



# LIVE EARTH NEWS

*Your Guide to Living Naturally*

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*Historically, in many cultures, the aged became the respected sages readily handing down their wisdom to the next generations. Unfortunately for all concerned, many of us live in a time where the aged are often treated as burdens as ever increasing numbers suffer from the onset of degenerative diseases. Some of us can feel the clock ticking closer to that time all too soon. But there is a way to slow it down, or even turn back the hands of time.*

## Turn Back the Clock with FOOD

Anti-aging is possible.

The body is designed to heal and repair itself with the aid of proper nutrition. The body is made up of cells and all cells are living. All living things need living food. Each cell needs the proper food to keep it strong. Cells die and replace themselves at various intervals. When this happens, a cell may replace itself with a weaker cell each time. A cell will do this if it hasn't had the right nutritional foods available to it. This process is called **degeneration**. A cell can replace itself with the same strength cell. This means the body doesn't improve. This maintains a **chronic condition**. The cell is capable of replacing itself with a stronger and better cell. This can only happen if the cell has an abundance of energy and the right raw materials. This process is called **regeneration**, or what some call anti-aging.

Sadly, much of the food we think is good for us may actually be contributing to the degeneration of our health. Because of standard farming practices, most of the food we eat is highly deficient in the vitamins and minerals we need to begin the regeneration process. Therefore, a startling number of us are malnourished, something that can be easily observed by the high rate of degenerative diseases among all age categories. When this is the case, our bodies need more than simply turning to a healthier diet. We must correct the deficiencies and this can only be done by eating broad spectrum, nutrient dense foods.

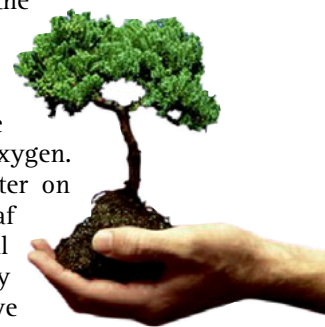
That's why Sunrider's whole food concentrates are vitally important to regaining health and working towards true regeneration. To accomplish this, one must nourish, balance and cleanse. If you would like to know how, simply email me for my Six Step Total Regeneration Program. You'll be glad you did.



### EARTH MATTERS

## Give the Gift of a Tree

Trees give us so much. They provide shade on a hot summer day, a ripe apple or peach when we're hungry and wood to keep us warm by the fire and the lumber we need to build our nice cozy homes. But trees do so much more than simply fulfilling our needs. They are necessary for the survival of the planet. They provide homes for wildlife, clean the air of pollution and provide oxygen. The rainforests alone provide nearly 40% of the Earth's oxygen. Trees also create organic matter on the soil surface from their leaf litter. Their roots keep the soil from becoming hard and solidly packed, which helps to conserve rain water and reduce the amounts of chemicals that would run into streams, as well as reduce wind and soil erosion. In fact, without trees, cities would need to increase sewage and storm water drainage channels and waste treatment capacities to handle increased water runoff.



If you're looking for a meaningful and lasting gift for someone special, have a tree planted for them close to where they live. It can do a heart good, knowing that their tree is adding to the natural resources of Earth while bringing life and beauty to the world.

You can read more information on this subject online at:

<http://www.treegivers.com>



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*Like the inner workings of a car drained of its critical oil, Patrick and Debbie Buebela's bodies were painfully slowing down before their time. Doing what they thought was right, and careful with their lifestyle choices, the early degeneration of their 50-something bodies was one of mysterious betrayal. Why were they aging before their time? Thankfully the vicious downward cycle had a happy ending.*

## Whole Food = Whole Life



Debbie & Pat  
Buebela  
Texas, USA

Pat and I were becoming two of the millions of people suffering because our bodies had degenerated beyond repair. We wondered how we were going to take care of ourselves or worse yet, how our children were going to take care of us. Like so many people, we had fallen into the trap of eating dead, lifeless food. We were not eaters of junk food; we ate home cooked food just like our grandparents did. We were eating the best foods that we could possibly buy. We were trapped in a vicious cycle with no way out.

We both suffered from allergies (mine from childhood), sinus, back pain (constant), leg pain, sore feet, excess weight, numb fingers, headaches, poor circulation, constipation and poor muscle tone. Pat had tightness in his chest. He could barely breathe and he always had a headache. We blamed our ill health on everything around us, instead of pointing a finger toward ourselves. Who would have thought that the food we were eating was causing all of our problems. Ill health does not just drop from the sky onto your head. We were causing our own misery.

Our quest brought us to Sunrider whole foods. From that moment onward, everything changed. We were given a new lease on life. Every day we give thanks for the Sunrider foods. Transitioning to whole foods did not happen over night. We began our journey slowly. We began to understand what food is and what food does. Food keeps up healthy and builds our bodies. It's a simple concept.

