

The Whole Food Kitchen Series

Hands On Health



Take **Your** Vibrant, Whole Health
Back Into **Your** Healing Hands

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Foreword: Shelby Connelly, L.Ac.
Five Elements Living Wellness Retreat Center

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www.HandsOnHealthHH.com

www.wholefoodhealer.wordpress.com

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Dedication

To my Grampa, Myron Youmell, my first teacher in the art of natural healing and herbal medicine. I am grateful for the many times I watched you stir your herbal brews and strain them into your brown bottles. Your kitchen “magic” stirred the part of me that knows healing comes from within, from nature.

To my Grams, Katherine Page and Marion Youmell and my Grampa, Glenn Page, who taught me that healing ourselves was best kept in our own hands.

To my parents, Francis and Glenda (Page) Youmell, for continuing the reminder that health and healing are innate in us and bringing me up to know I can do anything I set myself to.

To Jake and Eli,

My inspirations

An apple a day keeps the doctor away

Origin: Wales

The February 1866 edition of *Notes and Queries* magazine includes this:

"A Pembrokeshire proverb. Eat an apple on going to bed and you'll keep the doctor from earning his bread."

<http://www.phrases.org.uk>

APPLE LOVE

To spread a little "apple love" in the world; proceeds from this book will be used to support my favorite, local non-profits:

Little River Community School www.littleriverschool.org

GardenShare www.gardenshare.org

The Sustainable Living Project www.sustainablelivingproject.net

These agencies support:

Healthy, happy kids who learn through love,

Whole foods grown locally,

Rural and sustainable living skills for a better community -- micro and macro!

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Foreword

Shelby Connelly, L.Ac.

www.fiveelementsliving.com

The first year I opened my practice I met Paula Youmell. She called seeking acupuncture and asked how it could help her fine tune her own health. On her very first treatment we became fast friends. Her scheduled treatments weren't nearly enough time for us to talk about the thousands of health-related topics we wanted to cover. It was so refreshing to find a practitioner with a Western medical background so deeply imbedded in Eastern philosophy. I had struck GOLD! Not only has she guided me with coaching patients, she has helped me tremendously with my own wellness, seen me through personal struggles and been my touchstone on the health choices I've made for my children.

I have been a holistic practitioner for over 15 years and I am still amazed at how my patients view their own health and wellness. Whether it is chronic or acute physical or emotional pain, many have the mindset that their dis-ease* is out of their control. They come with stories of disappointment and despair from not being able to find hope in a quick fix or a magic pill. When they arrive at my door they are looking for a magic needle. Since I became an acupuncturist, I too, have been searching for answers. Not answers on how to fix what is already broken but how can I achieve optimal wellness and keep it. I wanted to empower my patients and teach them that the control over their health is their own. Over the past 14 years I have found answers through Paula. She has taught me to look at the body as a garden, not a machine and has inspired me to think in ways of tending and nurturing and not fixing and mending.

We are at constant war with our bodies: asking them to function at optimum capacity without optimal care. I include myself in the "we," as I am well versed through Paula's guidance yet constantly refocusing on the task at hand. I can relate to my dear patients. I understand the wanting to push my body and spirit harder than I give it the tools to succeed. Paula has taught me the practice--as it is a practice--of giving daily, sometimes hourly, care to myself. Paula teaches common sense, the basics yet so deeply foreign in our culture. She teaches us the ease of self-care, making it accessible to every human being.

While acupuncture, chiropractic, physical therapy, massage and even surgery can help clear the path to better observation of ourselves--it is the ongoing, daily practice of tending to our bodies that will keep us well. The lessons Paula creates can put us beyond weight loss, above "all right" and further into our intended life span. This book will inspire you to find your own power to heal!

*Dis-ease: lack of ease in the body, the origin of disease.

My Preface

I write this book to remind everyone of their own innate ability to heal. Healing is the norm. If you cut your finger, it heals without intervention. Every part of your body is capable of healing if it is given what it needs to heal and thrive. This is a Vitalist philosophy of healing: Healing comes through nature. You **are** nature; therefore, healing comes from within you and through you.

Despite longer life spans, people are not necessarily living healthier lives. Much of our older years are plagued with disease symptoms that are managed and squelched by prescription medications and other medical treatments that do not actually invoke real healing.

People say all the time, “My grandfather lived to be 89, so we must be doing something right with health care.” Chances are that grandparent grew up on food raised naturally in the backyard garden and barnyard or by the farmer down the street. Even people living in urban areas were being fed by farmers growing whole foods close by the city. When a body is built from conception on (and this really goes back through generations of good whole food living, passing strong cellular health to the next generation) with whole foods, the body grows up with intact, whole cellular health. Each generation of cell reproduction was created with whole foods growing up a body on a solid foundation of good, healthy cells.

Our increased longevity can also be attributed to better sanitation, use of antibiotics (unfortunately, we are now paying for the overuse of them) and easier lifestyles. The hard labor and constant exposure to the elements, in those generations living and working more closely to the land, were factors in earlier death. If we look at colonial days, wealthy land owners lived longer lives (if they did not contract an infectious disease and not recover from it) than the field hands working the land, constantly exposed to hard physical labor and the elements.

