



**BioMatrix Clinic eDose**  
*your regular dose of health news*



biomatrixclinic.com

[www.biomatrixclinic.com](http://www.biomatrixclinic.com)

**Welcome to the 1<sup>st</sup> edose Newsletter.**

This newsletter is designed to give you ``pearls of wisdom`` to help you live a healthier and happier life.



61 John St.  
 Waterloo, ON  
 519-576-0564

**Joanne Brophy**

Registered Nutritional  
 Consulting Practitioner

**REMINDER!! January is CLEANSING TIME!**

Happy Winter. Holidays are over. Time to cleanse. Cleansing is the foundation of Natural Holistic Health. The first step is to empty the colon of toxic chemicals. Reduce your toxic load. Take a herbal laxative, prune juice, lots of magnesium, or 1-2 teaspoons of Epsom salt in a little glass of water to get diarrhea. Or have an enema or 1-2 Colonic Therapies. This will flush out the garbage tank called the colon or large bowel intestine. This initial step will take the toxic pressure off the liver and blood.



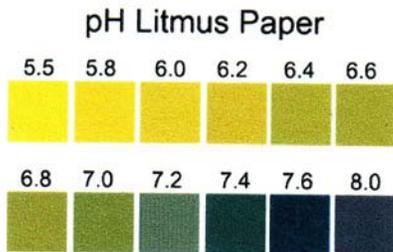
Then take 1 bottle of herbal capsules called **IRIS by Elite**. This is predominantly dandelion which will cleanse the liver, lymph, eyes, blood, skin and kidneys. It has even broken down cysts in my clients. The whole goal of cleansing is to have clean blood. When blood gets too toxic, it can pool up into a cyst or tumor. It can cause irritation and even inflammation. The herbs will drain the toxins down through the colon and other elimination organs.

**I have successfully used Elite products for 25+ years.**



If you haven't cleansed your kidneys more specifically in awhile, you can also take 1 bottle of herbal capsules called **Viaforce PM by Elite**. You can read about these herbal formulas on the website. The next cleansing time will be after Spring Equinox during the month of April.

**pH Biochemistry:**



**Acid/Alkaline Balance**

Your saliva is a pH mirror of your blood and tissues. They should be slightly alkaline at a pH value of 7.2 as optimum. 6.8 is still pretty good. This is good biochemistry for your body. Test saliva while having an empty stomach. Test frequently to get an average. Use a litmus paper test. If it is acidic instead of alkaline, it means too many acids are building up to create irritation and inflammation in your blood, nerves, organs, joints, muscles and tissues. These acids create all kinds of disease. They are "free radicals" that damage your cells. Alkalize your body with fruits and

vegetables. All other foods are acidic: grains, dairy, nuts, meat, and fish. We need to have some acidic foods in our diets, but much more fruit and vegetable alkalizing foods. The worst acidic foods of course are SUGAR, COFFEE, POP, ALCOHOL, and JUNK FOOD!! Tip: When you look at your plate at mealtime, there should be more vegetables on it than any other foods. Eat 2 pieces of fruit daily, ideally between meals on an empty stomach.

However... the best way to alkalize is with vegetable juices, green drinks, green grasses, liquid algae or seaweeds. When taking in these liquid plants drinks, they will go directly into the blood stream to alkalize it more easily. This is the best way to energize as well. This is the reason why many people can cure themselves of cancer by juice fasting with alkalizing liquids.

## Amazing ZenMatcha GreenTea

Matcha Green Tea naturally contains the stimulant theophylline (a cousin to caffeine), and the amino acid L-theonine, which together create a truly metaphysical drinking experience. You feel energized and calm in one blissful moment. Your body/mind will never be the same again.

If you drink green tea already, look into your cup. Does it look yellow or brown? If so, that is a lesser grade of green tea leaves. Real green tea will look bright "green" in powder form and very green in your tea cup. This is the green tea that is written about its wonderful nutritional benefits.



The main reason why it should be a part of our daily diet is because it alkalizes our blood and tissues, creating good biochemistry for cells to thrive. It is a powerful antioxidant against acids that are called free radicals. Other reasons are for its energizing mental alertness. Why drink damaging coffee (very acidic) when you can drink healthy Matcha Green Tea? The theophylline gives the alertness and energy while the L-theonine calms the nervous system. No coffee jitters.



the history of  
**ZENMATCHA**  
Specialty Matcha Green Tea

If you are already taking an antioxidant, you might want to switch to green tea because of these added benefits. A saliva litmus paper test can indicate when you have achieved alkalinity. An average serving is ½ to 1 teaspoon in hot water, once or twice daily. People that use it for cancer will take at least 3 teaspoons daily.

