

# Natural Health Resource

Monthly newsletter of



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July 2020

## July Supplements

20% OFF

✓ Pure Paleo Powder

✓ Nitric Balance

## Tip of the Month

Prevent fish oil supplement burps by placing the bottle in the freezer. Swallowing the capsule while still frozen will slow the breakdown in the stomach & lessen that fishy taste.

## Summer Cabbage Slaw

### Ingredients

- 1/4 cup avocado oil mayonnaise
- 2 tbsp apple cider vinegar
- 2 tbsp olive oil
- 1/2 tsp dried dill or celery seed
- pinch ground cayenne, optional
- pinch coconut sugar
- black pepper & salt
- 1 14-ounce bag coleslaw mix
- 1/4 cup golden raisins
- 1/4 cup chopped almonds, toasted
- 2 green onions, chopped
- 1 Granny Smith apple cored and julienned

### Instructions

In a small dish whisk together the mayonnaise, vinegar & olive oil. Stir in the dill, cayenne, sugar, pepper and salt

In a large bowl, combine the cabbage, raisins, almonds, scalions.

Toss the dressing with the slaw mixture and add the apple. Toss well and serve.

## Lectins: Looking Beyond Gluten

Lectins are beneficial in the plant world and act as nature's bug repellent. However, they are not so good for humans. They act as a pesticide to ward off predators and are part of the plants survival strategy. Some people are sensitive to these lectin proteins and experience digestive distress, joint pain and other inflammation. If you are considering avoiding or minimizing lectins in your diet, here are the top science-based reasons.

### 1. Lectins Are Antinutrients

Did you know lectins can block the absorption of essential minerals?

Scientists refer to lectins as "antinutrients" — compounds that interfere with the body's ability to digest and use other nutrients. Lectins, in particular, block absorption of calcium, iron, phosphorus, and zinc-essential minerals.

### 2. Lectins May Cause Inflammation

Studies show that lectins can cause inflammation in the body by activating pro-inflammatory pathways. This affects your immune system functioning. Lectins cause the body to create antibodies as if lectin was a foreign invader, like a virus.

Inflammation caused by consuming too many lectins may lead to autoimmune diseases such as rheumatoid arthritis and celiac disease — particularly in individuals with dysfunctional digestive enzymes.

Gluten actually contains lectin, so people with gluten-sensitivity are especially advised to minimize lectin intake.

### 3. Lectins May Permeate the Gut Barrier

When you consume lectins, they can damage the intestinal wall. While a healthy gut can

repair itself from small amounts of damage, consuming high quantities of lectins could eventually lead to a leaky gut for some people. A leaky gut has weakened "tight junctions" that allow toxins, food molecules, pathogens and lectins to pass through. Over time, a leaky gut can lead to chronic inflammatory conditions such as inflammatory bowel disease, Crohn's disease, autoimmunity, neurological disorders, and allergies.

### 4. Raw Beans May Be Toxic

Consuming undercooked or raw legumes may be toxic. Cooking beans in a pressure cooker at a high temperature or boiling them on the stove for at least 10 minutes, should denature lectins, making beans safer to eat. A crock pot doesn't heat the beans at high enough temperatures and therefore will not break down the lectins.

### 5. Lectins May Cause Digestive Distress

Lectins clump cells, including helpful microbes as well as gut mucosal cells; this can cause gastrointestinal distress. As with gluten, not everyone responds the same way to lectin, and not everyone will experience side effects from eating the same foods.

### Foods that are particularly high in lectins:

- Red kidney beans, navy beans, black beans, lima, chickpeas, & black-eyed peas
- Peanuts
- Wheat & other grains
- Soybeans and soy products
- White potatoes
- Nuts, especially cashews
- Nightshade vegetables including tomatoes, peppers, and eggplant
- Corn

energy in the body

**Peptide Therapy**-peptides are used as signaling molecules, directing cells to produce specific reactions in the body

**LDA Allergy Therapy**- helps build tolerances to common allergies, such as food, pollen, mold, chemicals, animals and dust

**Cranial Sacral Therapy**-A gentle hands-on treatment that works to reduce and release restrictions in the body

## Come try some of our wonderful therapies!

**IV Therapy**-Delivers vital nutrients directly into the bloodstream

**PEMF/Pulse Therapy**-Uses low frequency energy fields via a mat to detoxify cells & reduce inflammation

**Foot Detox**—Used to assist in excreting free radicals through the pores in your feet

**Acupuncture**-Corrects imbalances in the flow of