

## Wellnecessity News...

Wellnecessity...Because Wellness is a Necessity

July 2008

### Greetings!

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### Happy Independence Day!



I love Independence Day! I hope your celebrations allowed for some reflection of the sacrifices of others that have afforded us our independence today. To think that the actions of a small group led to the birth of our great nation and enabled us to live in a country free from the control of our thoughts, words, actions and belief systems. *How lucky are we?*

Today it's hard for many of us to imagine that the actions of a small group can have that dramatic of an effect on something so great. Call me the eternal optimist - but I believe we are once again standing on the threshold of something that significant. I hope you're ready to join the movement. And believe me - it's far simpler than what our forefathers faced!

What is it? It's the ***Health and Wellness Revolution!*** And all **YOU** have to do is take responsibility and action to become healthier. We believe that in the end, a healthier nation will have monumental effects on things like our current healthcare crisis, the environment and the financial issues that occupy today's headlines.

For many, the past months have been filled with uncertainty and worries. I hope with Independence Day fresh in everyone's mind that a glimmer of optimism may prevail. Together we can be part of something great *right now*. So, read on and stay tuned in the coming months. Join us as we become a healthier nation. We'll help you to

### What is Wellnecessity?



We believe that **WELLNESS** is more than just good physical and mental health.

A "well" life is **PURPOSEFUL** and **BALANCED**.

For us, living the life you desire is a **NECESSITY!**

If you are interested in finding out how holistic nutritional counseling and lifestyle coaching can work for you, call or e-mail us. Mention this newsletter and receive a **FREE** coaching session!

[Visit us at: www.wellnecessity.com](http://www.wellnecessity.com)

### Quick Links...

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get started. Remember, it may seem like baby steps, but together we'll go miles!

*Mary Jo*

**Join our mailing list!**

 

## **Health Corner -End Supplement Confusion**

One of the most frequently asked questions by my clients is whether they should be taking vitamin and/or mineral supplements. Unfortunately the answer varies by individual. So, I thought I would share some of my guidelines that I encourage my clients to follow.



### **FOOD FIRST**

Vitamins and minerals, also called micronutrients are necessary for our bodies to function properly. They cannot be produced by the body. Therefore, the only way for us to get the vitamins and minerals we need is from our food or some type of supplement. Unfortunately, some people believe that if they skip meals or their diet is not well balanced they can just take a pill instead. Unfortunately it's not that simple. So, my first rule is to strive to get all the necessary vitamins and minerals from food as a part of a healthy diet.

### **USE WHOLE FOOD SUPPLEMENTS**

Whether your diet is less than ideal, (yes, it can happen to anyone) or quite "balanced," studies have shown that today's fruits and vegetables contain fewer nutrients than they did decades ago. In addition, many other factors such as age, sex, stress level, physiological needs, lifestyle, illness and medications all can impact a person's nutritional needs. For these reasons, many of us benefit by nutritional supplements.

Choosing which supplement is typically the most difficult decision. I recommend that you choose a whole food form not an isolated vitamin or mineral. Don't be enticed by bulk containers of vitamin C, E or B that you typically see at wholesale clubs and grocery stores. In general, these are synthetic forms of isolated vitamins. The best supplements are those that are made from fresh organic whole foods that have been dried, minimally processed and are converted to powder, tablets, and/or capsules. They don't contain synthetic nutrients. They're as close to their natural state with a full spectrum of supporting nutrients. This is the way the body absorbs and utilizes nutrients best. It's as if you are getting your nutrients from food.

### **DETERMINE WHICH VITAMINS/MINERALS YOUR BODY NEEDS**

Of course the toughest question remains: Which vitamins or minerals should I use? Again, the answer varies from

person to person. Each of us is completely different in our biological make-up. For this reason - there is no one set of nutritional requirements that we can all follow to maintain health. Without knowing what it is that your body needs, supplements can actually lead to deficiencies of other nutrients and eventually to a health crisis.

For these reasons, I recommend testing services now available that can determine vitamin and mineral levels in the body as well as the presence of toxic heavy metals. With these services other factors such as nutrient ratios can be measured. These ratios are just as important for optimal health as are individual levels. For example, the ratio of calcium to magnesium is critical for proper metabolic functions. Even with acceptable calcium levels, without adequate magnesium, health conditions can occur. Also, antagonistic relationships between minerals can become a concern. This happens when the over-utilization of a vitamin or mineral reduces the absorption of another. For instance, calcium and iron have this relationship and should be monitored accordingly.

I recommend utilizing laboratory hair analysis as a great first step in determining your nutritional needs. This test can measure the mineral content of the hair and give a good picture of your body's internal environment. Based on your results both a good nutritional program and a specific supplement program can be developed to meet your specific needs. See the new Hair Analysis Package available through Wellnecessity.

### **Food Focus: 100 Mile Diet: A Summer Experiment**



Today in North America our foods on average travel a distance from their source to our plates of 1,500 miles. That's a long way! Given our current gas prices and the environmental effects, this is something we all should

consider.

The 100 Mile Diet was coined in 2005 by James MacKinnon and Alisa Smith, two Canadians who prescribed a one-year eating experiment of only eating food produced no further than 100 miles from their home, including all meat and dairy. Their purpose was to reduce their ecological footprints and support local farming communities.

Now, a new term has evolved for an individual who is primarily eating local foods. They're called *locavores*. Across the country people are engaging in this practice. Eating locally is gaining momentum with the rapid growth of Farmers' Markets and CSAs (Community Supported

Agriculture) and the growing number of health and environmentally conscious individuals.

The Main Reasons to Eat Local Food:

- Better taste
- Fresher produce
- Supports local economy
- Longer chance for food to ripen
- Better for air quality and pollution
- Keeps you in touch with the seasons
- Supports responsible land development

This summer why not consider becoming a *locavore*! Find a nearby farmer's market and support your locale. You'll be glad you did.

### **New Services: Hair Tissue Mineral Analysis**

Take the guess work out of your nutritional program!

In conjunction with Trace Elements, Inc., Wellnecessity is now administering hair analysis tests in our offices. The package includes two 45 minute Nutrition and Lifestyle evaluations and all lab work. You receive a comprehensive report which includes evaluation of nutritional mineral levels, their interrelationships (ratios), heavy metal levels, and individual metabolic analysis. You will leave with explanations and recommendations for dietary changes and supplementation.

Take advantage of our summer package now.  
Total fee \$325.

### **Forward To A Friend**

It's such a pleasure to help those closest to us become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.

email: [mjskurtz@wellnecessity.com](mailto:mjskurtz@wellnecessity.com)  
phone: 732-449-3887  
web: <http://www.wellnecessity.com>

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