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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Understanding Makes All The Difference**

**By Melinda Kempenich**

**Understanding Makes All The Difference by Melinda Kempenich**

Have you ever heard it said that when it rains, it rains down on everyone and when the flowers bloom, they bloom for everyone, big or small, rich or poor. Optimal health can be and should be for everyone as well. Sometimes understanding how health works makes all the difference.

We have three biological requirements for optimal health. Those requirements are friendly bacteria, enzymes, and minerals. All plants, animals, and humans need these three requirements, as we are all a part of nature. We all have life cycles, and we all age, big or small, rich or poor.

Probiotics are what we use to describe organisms that help life by living in the intestinal tract. There are millions upon millions of bacteria residing in the gastro-intestinal tract. While some are "friendly" bacteria, others are harmful and have the potential to cause disease. Friendly bacteria play such an important role in health. Among the few benefits are helping to enhance the immune system, and helping the body absorb nutrients. They also help to break down minerals to be used effectively by the body. So who needs "friendly" bacteria? All life on earth needs Friendly Bacteria, big or small, rich or poor.

The specialized protein substances that control and promote all of life's processes are known as enzymes. They are what make life possible. There are three kinds of enzymes. Metabolic enzymes keep the organs and tissues supplied with proteins, fats, and carbohydrates to promote healthy bodies and repair damage to our bodies. Digestive enzymes break down the proteins, carbohydrates and fats. There are three digestive enzymes: protease digest proteins; amylase which digest carbohydrates; and lipase which digest fats. Food enzymes are found only in raw foods. All life requires enzymes to sustain it. Enzymes are destroyed at temperatures above 118 degrees so only plant and animal food in a raw state will contain enzymes. So who needs enzymes? All life on earth needs enzymes, big or small, rich or poor.

Minerals are needed for the proper composition of body fluids, the formation of blood and bone, and also for maintaining the nervous system. Minerals function as co-enzymes. Each one is essential to the body's enzyme functions. They play a specific role in a variety of different chemical reactions in our

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bodies. Eight of these minerals are required in high concentrations. They are calcium, phosphorus, sodium, chloride, sulfur, magnesium, and silicon. There are also nine minerals that our bodies need in small amounts. These are iron, zinc, copper, cobalt, iodine, manganese, chromium, molybdenum, and selenium. Minerals are best absorbed through food. In order for a mineral to be utilized by the body it

must first be absorbable. It must be plant derived and organic, such as blue–green algae, which is a natural whole food that contains a wide variety of minerals balanced by nature. Plants absorb minerals and as a result, those eating the plants will absorb minerals, and those eating the animals, who eat the plants will absorb the minerals. So who needs minerals? All life on earth needs minerals, big or small, rich or poor.

So you see, optimal health really is attainable for all. It is a matter of understanding how health works and what we need to make it work. Friendly bacteria, enzymes, and minerals, are three very attainable requirements. With these biological requirements our bodies can better handle stress, fatigue, weight management, and better digestion. The power of a digestive system that is in an optimal state is not to be overlooked. The digestive system plays such an important role in our overall health. Probiotics, enzymes, and antioxidants complete the picture of optimal health for all, big or small, rich or poor.

Take the journey to a better way of life. Get healthy and stay healthy.

Sources: Cell Tech, Prescription For Nutritional Healing by James F. Balch, MD and Phyllis A. Back, CNC, Family Medical Guide

Melinda Kempenich is the mother of three children and the wife of a State Representative from the great State of North Dakota. She firmly believes that all people, big or small, rich or poor, should have the resources to obtain optimal health. If you would like to receive free "The Importance Of Enzymes Booklet" please check out her website: Health So Serene @ [www.healthsoserene.info](http://www.healthsoserene.info) to request a copy, or e–mail her at [mybabies58623@yahoo.com](mailto:mybabies58623@yahoo.com), she'd love to hear from you! You are also welcome to send your request to her at : Melinda Kempenich, 9005 151st Ave SW, Bowman, ND 58623–8857 She also has many other informative articles on her website.

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### **ARC of Understanding**

#### **By Nilesh Gore**

In relationship we all make mistakes and sometimes we are insensitive to the needs of others, especially those very close to us All this leads to disappointments and resentments. The answer to handling disappointments is understanding.

Relationships don't come about because people are perfect. They come because of understanding.

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There is more gratification in being a caring person than in just being a nice person. A caring attitude builds goodwill which is the best kind of insurance that a person can have and it doesn't cost a thing.

Being understanding is far more important than money and the best way to be understood is to be understanding. And the basis of real communication is also to be understanding.

**Practice Generosity** :- It is a sign of emotional maturity. Being generous is being thoughtful and considerate without being asked. Generous people experience the richness of life which a selfish person can't even dream of. Be Considerate, Selfishness brings its own revenge. Be sensitive to other people's feelings.

**Kindness**:- Kindness is language the deaf can hear and the blind can see. It is better to treat a friend with kindness while he is living than displaying flowers on his grave when he is dead.

Act of kindness makes a person feel good regardless of whether he is doing it or it is done to him. Kind words never hurt a tongue.

(Scientologist – Sir L. Ron Hubbard said – Affinity, Reality, Trust, Faith, Elegance & communication are the basic components of understanding. and Understanding makes people coexist, cooperate, correlate. Called as ARC of Understanding.)

People who are true friends in the real sense help one another, but these are not favors. They are acts incidental to friendship and if they don't help they'd be failing in their relationship.

RELATION & LOVE just don't happen, they take time to build they are built on kindness, understanding & self-Sacrifice, not on jealousy, selfishness, puffed up egos, and rude behavior.

Relationship never be taken for granted. Once relationships are established, they need to be nurtured constantly. Nobody is perfect. Expecting perfection is setting yourself for disappointment.

**SYMPATHY & EMPATHY** :- well Lets know the difference : Sympathy means "I Understand what & how you feel. EMPATHY is "I feel what and how you feel".

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Understanding Insurance: Term Insurance

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