



"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."

Upcoming Events

- **New sessions begin March 16-25 and April 6-15 .**

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

- **Soon to come at the Wellness Center**

- **Rekii treatments starting in April**
- **Mineral Mud Bath**
- **Dream Class**

- **Yoga!!!**
Classes begin in May!!

Please contact the Wellness Center for more details.

A Ray of Hope Issue 02 March 2009



Natural Sources Wellness Center
320 Howard St.
Pritchett, CO 81064

ISSUE

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A Ray of Hope

this issue

Negativity and Cancer P.1

Testimonial by Clayton Shaller P.2-3

Upcoming Events P.4

Angel Fire Water

The company's goal is to provide a high quality oxygenated water to the public.

What is it???

Angel Fire Water comes from an elevation of 8,500 feet in the Sangre de Cristo Mountains. Here you will find one of the purest, uncontaminated aquifers found in North America. We have created a 12 step process to bring you our super oxygenated, structured alkaline water. We add pure oxygen and lock it into the molecular structure of water to boost the available levels of oxygen present in each bottle. Angel Fire Water has a natural alkalinity of pH 8.6 to 8.9. It comes from our own private, pristine water source. Try it! Order a refreshing change today!

www.angelfirewater.com

Negativity... Can hurt more than you'll ever know.

Negative emotions can and do contribute to health problems. We all have them from time to time. It's the ones we hang on to—the ongoing, unresolved kind—that are a problem. They change the chemistry of our bodies, producing acid conditions in which cancer and other degenerative conditions thrive. There is not a single cell of the body that is totally removed from the influence of mind and emotions." So says the British Medical Society. Indeed, there is a strong "mind/body" link. Our thoughts and emotions do impact our physical health. The Scriptures are replete with the truth of this reality. Proverbs 14:30... "A peaceful heart leads to a healthy body; jealousy is like a cancer in the bones." Proverbs 15:30... "A cheerful look brings joy to the heart; good news makes for good health." Proverbs 16:24... "Kind words are like honey—sweet to the soul and healthy for the body." Proverbs 17:22... "A cheerful heart is good medicine, but a broken spirit saps a person's strength." Proverbs 18:14... "The human spirit can endure a sick body, but who can bear a crushed spirit?" Negative emotions can and do contribute to health problems. We all have them from time to time. It's the ones we hang on to—the ongoing, unresolved kind—that are a problem. They change the chemistry of our bodies, producing acid conditions in which cancer and other degenerative conditions thrive. So, how does one detoxify negative emotions? Here are three things that can help...

1) Verbal enemas. Talk about how you're feeling with someone you trust. Just get those toxic emotions out. to God, of course. Your relationship with Him is foundational. Also, find a confidant—someone you can

to who will talk listen without judgment, and won't try to "fix" you or jump in to change the situation. You just need to be heard.

2) Practice forgiveness. Forgiveness is not for the other person, it's for you. It's taking the "bill" they owe you, and stamping it "paid in full". It's letting go of the desire to continue to be the bill collector. The opposite of forgiveness is revenge, and oh don't we want that sometimes! But it can destroy us. It can become a poison to our soul. "Let vengeance be mine," says the Lord, and for good reason. Each night before bed, ask yourself, "Who do I need to forgive in order to move on with my life."

3) Practice thanksgiving. Thankfulness is perhaps the greatest detoxifying agent known to man. Let thankfulness to God in all circumstances overshadow and wash away all the negative emotions that you might be holding on to. It's impossible to be truly thankful and angry at the same time...or worried or sad, etc. One of my personal favorite passages in the Bible is Philippians 4:6 & 7 "Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

This is the month when we actually celebrate the concept of giving thanks. What a great month to start a new focus on this way of looking at your world. How 'bout getting yourself a journal, and each morning write down 5 new things that you are truly thankful for. (Not the same as yesterday's things.) By the end of 30 days you'll have a list of 150 things, and will have developed a whole new way of looking at your world.

EYE ON IT

Current Industry Trends

MINERALS

Tissue Salts are inorganic minerals found in nature as a salt. They form part of the composition of the earth and are listed in the Periodic Table. Minerals in the body conduct energy much like electric wires carry current and a lack of current or energy causes weakness or failure of affected cells.