To make Matcha Green Tea, stir the green powder briskly in a cup of hot, but not boiling water. Some of the fiber from the green leaves will still settle to the bottom. 1 teaspoon ZenMatcha is equal to the amount of caffeine in 1 cup of coffee. ZenMatcha Green Tea is the one that I recommend as I have seen the 3<sup>rd</sup> party laboratory results indicating that it is a reputable product. There are many "knock-off", lesser grade powdered green teas out there. For further reading, check out my website under PRODUCTS to read the "Real Green Tea" article. Matcha is especially good for arthritis with its powerful antioxidant properties. Enjoy real green tea. No more throwing the tea bag away with the nutrition in it! I drink 1-2 cups daily to stay alkalized.

[www.zenmatcha.com](http://www.zenmatcha.com)

## Himalayan Crystal Salt

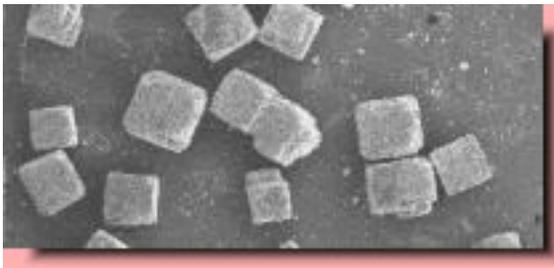


Table salt is highly refined sodium chloride. The refining process removes all of the other 70-80 minerals that naturally occur in natural sea or rock salt. This leads to a one-sided

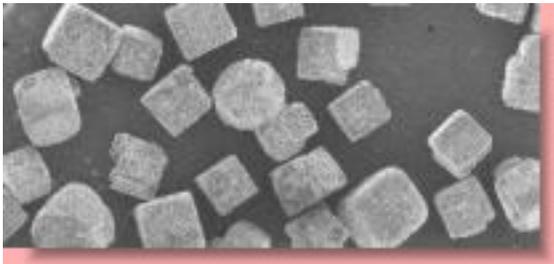
overload of Sodium and Chloride that in turn leads to all the well-documented undesirable effects of diets that are high in refined salt. Table salt also comes with additives such as aluminumhydroxide, sodiumferrocyanide, calcium phosphate, stearic acid and others. Some of these are harmless, but some are definitely toxic.

Himalayan Crystal Salt is an ancient pure salt that has been compressed naturally over time by great mountainous mass to form a crystal matrix. It is the purest and most beneficial salt on the planet. Millions of years ago a primordial sea was evaporated by the sun, leaving absolute pristine crystalline salt that is balanced in all the minerals that the body needs. Today this salt, buried deep in the Himalayan mountains, is ecologically mined and processed gently by hand. This crystal salt still retains the original qualities of this ancient body of water. It is not like other sea salts that are exposed to environmental pollution. It is considered naturally organic, found in deep caves of the mountains. It contains all 74 essential minerals that the body requires daily.

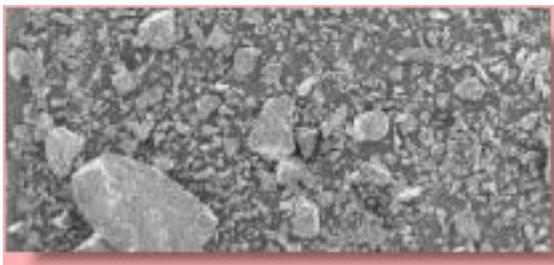
I personally have replaced my salt shakers with this great tasting Crystal Salt.



**TABLE SALT** Large chunks of sodium chloride with all other minerals removed.



**SEA SALT** Large chunks of sodium chloride with a few other mineral salts.



**CRYSTAL SALT** Balanced in all essential and trace minerals.



All products that are mentioned in this newsletter can be purchased at Fiddleheads in 3 locations:  
438 Highland Road, Kitchener 519-749-8473  
450 Columbia Street West, Sobey's Plaza, Waterloo 519-342-1682  
480 Hespeler Road, Winners Plaza, Cambridge 519-624-6879 as of January 26

IRIS by Elite, VIAFORCE PM by Elite, ZENMATCHA GREEN TEA by ZenMatcha ,  
CRYSTAL SALT by Luminere de Sol, and pH Litmus Test Paper.  
[www.fiddleheadshealth.com](http://www.fiddleheadshealth.com) [info@fiddleheadshealth.com](mailto:info@fiddleheadshealth.com)

Thanks for taking the time to read this newsletter.  
Email me if you have any questions or feedback.  
[joannebrophy@rogers.com](mailto:joannebrophy@rogers.com)

Mention this Newsletter to me to get **20% off** until Jan 31, 2007

**Allergy Testing** by THE MERIDIAN TEST

(Electro-Dermal Screening Biomeridian device)

Book before January 31<sup>st</sup>, 2007.

See article at website [www.biomatrixclinic.com](http://www.biomatrixclinic.com)

**Joanne Brophy RNCP Nutritionist**

Your privacy is respected. If you do not wish to be on this email list, please inform.  
This list will not be shared with anyone else. JB