Cherry Burst, 52.3 mg



- Sunny D Orange Strawberry, 41.5
- Crush Orange, 33.6 mg

You can see how the numbers can add up over the course of a day, pushing children's intake of artificial food colorings well into the hundreds of milligrams.

Food companies are listening, and slowly responding. Recently, Kraft reduced the amount of orange and red colorings or removed all artificial coloring from most, but not all, varieties of its Macaroni & Cheese products. General Mills removed dyes from Trix and Yoplait Go-Gurt yogurts. Frito-Lay removed dyes from Lay's seasoned and kettle-cooked chips, Sun Chips and Tostitos, and Pepperidge Farm removed dyes from Goldfish Colors crackers. But the food industry still has a long way to go.

What's a parent to do? Recognize that most (unnaturally) colored foods contain one of more of Red #40, Yellow #6, Yellow #5, or Blue #1. (Any food coloring that has a number is derived from petroleum!) But there are many synthetic food dyes without numbers. Read labels and ingredient lists for all packaged and processed foods, but remember that artificial food colorings may not be listed. The best advice is to eliminate these kinds of foods from your family's diet.

As you have no doubt been advised many times before, buy organic and local when you can, and always opt for fresh, raw foods over commercially prepared or processed ones. You may not think that is a realistic choice for kids, who love their colorful, trendy foods. But if the tradeoff for maintaining the dietary status quo is a child with severe learning difficulties or behavioral issues, it is well worth the effort of retraining your children's palate.



Stevens has advice for concerned parents who may be skeptical of the link between artificial food coloring and behavioral issues. She asks them to conduct a test: "All they have to do is avoid the foods that are colored for a week or two. Then get the little bottles

of red and green and yellow and blue food dye, put a few drops in a glass of water and ask their child to drink it. Then observe the behavior." When you see the signs of hyperactivity, muscle aches, runny nose, inattentiveness or higher than usual levels of frustration in your child, you, like Stevens and her research group, will become a believer in the link between high intakes of artificial food colorings and childhood behavioral conditions.



Essential Oil Recipes of the Month: Pollen Buster and Energy Booster Inhalers

As you know, we at Integrative Life Solutions are huge fans of the therapeutic effects of pure essential oils, and we have launched our own line of 100% pure, therapeutic-quality essential oils, [Plantessence™](http://www.Plantessence.net). This month, we bring you two inhaler recipes. Inhalers are easy to make, and you can drop them in a pocket or purse and so take them with you while you are on the go or at work. We invite you to visit www.Plantessence.net to learn more about essential oils and to drop by our store to pick up essential oils and aromatherapy accessories, such as mixing bottles and inhalers.

Most inhalers take about 24 to 30 drops total of essential oils, have a cotton insert to absorb the oils, and a tube seal to ensure the oils don't leak



out. To make an inhaler, follow these directions

- Decide which recipe you are going to make and gather the necessary oils.
- Blend the oils in a small glass jar or cup.
- Drop the inhaler cotton insert into the mixing cup to soak up the blended oils.
- Place the loaded cotton insert into the empty inhaler tube and seal it.
- Uncap the inhaler, take a gentle but deep breath, and enjoy!

Rise and Shine Energy Booster Blend



Don't let the simplicity of this oil blend fool you. It is a powerful "pick me up" for use first thing in the morning or whenever you need a burst of energy and concentration throughout the day. We suspect that once you try this blend, it will become as common to take a whiff or two of it in the morning as it is to sip that cup of coffee!

- 10 drops *Citrus sinensis* (Orange)
- 12 drops *Citrus paradisa* (Grapefruit)

Pollen Buster Blend



This oil blend will help alleviate the symptoms of seasonal allergies.

- 10 drops *Lavandula angustifolia* (Lavender)
- 8 drops *Citrus limon* (Lemon)
- 8 drops *Eucalyptus radiata* (Eucalyptus)
- 2 drops *Chamaemelum nobile* (Roman Chamomile)
- 8 drops *Rosmarinus officinalis* (Rosemary)*

*Safety Notes: Rosemary essential oil should not be used by anyone with extremely high blood pressure or by pregnant women. Always check the contraindications of the oils before using them. Some oils should not be used by people with certain medical conditions and by women who are pregnant or lactating. Never ingest essential oils or use them on the skin undiluted. Do not use essential oils on infants or young children. Use only highly diluted oils with children age 8 to 12. If in doubt, consult a qualified aromatherapist.



Events and Classes



For more information about classes and events, click on the [Events](#) button on the Home Page.

Ladies Night Out **Friday, June 13, 2014, from 6 pm – 9 pm** **FREE**

Beauty, health, wine, snacks, laughter—bring your girlfriends and play at ILS!

Catch up over free wine and light refreshments. Then play with our new line of glō-minerals all-natural, non-toxic cosmetics. Try lipstick, eye shadow, blush and more, finding just the right look with the help of a makeover expert. Also, check out our other all-natural and toxin-free personal care and beauty products.

When your make-up is done, get a free nail buff—and add polish for only \$5! Enjoy a free chair massage and then create your own luscious blend of essential oils using recipes we have devised to enhance your well-being. (There is a modest charge for the essential oil blend.)

Mark your calendar, as you won't want to miss this evening of health and beauty!

*Free services will be offered to as many of our guests as possible depending on attendance. We cannot guarantee a service.



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For inquiries about this newsletter, ideas for future stories, feedback or questions, please contact the editor, Joan Parisi Wilcox, at Info@IntegrativeLifeSolutions.com.