Dr Schuessler was a 19th century German physician who recognized that 12 of these minerals exist in every cell of the body (of every healthy person).

Dr Schuessler theorized that any symptoms reflect a deficiency of a particular mineral or minerals and he began using tiny amounts of 12 different biochemical tissue salts to treat symptoms and then developed combinations of salts for general use to help relieve symptoms.

Tissue Salts as a therapy are homeopathic combinations of minerals formulated to relieve symptoms and promote healing. They are a popular and effective treatment for many common ailments and can be purchased from health stores and clinics around the world. They are suitable for self application for minor problems however if symptoms persist medical advice should be sought.

Contact us for more information!



Clayton Schaller Fights for his Life, Family, Time, and Crime!!

(Pictured left: Clayton Schaller and Ms. Retah

My name is Clayton Schaller. I am a 38year old Father of five wonderful children. Number five, my beautiful baby girl, was just born on February 03, 2009. I grew up on a farm/ranch about 25miles southwest of Springfield, Colorado, where I spent my first twenty five years toiling and enjoying the land but felt an inner yearning to become a cop. So, on January 1, 1998, I became employed at the Baca County Sheriff's Office in Springfield, Colorado, and spent the next four years serving as Deputy, Undersheriff and in 2000 was elected as Baca County Sheriff. I ended my service in Baca County in 2002 where I moved my family to Summit County, Colorado. I became employed as a Deputy Sheriff and a Student Resource Officer with the Summit County Sheriff's Office in Breckenridge, We resided in Summit County for approximately one year where I once again moved my family to Ulysses, Kansas and began a career with the Grant County Sheriff's Office as Deputy Sheriff and ERT (SWAT). I have always loved my Law Enforcement career and felt it was really the only thing that I was ever really good at but in June was offered

an opportunity to venture into an already existing business in Pueblo, Colorado with a good friend of mine so after discussing it with my wife we accepted and yes, once again moved my family back to Colorado. During the move we surprisingly found out that we were pregnant with our fifth child????? We were leaving our secure home, income, health insurance as well as our children's secure schools to try a new venture and now expecting another child????? The pressure to make this work was beginning to weigh very heavy on my shoulders and hoped that the load wouldn't get any heavier. Now, I am going to say that my whole life could be summed up as a healthy one. I seldom went to see a Doctor unless it was an extreme emergency but was beginning to struggle with some upper G.I. problems and struggled with the idea of going to see a Doctor especially without health insurance!!! I did go ahead and schedule these tests and was scheduled for

for an endoscopy on December 12th, 2008. I remember feeling anxious only because they said they were going to fully sedate me for the procedure and I had never even been partially sedated for anything. I remember going to sleep thinking that I would be awakened, told that the problem had been found and that I would be placed on some regime of medicines to correct the problem, right??? No! I was awoke to my wife standing over my while crying saying that the problem had been located and that it was a 3cm. Tumor at the bottom of my esophagus and that the doctor stated by the size that he didn't feel that the cancer had spread to any other organs and that the best

be getting in touch with one of the best surgeons possible, having the tumor removed, and then receiving Chemotherapy/Radiation afterwards. I told him my concerns of time and that of the possibility of it spreading and he assured me that things would start moving along very quickly. Well as I would find out later quickly turned into about one month before I was contacted by University Hospital for a scheduling

of an appointment with the surgeons. You see, I knew it was around the holidays. I also knew that Cancer didn't go by our holiday schedule and wouldn't be taking those days off, so it became a very frustrating wait. On December 20th, with the help of family, I decided to move my family back home to Springfield where I knew that I could fight this with the support of my family. **"THANK YOU"**. Once home my mom and sister told me about a place in Pritchett, Colorado that was an alternative treatment facility. It had just been opened and that I should go and see it. On about December 22nd, 2008, I drove to Pritchett to this Natural Sources Health Care and Cancer Support Center where I was introduced to three people that would become as I describe them as my Angels: Owner Bev Ming, Jozy Stegman and Weston Moffett. I fell in love with the atmosphere and immediately began receiving treatments from the hot tubs to Reflexology to Rain Drop Therapy. I found that by soaking my feet in a tub it could pull things from my body that I couldn't believe!!! Now this was over the holidays, mind you, and my Cancer wasn't going to stop for Christmas or New Years so neither did my warriors who waged war on it on those days as well, giving up their time with family/friends. These treatments gave me energy, made me feel good, and overall gave me an emotional health of which I can't describe. This place is a place for family and family healing; love it!!!! Momma Bev's "push it positive attitude" just won't stop and it keeps your mind

