



## Upcoming Events

- **New sessions begin January 19-28 and February 5-14.**

If you are interested, please contact us at 719-523-6611.

- **Nutrition Classes**

(starting January 19<sup>th</sup> sessions)

- **Eat For Your Blood Type**
- **Acid/Alkaline Diet**
- **Zrii**
- **Essential Oils of the Bible**

- **Yoga!!!**

Beginner classes to be announced.

"Life is too short to wake up in the morning with regrets, so love the people who treat you right, forget about the ones who don't, and believe that everything happens for a reason. If you get a chance, take it. If it changes your life, let it. Nobody said life would be easy, they just promised it would be worth it."

A Ray of Hope Issue 01 January 2009



Natural Sources Wellness Center  
320 Howard St.  
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# A Ray of Hope

## What is Radiation Hormesis?

Simply...Low doses of radiation are slightly damaging your body's cells and DNA causing it to react by increasing production of stronger healthy cells, also causing the effects of aging to slow down.

The immune system also reacts and increases in strength, this causes your body to fight off illnesses, it is not the radiation that is killing the illness, it is your body.

This is the reason Radiation Hormesis is so beneficial, it makes your body do what it is supposed to do.

The radiation helps two fold. Fungus is a simple organism that does not have the means to repair itself quickly enough from the low doses of radiation, so if your illness is caused by a fungus, the effect the radiation has will be increased.



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## Natural Sources Wellness Center "You have one life to live...live it healthy!"

### Mission Statement

The mission of Natural Sources Wellness Center is to assist individuals to live life healthy by helping facilitate health both physically and spiritually, thus enabling those who visit to grow in wholeness of body, mind and spirit. The Clinic provides experiences through which those who come may explore their relationship with themselves, other people and the God of their understanding. At the Natural Sources Wellness Center, we believe that illness and disease are caused by toxicity, stress, an inefficient digestive system, biochemical imbalances and a mal-abortion of vital nutrients in the body. The staff of NSWC seeks to restore balance and health to the body using the techniques of reflexology, bionic hydro therapy, colonics, iridology, massage therapy, raindrop therapy and nutritional counseling.

**Reflexology** is based upon the premise that there are reflex points on the feet and hands that correspond to every muscle, nerve, organ, gland and bone in the body. Pressure and massage on these points breaks up congestion, stimulates nerves and promotes circulation to release toxins. Through reflexology, nutrient absorption and waste elimination are improved.

**Bionic Hydro Therapy** is an accelerated mineral/salt

bath used to gently cleanse and detoxify the body. Due to gravity, many toxins in the body naturally settle in the feet. Though the use of mineral ions, a Bionic Hydro Therapy footbath draws out the accumulated toxins at the cellular level via the lymphatic system.

**Colon cleansing** works on the principle that disease starts in the colon because most foods, drugs and other chemicals that do not leave the body are stored. By cleansing the large intestine, colon therapy restores the organ to its natural size and correct function, thus preventing disease. A scientific analysis of the patterns and structures of the iris of the eye, **iridology** can measure the body's constitutions, inherent strengths and weaknesses. It also reveals the relative site of over-activity, irritation or injury in the organs and areas of tissues within the body. The **clinic spa** provides two 6-person hot baths filtered with healing waters. Soaking in them helps ease pain caused by arthritis and other afflictions. Also offered in the spa facility is an infrared dry sauna and steam cabinet, to help purge toxins through the sweat glands.

**Massages** are offered daily. **Raindrop therapy**, a heated massage using essential oils, helps detox the body and relieve stress.

**EYE ON IT**  
Current Industry  
Trends

**CANCER**

Cancer begins when a cell reproduces for no obvious reason and is not receptive to the normal signal to stop reproducing. These abnormal cancer cells multiply out of control and this unchecked growth spreads through the body, interfering with the ability of cells, organs, and other structures to perform their normal functions.