We no longer suffer. Allergies I had since childhood are gone. Pat was going to have to give up his woodworking because of the lack of energy, leg and back pain. Never in our lives have we had smooth, pretty skin. We have it now, and people comment on it all the time. We also receive many compliments on how happy we are. Our attitudes are terrific and we are truly content. Now our favorite saying is "LIFE IS GOOD!!!" Today, we wake up in the morning and are glad to be on the face of this earth. We have thoughts, energy and bodies of young and carefree people. It is exciting! We haven't missed the pinnacle of our life, it is yet to come. Pat and I discuss the fact that we feel like we could live another 50 years... who knows. We understand that if we eat whole, live foods, our bodies will be able to continue to rebuild and regenerate.

Aging is a not an option. 🍅

*Do you have an interesting story of healing to share with other members of Live Earth Network?  
We would love to hear your story! Please submit your story to the [Editor@MyLiveEarth.net](mailto:Editor@MyLiveEarth.net)*



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*Here's a delicious whole food twist on a traditional holiday favorite! Now you may be wondering: 'How does someone who doesn't eat eggs, make eggnog?' It's simple, use persimmons instead! Trust us, after you take one sip of this one you won't miss the traditional way it's made. Cheers!*

## 'Eggnog' Smoothie

*Now before you can whip up your first batch of this yummy holiday treat, remember to soak 1 cup of almonds for 12 hours (or overnight) with a squirt of Sunrider's Sunsmile® Fruit & Vegetable rinse.*



### WHOLE FOOD LIFESTYLE EGGNOG SMOOTHIE

**INGREDIENTS**

- 1 cup unblanched soaked almonds
- 4 cups filtered water
- 2 ripe bananas
- 1 apple
- 1 large ripe persimmon
- 2 tbsp pure maple syrup
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg

For an BIG boost of extra nutrition add 2 Scoops of NuPlus® Regular from Sunrider®

SERVES  
4 to 6

#### Step 1 ~ Make almond milk:

Soak 1 cup of raw almonds in filtered water with Sunsmile® drops for 12 hours. Drain off the liquid that you've soaked the almonds in and rinse them until the water is clear. Put almonds in a blender and fill 4/5 with filtered water. Blend thoroughly and pour the mixture into a nylon bag placed in the top of your colander. Tightly twist off the top of the bag and use a wooden pummel to squeeze the liquid out into a bowl. Now you have almond milk!

(After you've strained the milk out, you can use the leftover almond pulp to make cookies or other recipes. It will last for 2 to 3 days in the refrigerator)

#### Step 2 ~ Blend all together:

Rinse out your blender and put the almond milk back in along with two ripe bananas, one large cut up persimmon, 1 cut up apple, 2 tablespoons of pure maple syrup, 1/2 teaspoon of cinnamon, 1/2 teaspoon of nutmeg, blend it all together, put in separate glasses, sprinkle a little nutmeg on top of each and serve!

### INGREDIENT NUTRITION FACTS

**Almond Milk:** This high fibre, high protein nut (20% protein) contains a variety of beneficial nutrients that may help to lower bad cholesterol and can help to prevent gallstones, colon cancer and heart disease.

**Bananas:** Bananas are one of the best sources of potassium, an essential mineral for maintaining normal blood pressure and heart function. In addition to these cardio-vascular benefits, the potassium found in bananas may also help to promote bone health. Bananas have long been recognized for their antacid effects that protect against stomach ulcers and ulcer damage. Bananas are a smart move if you suffer from elimination problems. A bout of diarrhea can quickly deplete your body of important electrolytes. Bananas can replenish your stores of potassium, one of the most important electrolytes, which helps regulate heart function as well as fluid balance. Bananas are an exceptionally rich source of fructooligosaccharide, a compound called a prebiotic because it nourishes probiotic (friendly) bacteria in the colon. These beneficial bacteria produce vitamins and digestive enzymes that improve our ability to absorb nutrients, plus compounds that protect us against unfriendly micro-organisms.

**Apples:** Contain both insoluble and soluble fiber. Even without its peel, a medium apple provides 2.7 grams of fiber. A type of pigment in apples called flavonoids have been extensively researched and found to help prevent heart disease.

**Persimmon:** This fruit is a good source of Vitamin A which is required for healthy skin, mucus membranes and for night vision. It has significantly high levels of sodium, potassium and magnesium, iron, calcium.

**Pure Maple Syrup:** Not only sweet, but an excellent source of manganese and zinc, two important allies for a strong immune system.

**Cinnamon:** Cinnamon's healing abilities come from unique components in the essential oils found in its bark. This spice's essential oils qualify it as an "anti-microbial" food and has been studied for its ability to help stop the growth of bacteria as well as fungi, including the commonly problematic yeast Candida. Cinnamon is also anti-inflammatory and helps to normalize blood sugar levels.

**Nutmeg:** This spice has a wide variety of healing properties that can help insomnia, anxiety, indigestion and nausea, increased circulation and lowering cholesterol.

**NuPlus® Regular:** NuPlus is made up of 70% complex carbohydrates, with more than 20% vegetable protein. It nourishes the body's tissues and cells, helping to repair and build lean muscle tissue. This herbal formula has regenerating effects on the liver, pancreas, kidneys, adrenals, nervous system and reproductive system. NuPlus helps to burn fat and reduces cravings because it satisfies hunger. It is easily digested, improves energy and helps to improve focus and concentration.