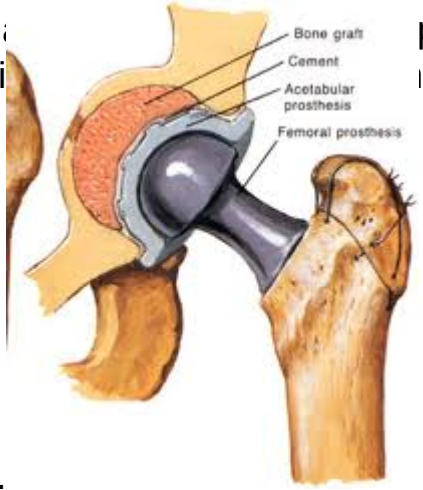
Watch out for the metal detectors!

Description

Gentle Reader,

His long legs and narrow hips will soon carry him back to the gym. He will be back on the machines and lose the ‘love handles’ that have crept on from lack of exercise. The long process of identifying what caused the sci pain radiating down the leg, making his once strong stride impossi s to identify a worn out



hip as the culprit. He has a new one now.

No more arthritis pain from that degenerated joint. His bones were healthy enough at 70+ to give the surgeon something to work with. Other joints–knee, shoulders, ankles–still hold. No advanced osteoarthritis everywhere.

Rehabilitation takes time. His spirit is good. He hates hurting or talking about hurting, so he will use the special chair lifters, the raised toilet seat, and take the procautions he must take to avoid damage to the new joint as the supportive muscles and tissue and tendons readjust to the trauma of surgery.

This world traveler will soon set off the alarms in the airport again. What joy. What thanksgiving.

Here are some tricks to rapid healing that his doctor may not tell him.

1. Lecithin is an oil that helps emulsify, make more liquid, substances that are sticky. After an incision or any wound to the body, our own mechanisms for repair rush to the task of healing. This healing process causes lots of swelling, too many repair cells for the space. To help bring this swelling down quickly, an emulsifier makes the spent repair cells easy to slough off through the normal waste stream. Several lecithin capsules a day, not just one or two.

Caution: not all lecithin is the same. Granuals or huge jars of capsules can go rancid quickly like any oil exposed to the air and light. I prefer a small jar with 180 capsules. There should be no smell of rancidity. A rancid fat causes more damage than you can imagine, so take care what you buy.

2. Alfalfa. This food for horses and cows is King of Vegetables and helps all systems in the body with its nutrients. In this case when the hip joint and surrounding tissue need held, it is there to do the job. Here are a few of Alfalfa's contributions to our body:

- a great aid in digestion, aids in peptic ulcers, great diuretic and bowel regulator,
- effective barrier against bacterial invasion, anti-inflammatory, anti-histamine.
- Natural body deodorizer, helps support the natural ph of the blood .
- High in protein: 18.9% protein as compared to beef 16.5%; milk 3.3% and eggs 13.1%.
- Remember, muscles are composed of protein and the lack of it causes them to break down resulting in fatigue and weakness.
- After surgery, naturally replenishes joints and tissues with its healing properties.

How much Alfalfa? Lots and lots. It is like eating peas. Take a big spoonful and wash the tablets down with your favorite smoothie. Or make a hot tea. Or chew them up.

Caution: Not all Alfalfa is the same. Often genetically modified, the brand I use exclusively is grown by a very picky company's organic farmers in Antalope Valley. The leaves are picked at sun-rise. No stems are included in the tablets. Open the bottle and take a whiff of the farm land where it grew.

If I had to pick only one supplement to take, it would be Alfalfa by Shaklee. Dr. Shaklee felt the same way.

Happy healing to my friend, the best travel leader I have ever known. And Happy Travels.

Fondly,

Betsy

Be Well, Do Well and Keep Moving,

www.GrandmaBetsyBell.com 206-933-1889



Category

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