**CESIUM CHLORIDE**

Cesium is a rare, naturally occurring element of alkali metal, similar in chemical structure to lithium, sodium, and potassium. Cesium chloride is a salt form of this element. Cesium chloride is most commonly associated with High PH Therapy and cancer, due to the work of Keith Brewer, Otto Warburg, and H.E.Sartori, among others. They found that cancer cells thrive in an anaerobic (low oxygen) environment with low pH values, and that raising the cell pH makes it hard for cancer cells to survive. Cesium, being one of the most alkaline elements, has a high PH value and is also readily taken up by cancer cells, thus raising their PH to a level at which they can no longer survive.

Information Sources:  
<http://www.stopcancer.com>



**Patty Hutches  
Races against  
Time and  
Winning!**

They took pictures, blood, and a little more of my life. I stayed black and blue, threw up all the time, and had problems going to the bathroom. Before Thanksgiving of 2008, the doctors told me there was no hope, get your things in order, we can't help you any longer.

Yep, I was **mad!** I yelled at everyone. I thought so here I was no life! I had a 13 year old girl at home, the sweetest man in the world, asking people to raise money to fight cancer, and that is all I got. Why can't I find any help?

"I run with faith,  
hope, love, and a  
song in my heart!  
Dr. Bev's song."

Well, we did!  
Two of the  
greatest  
people in the  
world, my  
husband's  
parents, told

us to go see this little lady in a ghost town in Colorado. I thought, "Yeah, right!" I was mad at the world but I went.

I loved the crazy lady...Dr. Bev. She is smart, full of life, has a great faith in God, and told me I could bring horses, dog and all. So, on December 8, 2008 I went ready for anything. NOT! I was mad, sad, and had all of my friends calling me from the NFR. This sucks! I called my mom and

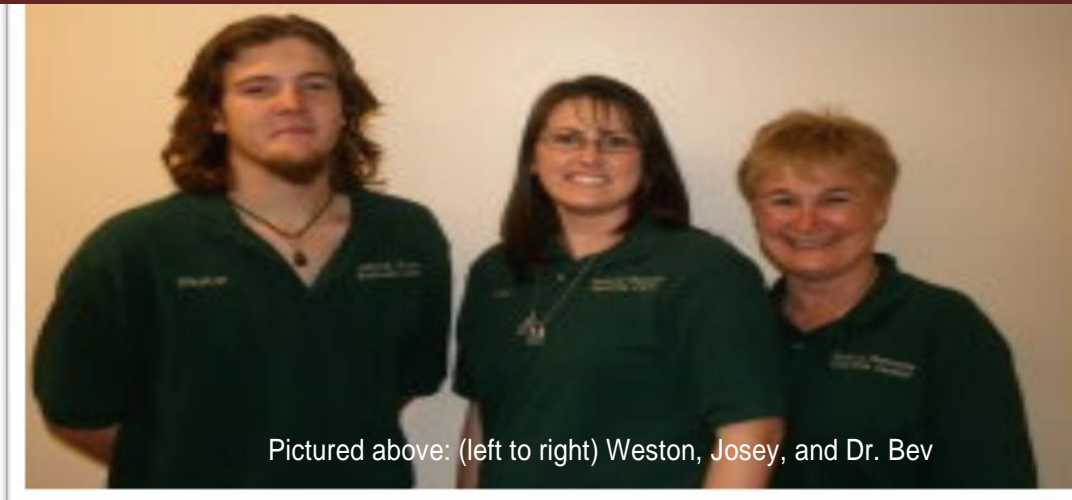
So, to help the money problem I started riding pens at a local feed yard. I was in my second year and got hurt moving a steer out of a pen. I cut my leg right to the bone. In three months, I had bone cancer in my left leg. I started treatment again while working. Puking off the side of my horse with no hair, I was just one of the guys.

Working two days and spending two days on the bathroom floor. I tried to keep optimistic thinking I had my girls, great barrel horses, wonderful friends I worked with. All of this was a lot better than...death. A met a man that I instantly clicked with. He thought I was off the wall and we were best friends the moment we met. Six months had gone by and then, I got sick again. I ran him off but love has a funny way of not giving up. What a love story! He found me and moved me to Kansas and the rest is history. Yes, I'm married and like a good cancer patient I went to the doctor every Monday.