When we look at children growing up in today’s fast food and “food product” culture, we are seeing different results. As their bodies grow and develop from their conception on with packaged, refined foods being a staple of the diet, we are witnessing the new generation of humans who have degenerative diseases at very early ages. Children and teenagers are developing type 2, adult onset diabetes, high blood pressure, high cholesterol and cardiovascular disease. I think this speaks loudly about our cultural movement away from traditional eating of whole, well-raised food to a culture of packaged, processed “food products.” Our cultural cellular health and integrity are suffering.

I offer this book as a simple reminder of health and healing, a simple solution to the symptoms that bother you. What I write in this book is what I have found to be truths--truths for me, based upon my learning, experience and

resultant wisdom (or so called wisdom). As you read, question everything. Avoid being a passive sponge soaking up the information I lay out for you. Question and seek your own answers. Create your own truths.

My own interest in healing began in my first year of nursing school. I watched how patients were cared for in the hospitals. Their symptoms were “managed,” but people were never helped to heal, never reminded of what we intuitively know. Healing can and will happen.

Thus began a 25 year journey learning about nutrition, herbs, energy, emotional and spiritual health and healing. May the health and healing path I have walked make your path to health and healing much shorter.

Writer’s Waiver: I write this book from the information in my head; you will not find a bibliography or footnotes. I have used my educational and real life experience as a registered nurse, school health and physical education teacher, yoga practitioner and teacher, herbalist, reiki practitioner and whole food educator. I added the many dashes of the wisdom I have gained through my holistic trainings under naturopaths, herbalists, energy healers and many other natural healers, as well as the common sense that becomes inherent in working with the natural balance of life.

I write informally, much like we were having conversation over a cup of herbal tea at my kitchen table. This is where and how I have my healing conversations with clients who are interested in moving their life’s energy in a healing direction.

Please relax and enjoy our healing conversation.

Thanks and Praise

I thank all the natural healers who have shared their knowledge, wisdom and healing skills and have inspired me to delve deeper into what is our healing heritage: Dr. John Christopher, Dr. Richard Schulze, Rosemary Gladstar, James Green, Susun Weed, Dr. Andrew Weil, Lillian Casserly, Shelby Connelly, Helen Kenny, Joshua Rosenthal, Dianne Fineout and so many more!

Special thanks to:

Jake and Eli for the use of their precious hands in the cover photo. Jake for the cover photo editing and both boys for their unconditional love and tolerance of Mom's unending quest for their holistic health.

Shelby Connelly for being my friend, mentor, co-conspirator in health and for writing the foreword words of wisdom.

Bob Zywicki, an average Joe with regard to health information (though as a human being, by no means an average Joe!) for taking on the job of editing my book for content, clarity, flow of thoughts and general ability to educate and inspire others towards health and healing. You are awesome, Bob!

Kelly Burnham, my editor in chief, for her hard work fine-tooth combing my manuscript. You are amazing, Kelly and I thank you from the bottom of my heart.

Ginny, my sister, for being behind me as I do what I do, twisting Bob's arm to edit (how hard **did** you twist?) and always seeming to remember when I have big events happening and sending words of encouragement.

Terry, my sister, for being a grounded human being. I tend to be someone who takes "the leap" into new adventures and only *then* do I look to see where I am actually jumping. Terry is my role model of stability.

Jay for cooperating with my holistic mothering and for co-creating Jakob and Eli, our life's treasures.

Michele Smith of Forever Fit With Michele, Anti-Aging Specialist, Nutritionist, Fitness Coach, NYC. Thanks for being a wise and inspiring mentor.
www.foreverfitwithmichele.com

Scott Miller, former manager of the Potsdam Food Coop for being the instigator of my health and healing writing passion.

Carol Pynchon for the initial editing advice.

Balboa Press for their awesome help in my self-publishing endeavor: Andrea Geasey (thanks for keeping me motivated!) and Stephanie Cornthwaite for all your help.

A special thanks to all of my clients and students, over the years, who have taught me:

My way, being the right way for me in any given moment, is not always “the” way for them,

Never give up on anyone. What inspires change is not always what I expect it to be and

Do the best you can in any and every given moment.

Thanks for trusting me to walk with you on your path to health.

Disclaimer

Your health is **your** responsibility, plain and simple. Any information in this book is for you to use as you see fit on your path to health and healing. The author and publisher are not responsible for choices you make regarding your health. Information contained within these pages is meant to educate and inform you so you can invoke self-responsibility and take your health into your own healing hands. Take what I have learned about nutrition, health and healing and create your own healing truths.

Walk with peace and love on your path to health and healing.

Blessings, Paula

Self-Responsibility

Health is about self-responsibility. Taking your health into your own hands is what Hands On Health is about. The ability to heal lies within us. The responsibility to care for our bodies to ensure lifelong health, prevent disease and heal lies within us. Healers are those people, including our own selves, who walk with us on our path to mind, body and spiritual health and healing.

