



## Cooking Classes

### Wednesday, December 1st, 10 am Christmas Desserts and Cookies

Are you looking for some new, creative, and healthy Christmas treats for the upcoming holiday season? Join us at the Well of Life Center and learn some delicious recipes that are sure to impress all of your friends and family!

### Saturday, December 11th, 9 am Christmas Appetizers and Desserts

What could be better than getting together with your closest friends and family during the holiday season, sharing good food, laughter, and love? If you'd like to enhance your holiday get-togethers with some tasty, healthy new dishes, join us as Senior Clinician Cynthia Hofmann, Kate Schmidt, and Kelly Wilwert lead us through the preparation of some great new recipes.

## We Need Your Help!

Thank you to everyone who has stepped up and taken action against the S.510 bill. The bill is currently being discussed in the Senate, so your letters are still needed!

The S.510: FDA Food Safety Modernization Act is a bill that will give the FDA authority to impose extensive requirements on even the smallest processing facilities and farms who sell to local consumers. This act could put many local farmers out of business while also affecting the processing of every vitamin, herbal and whole food supplement, natural household product, and personal care product for sale in the United States.

A simple call or letter to your Senator to let them know your opinion on this alarming bill can make all the difference in the world. If you would like a sample letter, please stop at our Front Desk or email us at [info@welloflifecenter.com](mailto:info@welloflifecenter.com).

## Looking Forward:

### Wednesday, January 12th, 6:30 pm

Dental Dangers: Mercury & Other Truths About Your Teeth. Join Senior Clinician Cynthia Hofmann and Guest Lecturer Lou Trovato from Meetinghouse Dental for this enlightening lecture.

## Massage Minute

Pain is noted to be the most frequent complaint brought to physicians in North America. Medical authorities define pain as a subjective feeling that cannot be observed or even measured directly, and it is often explained away by stress, be it physical or mental. It comes as no surprise, then, that so many people seek alternative ways to deal with their pain.

Massage therapists are trained in anatomy, physiology, and pathology, and they spend many hours physically palpating and manipulating the muscles and soft tissue of the body. Whether the pain is associated with lower back tension, arthritis, or fibromyalgia, massage may be able to relieve it!

## Fitness Fact

Where Do You Fall?

Body fat management is a key component of your fitness journey. Check the table below to see where you fit:

	Women	/	Men
Fitness:	21-24 %		14-17%
Acceptable:	25-31%		18-25%
Overweight:	32+%		25+%

\*Based on average population.

Sign up for a FREE Initial Consultation with Drew to find out your body fat percentage. Call 610-346-9080 ext. 610 to schedule your appointment.

## Ask the Clinician

**Q: Can you drink too much water? If so, how much is too much, and what would drinking too much water cause?**

A: Contrary to popular belief, it isn't best for all adults to drink 64 ounces of water per day. We are all bio-individual and have different body mass and, therefore, different needs. The proper amount of water for you to drink is half of your body weight in fluid ounces per day, without exceeding 100 ounces. The only exception to drinking no more than 100 oz. per day is if you are working in a very physically demanding job in which you are profusely sweating.

When you consume more than the necessary amount of water, this puts unnecessary stress on the kidneys. In extreme cases, you can develop some degree of hyponatremia, or dilution of the blood caused by drinking too much water. This insufficiency of salt can result in mineral and electrolyte imbalance, leading to various nutritional deficiencies.

**Q: Is there any Well-of-Life-Approved gum?**

A: There is no gum that the Well of Life approves of, simply because of the nature of gum. Every time you chew a piece of gum, you begin a digestive process that you will never finish. Your stomach releases hydrochloric acid in preparation to receive food. Over time, this excessive release of acid into the stomach both depletes your body's reserves of stomach acid and may wear away the lining of your stomach.

If you are searching for a natural way to freshen your breath, St. Claire's Peppermints are a great solution. They are available online here: <http://www.stclaires.com/peppermint-mints-candy.html>.