

Natural Health Resource

Monthly newsletter of



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August 2020

August Supplements

20% OFF

- ✓ Turmeric-T
- ✓ ALA 600T

Tip of the Month

Frozen avocados! Tired of over ripe or rock hard avocados? Buy frozen avocado chunks in the freezer section of the store. Use in smoothies, dips, dressings, toast, ice cream, guacamole, soups, or as pesto sauce.

Avocado Mint Chip Ice Cream



- 2 large ripe avocados, cubed
- ¼ cup honey
- ¼ cup canned coconut milk
- 1-teaspoon mint extract (start with less & add to desired taste)
- Pinch of sea salt
- Dark chocolate, chopped, to taste (or Enjoy Life chips-69% cacao)

1. Add the avocados to a blender or food processor along with honey, coconut milk, peppermint extract and salt.
2. Blend until smooth, scraping down sides as necessary.
3. Pour mixture into a freezer-safe dish and fold in the chocolate chunks or chips.
4. Freeze for at least 2-3 hours. If freezing overnight, allow to defrost for 10-15 minutes for easier scooping.

Need An Oil Change?

Not all cooking oils are created equal, some with benefits and others with negative consequences.



It's essential to pick the right oils for the job. Some oils are all-purpose culinary workhorses, and some oils become toxic to the body when heat is added.

5 cooking oils you should be using in your kitchen.

Let's do an oil audit:

Grass-fed Ghee: Butter that's been "clarified" or separated from the cream. It has a high smoke point and is delicious stirred into hot foods, frying, and can be used in place of butter for baking. Some brands are lab verified to contain no dairy casein. It has gut healthy butyric acid, omega-3 fats, can boost immunity, and help with inflammation. Smoke point is 485°. Can be stored at room temperature.

Coconut Oil: A heat-safe fat that takes medium to high heat well. Has immune boosting, antimicrobial, anti-bacterial, & anti-fungal effects. It is perfect for frying, baking or added to your morning coffee. It has been shown to enhance metabolism, decrease food intake, and help with brain function. Look for virgin or extra virgin & organic. Smoke point is 395°.

Sesame Oil: A rich nutty flavor used in Asian inspired dishes. Contains healthy unsaturated fat, and is full of antioxidants, and anti-inflammatory properties. Shown to support blood sugar control. Smoke point is

375°. Toasted sesame oil has a nutty, roasted flavor & is best as a dressing or marinade.

Extra Virgin Olive Oil: Use for raw dressings, mayonnaise, dips, or low heat sautéing. Look for genuine extra virgin under 18 months old. Keep the heat low to prevent oxidation. It fights free radicals, is heart healthy and can increase HDL cholesterol. Smoke point 345°.

Avocado Oil: It has a neutral taste and withstands high heat cooking (525°), which is one of the highest smoke points of all cooking oils. Versatile for cold use such as salad dressings & dips. It's loaded with heart healthy monounsaturated fats & can increase the amount of omega 3's in your diet. High in lutein for eye health and may reduce joint pain & stiffness.

Avocado oil is my go-to oil for cooking! I love to use it for stir frying, roasting, baking, & grilling. It is also perfect in salad dressings, hummus, and mayonnaise.

Other Healthy Oils: Macadamia is a buttery medium to high heat oil. Almond for high heat. Walnut, flaxseed, & hemp oils for heat free use in salads, dips, smoothies, and drizzled over foods. Keep these oils in the refrigerator.

Look for organic, unrefined, cold-pressed, or expeller pressed. Make sure your oil is fresh, old oil is a harbor for free radicals. Buy in small amounts (unless used frequently), since the oils oxidize after 6-10 months.

Industrial processed vegetable and seed oils, such as soybean, corn, cottonseed, canola, safflower, & sunflower can be highly inflammatory. They will oxidize easily and are linked to many adverse negative health outcomes.

We now offer SOT Therapy!

SOT Therapy is a process that enables us to identify the specific gene sequences of different targets such as cancer, lyme and other viruses. A patient's blood is sent to a laboratory where they identify the main genetic sequences of the target genes. They will then cross reference to an internal database. When the genetic sequence is a known causative agent, it is possible to synthesize a strand of nucleic acid that will bind to the messenger and effectively turn it off. If you are interested in more information and to want to see if you're a candidate for this therapy, please call our office. Go to this link for an informative video. <https://youtu.be/MgVuSSoHrJg>