

# **NATURAL HEALTH**

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**[www.naturalhealthquincy.com](http://www.naturalhealthquincy.com)**

Hello Everyone in Natural Health Nation-

I hope that you all had a great weekend. It's graduation time, and hard to believe that school is almost out. We traveled to the University of Missouri for a nephew's graduation. Graduations are always so fun because everyone is happy and so optimistic. It's one of the few occasions that everyone is smiling and enjoying the day. I hope that you're smiling and enjoying the day too!

The 1<sup>st</sup> article this week is called Reconfirmed-Artificial Sweeteners Make You Fat and Sick. The article goes into the research that shows that artificial sweeteners are worse than sugar and even though they are artificial, has some of the same health consequences as refined sugar. Our bodies like sweet things but you must realize that these artificial sources, even just regular sugar, have no nutritional value and give the body unbridled energy with no building material to repair itself. It's easy to understand why diabetes, heart disease, and cancer are so rampant as people's sugar intake is incredible. At Natural Health, we help patients get off of sugar and artificial sweeteners and the cravings they cause.

The 2<sup>nd</sup> article this week is entitled 700% Increase in Prescribed ADHD Treatments. The article goes into an explanation of why Adderall is used by college kids and people who overwork. The article helps to explain why taking these drugs may seem like a good idea at the time, but they have health consequences in the long run. It's like robbing Peter to pay Paul, at some time the bill comes due. Combine this with a poor diet and bad lifestyle and you're just asking for trouble.

The bonus article this week tells us that Dark Chocolate Reduces Stress and Inflammation, Boosts Memory and Mood. Please remember the adjective "dark" in the sentence above. We're talking cocoa here without much sugar. Real Dark chocolate has very little sugar in it and can be used sparingly. Milk chocolate is full of sugar and carries no health benefit. You must also watch the processing of the chocolate and know where it's coming from, not wanting any added preservatives or other sweeteners in the chocolate. It's an interesting article but beware that it does not give you license to eat all you want! We hope you have a great day and remember that we're here to help you **Get Healthy, Stay Healthy, Live Well**

-Dr. Mark

**Next Education Workshop:** Tuesday, May 15 at 5:00 pm – The Truth About Cholesterol and Blood Pressure

**Patient Testimony:** I was fatigued, had “brain fog,” sluggish on a daily basis. I was not sleeping well, I would fall asleep easily but wake up several times during the night and had trouble returning to sleep. I also had GERD and other digestive problems.

I sleep through the night however should I wake up, I can easily go back to sleep. I have enough energy to get me through my busy days and I have better concentration and no more “brain fog.” I no longer have constant heartburn and rarely have gas or bloating. Overall, I have seen and felt a vast improvement in 6 weeks. Some happened instantly.

Please click links below to read articles from Dr. Mark  
[Reconfirmed: Artificial Sweeteners Make You Fat and Sick](#)  
[700 Percent Increase in Prescribed ADHD Treatments](#)  
[Dark Chocolate Reduces Stress and Inflammation, Boosts Memory and Mood](#)

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