where it needs to be. When I finally made it to my appointment at University Hospital in Denver, the Chief of Staff were amazed that I hadn't lost weight and that I was able to eat food normal. Later they informed me that surgery would not be an option due to the fact that they had found where the cancer had spread to some lymph nodes. Chemotherapy was the treatment option given and hope, well, from them it doesn't seem to be much in their vocabulary. They left my wife and me feeling alone, isolated and confused. They would later tell us that 4-6 treatments would be performed every three weeks and that I would be placed on a Chemotherapy pill that I would take every day. At one point during the conversation, the doctor stated that my tumor was only 1cm. My wife and I looked at each other in amazement because we knew that originally it had measured 3cm. We asked the doctor about the difference and a confusing return was all I received but I know that from 3cm to

1cm is always good concerning a malignant tumor. I did choose to begin my Chemotherapy treatments and received my first infusion on/about January 20th and have received one other one on February 13th. They make me really sick but I get home as quickly as I can and return to Pritchett where my three angels within a few days get me feeling back to normal. During my infusions, my blood work comes back within normal guidelines and I even shocked them by gaining a healthy eight pounds. While receiving treatments at Natural sources, I also gained in family with some that I was going through treatment with and will never forget all the great laughs, times, and "oops" we had: Mrs. Rita, Dave, Patti, Lynn, Jan, Marcus. I owe my life to GOD, my heart to my wife and family, but I owe more than just a simple thanks to Bev, Jozy and Weston. I would be lost physically, mentally, and last but not least emotionally. Thank you and love you all.

This Month's Update—Patty Hatches

This month's update is on Patty Hatches. As you remember, Patty has been battling cancer since the age of 23. She is still in the fight. After receiving treatment at the Wellness Center, she has passed over 20 cancerous tumors on her own. When she had the flu her immune system was strong enough to fight it without slowing her down. She is back on the barrel racing trail



with great success with her cancer benefit. Her upcoming barrel races are Oklahoma City and the most important race in Ft. Smith, Arkasas soon to come! She thanks God everyday for the Wellness Center Dr. Bev, Josey, Weston and Ms. Retah, without them she wouldn't be the women she is today!

RASBERRY-GOLD

Raspberrgold is made from Meeker raspberries, which is the best source for Ellagic Acid. Ellagic Acid is a proven anti-carcinogen, anti-mutagen and anti-cancer initiator.

Ellagic Acid is used in alternative medicine to fight and prevent cancer. Ellagic Acid may be one of the most potent ways to fight Cancer. Ellagic Acid, a phenolic compound, inhibits the growth of cancer cells and arrests the growth in persons with a genetic predisposition for the disease.

Ellagic Acid Study - The Hollings Cancer Institute at the University of South Carolina has conducted a double blind study on a group of 500 cervical cancer patients. This study has excited everyone. Nine years of study have shown that a natural product called Ellagic Acid is causing G-arrest within 48 hours (inhibiting and stopping mitosis-cancer cell division), and apoptosis (normal cell death) within 72 hours, for breast, pancreas, esophageal, skin, colon and prostate cancer cells.

Ellagic Acid clinical tests on cultured human cells also show that Ellagic Acid prevents the destruction of the p53 gene by cancer cells. Additional studies suggest that one of the mechanisms by which Ellagic Acid inhibits mutagenesis and carcinogenesis is by forming adducts with DNA, thus masking binding sites to be occupied by the mutagen or carcinogen. Ellagic Acid can be found in different foods. The Hollings Clinic has identified red raspberries as the strongest source.