

newsbriefs

Enzyme Nutrition Available in Memphis

Dr. Benjamin Boston, of Whole Health Chiropractic and Wellness Center, in Memphis, now offers digestive enzyme therapy, a way of using nutrition to keep the body in healthy balance.

"Enzyme nutrition works with the body's innate intelligence to bring the body to optimal health using whole foods that contain protein, carbohydrates, fats, vitamins, minerals and enzymes," says Boston.

One of the reasons that enzymes need to be addressed to ensure individual health, Boston explains, is that the current food supply often removes them for the purpose of extending shelf life. An example is pasteurized milk. Pasteurizing removes vitamins A and D, which are then added back in. Enzymes, which are necessary for digestion, are not added back in.

"When a patient comes into the office, I will ask them questions such as what foods they crave, what foods must be avoided, if the patient has any allergies, how many fruits and veggies they have each day, etc.," says Boston. This is then followed by a physical exam that focuses on 26 to 32 stress points, each specific for different organs of the body. The completion of the exam leads to identifying the specific enzyme formula for the individual.

"Every body is biochemically unique," says Boston. "Optimal health can only be attained when each person is viewed that way."

Location: Whole Health Chiropractic and Wellness Center, 5099 Old Summer Rd., Ste.C, Memphis. For more information, call 901-672-7308 or visit WholeHealthMemphis.com. See ad page 10



Saille Healing Path Offers New Services in New Cordova Location



Katrina Farber, licensed massage therapist and owner of Saille Healing Path, announces the move to a new, larger office in Cordova. The larger location will allow for new services as well. In addition, every new client in the month of April will receive a free aromatherapy sample.

"We keep growing and growing and growing," Farber says. Saille Healing Path will now offer acupuncture and yoga classes, as well as private yoga training sessions. These are in addition to Farber's established massage therapy services, professional hypnotherapy, cupping therapy and aromatherapy.

"We are committed to offering our community high-quality, evidence-based alternative, complementary and natural health care to meet the needs of our health-minded neighbors," Farber says. "We provide care for many needs, including stress management, pain management, injury reduction, oncology care, trauma care, insomnia and more. Please welcome our new practitioners. And if there are any other services you are looking for, let us know." Saille Healing Path also offers free monthly workshops for the public on various natural health-care topics.

This summer, Saille Healing Path also will offer new mindfulness-based stress reduction and meditation classes.

Location: Saille Healing Path, 1147 Cully Rd., Ste. 101, Cordova. For more information or an appointment, call 901-545-9086, email SailleHealingPath@gmail.com or visit SailleHealingPath.com. See ad page 19

Label GMOs

Whole Foods Market has become the first company in the industry to decide that all products containing genetically modified organisms (GMO) in its U.S. and Canadian stores must be so labeled by 2018.



"We support the consumer's right to know," said Walter Robb, co-CEO of Whole Foods Market, in announcing the policy. "The prevalence of GMOs in the United States, paired with nonexistent mandatory labeling, makes it very difficult for retailers to source non-GMO options and for consumers to choose non-GMO products."

Genetic engineering introduces changes in DNA structure—usually to increase crop yield, plant hardiness and aesthetic appeal, rather than improve nutritional content. Acknowledged downsides of artificially transferring genes into plants include substantial increases in the use of chemicals and genetic cross-contamination of fields.

While major food companies funded the defeat of California's Prop 37 calling for GMO labeling, 82 percent of Americans are pro-labeling, according to a recent poll by market research firm YouGov. On April 8, Americans will demand that the Food and Drug Administration (FDA) stop choosing Monsanto's industrial interests over policy transparency and public health. Concerned citizens are beginning to take back America's food system.

Join the Eat-In for GMO Labeling, Stone Soup style, outside of the FDA Center for Food Safety and Applied Nutrition, 5100 Paint Branch Pkwy., College Park, MD 20740, from 8 a.m. to 6 p.m., April 8. Visit Occupy-Monsanto.com.