My name is Patty Hutches. I am a 46 year old cowgirl. Being a cowgirl since birth, I did it all. 4-H, Jr. Rodeo, play days, High School Rodeo, Rodeo queen, the whole nine yards. I flipped my hair thought I was cool and had the whole world by the tail.

At the age of 22, I noticed I had a brown spot on my forehead. A girl I barrel raced with convinced me to get it looked at. They started the procedure of removal and that was when it went all wrong. He started then got another doctor, and then another. Finally, I was cut from ear to ear, shaved my head and was getting taken care of by a cancer specialist. They are supposed to tell you what is going on. Yeah right! They tell you nothing. The treatment is **awful**, more painful than the cancer itself.

My husband at the time told me that he just couldn't do it because I didn't look like Barbie anymore. Broke in more ways than one, I started training barrel horses for others. Good barrel horses. I had to meet up with these horses in competitions. The races I needed to win for the doctor bills.



Pictured above: (left to right) Weston, Josey, and Dr. Bev

yelled at her asking her why I had this. I was really worried about the pain I was going to go through. Boy, was I wrong!

This was the best thing I have ever done. Dr. Bev has two young people that work for her who are so gifted. For years, I have been cold and in three days Josey and Weston gave me the gift of warmth. That might sound funny to most people; however, not to me. My legs were blue and my feet stayed bright red. They ached all the time.

Dr. Bev works with your body. She read my eyes and talked to me about what they were going to do for me. She was very upfront and honest about her procedures. That is when my life started again and she made it happen. On day four, I walked to see my horse. You can't believe how good it feels to run your spurs lightly on the side of your horse and really feel your feet and legs. Or feel the reins on your fingertips, not hold them but feel them. And taste the salt from your hand from touching your horse. You take these little things for granted until you get cancer.

The treatment takes this all away. I didn't realize it until I got it all back.

I wear the rocks in both of my socks and around my neck now. I had blood work at the clinic and guess what noooo needles. I had a great time relaxing in the mineral hot tubs, having back rubs, rain drop therapy, and their foot work was heavenly. And by the way, I had worms, yep, little bugs.

Dr. Bev and her family are my family now. I am doing great! I'm back in Kansas, riding horses, working, running the barrels, and staying warm. I love my life and it is because of you.

Fortunately, I am riding better than I have in years, have a great horse, and living for the first time in years!

I don't have any money, but I'm the richest person in the world. When I run my horses now, it's different. I run with faith, love, hope, and a song in my heart, Dr. Bev's song. Thanks for my life back and thanks for all you do! Thanks to all Dr. Bev, Josey, Weston, Mark, Jay, Teresa, my roommate Sara, and John for keeping me laughing.

You made a difference in my life and I know you will make a difference in all you touch. God Bless.

**This Month's Q&A Health Tips**

**Q: When I come to the clinic, why do I need a 10 day program?**

Our 10 day program is very important, because our bodies are like onions, we have layers to get rid of and the only way is to peel each layer off one at a time. We detox the body on a daily basis on day 1-3 and by the 4th day you could have flu like symptoms because your body is getting rid of so many toxins. This is called a healing crisis. Your body doesn't know how to react so it fights. As you continue through the

process, your body gets stronger, On day 5-7 we start the second round of the detox system. On day 8, you are again feeling like you have the flu and days 9-10 we are getting your body prepared to face the "real world" again. We supplement your body with mineral supplements and teach you how to better equip your body in today's society through our classes.

becomes anaerobic. In the absence of oxygen the glucose undergoes fermentation to lactic acid. The cell pH then drops to 7 and finally down to 6.5. Cesium, rubidium and potassium, all having high pH values, are able to enter cells in this state and raise the pH. That's why High pH Therapy is so effective. We can test your pH levels and raise your pH where cancer cells can no longer survive