Another reason I write this book as it is an answer, my answer, to solving our health care and health insurance crisis in this country. The concept is simple: people being self-responsible for their own health will drastically cut health care costs.

By making natural choices in one's eating and lifestyle choices, the symptoms of disease heal and an individual can and will return to whole, vibrant health. When more people take self-responsibility for their own health, we will create a nation of far fewer people who suffer from life-style induced diseases. The resultant burden, lifted from our health care system and health insurance industry, will be huge!

(See **Paula's End Note** at the end of Chapter 9, for my vision on what this reform in self-responsibility might look like.)

So many clients tell me, "Oh, I can't do this; I can't give up my _____." Whole Health Healing is not about what you are giving up, it is not about deprivation. It **IS** about what you are inviting into your life: the choices, changes and additions that will open doors to healing, health and happiness in ways you have never imagined or experienced.

Be brave. Take that first step on your own healing path, knowing every new step will be an adventure and a positive, healing challenge. **Wherever you are in your life, however long you have been taking less that "whole" care of**

your body, every step you take towards whole foods and whole health living will make lasting changes in your cellular and whole body health.

I bold faced the above sentence because Bob, my content editor, asked me this about the information in this book: “Am I too late?” “If someone has *poisoned* their body for many years, perhaps decades, of unhealthy eating and lifestyle choices, is there any hope for them?” I will repeat this throughout the book: every step you take towards whole foods and whole health living will make lasting changes in your cellular and whole body health. **No, it is not too late and yes, there is much hope! Jumpstart your health now!**

Walk lightly on your path!

Chapter 1

Whole Health

“We cannot solve our problems with the same level of thinking that created them”

Albert Einstein

Health is a person's state of wholeness of mind, body and spirit. This state of wholeness fluctuates as we move through our days and our life. Health does not mean you are without symptoms. You can live in whole health, co-existing with your symptoms, making the best of every day. The lifestyle choices we make daily walk our body either in the direction of health and healing or towards symptoms and diseases.

Our current health care system does not work with the wholeness of health, the wholeness of individuals. Truly, it is a disease care system where problems are taken care of at the end stage, when the body has already broken down. You are medically treated with drugs, surgery, chemotherapy, etc. to turn off the symptoms presented. This is much like cutting the wire to your car's *check engine* light. You have rid your car of the symptom, the warning light, but you have not solved the problem.

True “health care” IS about promoting whole health, preventing the breakdown of healthy bodies and truly healing when symptoms appear. It is not about merely covering up and extinguishing symptoms of ill health and disease. Symptoms are your warning light. Taking your health into your own hands, exercising self-responsibility for your health means figuring out the cause(s) of your symptoms and removing these causes from your life.

When we remove the cause of disease, the body can begin its natural healing process. Then we can cleanse the causes of symptoms and work to nourish and rebuild the body back to whole health.

Healing, returning the body to whole health, takes time. If creating the symptoms of disease has taken a long time to appear, have patience and your body will heal. Quick fixes, silver bullets to health and healing, do not exist. Health and healing are a long-term commitment for you. A wise healer once told me to expect one month of healing for every year it took to create disease.

Patience heals. Have faith in your innate, natural capacity to heal.

“Many things which cannot be overcome when they are together, yield themselves up when taken little by little.”

Plutarch

You are a Micro of the Macro

The human body **is** a microcosm of the macrocosm. The macrocosm being Earth!

Think about how your body is comparable to the Earth as a whole:

- The blood running through your arteries and veins is like Earth's waters running through the rivers and streams.
- The extracellular fluid - the fluid surrounding and bathing your cells - is like the swamp land of our earth's rivers and streams. Swamp land is an exchange area between the rivers, streams and the dry land beyond the swamp. Extracellular fluid is the exchange area between cells.
- Your tissues are like the soil of the Earth.

“Man did not weave the web of life; he is merely a strand in it. Whatever he does to the web, he does to himself.” **Chief Seattle**

A modern translation:

“What we do to the Earth, we do to ourselves.” **Isabel Clarke**

Your body is truly a microcosm of the Earth, the macrocosm. When you care for the Earth, you care for yourself and all life on this planet. When you keep the Earth's waterways, soil and air clean; you keep your cells, tissues and organs clean.

What befalls the Earth befalls humans!

Let's take care of ourselves, the living beings around us and our home - the Earth - in a holistic, whole health manner.

The following Chapters have been written, with simplicity and light-hearted fun, to help guide you in making whole health choices to prevent disease, heal symptoms and live a vibrant, whole health life.

The bottom line: Do the best you can every day to eat whole food and live a whole health lifestyle. Be kind to yourself in every moment knowing you are being your best self for this moment. Each day is a moment for new beginnings, new possibilities with no guilt and no regrets.

Please read on to open your awareness, your true self, to whole food eating and whole health living. **Every little step you make to change your lifestyle will have paybacks in your body's health and healing whether you are two or 82 years old.**