



Gems for Your Soul: Art of Happy Life Newsletter

Providing a Holistic Approach to Balance Your Body, Mind and Spirit

How Important are Vitamin and Mineral Supplements?

As we are becoming increasingly aware of nutrition, holistic therapies and a healthier lifestyle, there is a transformation that is taking place towards health and wellness. The question often arises; do I need to take vitamin (or other mineral) supplements?

It is essential and wise for us to include a natural vitamin and mineral supplement in your diet. For starters, very few people actually follow an optimum diet of whole foods, fruits, vegetables and lean protein. In our fast-paced world, sometimes we choose to eat takeout and fast foods for convenience. Even if you try to follow a healthy diet, many important factors such as soil depletion, storing methods, cooking, pesticides and herbicides deprive foods of their natural beneficial nutrients.

Although good health is a combination of several important factors such as exercise, whole foods, water and proper sleep, vitamin and mineral supplements are also very necessary for good health.

Several studies have shown the benefits of various supplements. More allopathic doctors are recommending vitamin supplements to their patients.

Dr. Emanuel Cheraskin (who is both a medical doctor (M.D.) and dentist (DMD)) is a professor at the University of Alabama Medical School. He has co-written 22 books and has published over 700 scientific papers in prominent medical journals. He has proven to the world and scientific community how powerful nutrients can be! His research indicated that there are approximately 30 Vitamins, Minerals, Bioflavonoids and Enzymes that are necessary for good health. There are many other medical doctors that recommend vitamin and mineral supplements.



Here are some essential nutrients that are necessary for optimal health and you may require a supplement for; Antioxidants, B Vitamins (complex), Essential Fatty Acids and Minerals. Vitamin A, Beta-carotene (which is converted to Vitamin A), Vitamin C and Vitamin E are your powerful antioxidants. Oxidation is a process that takes place when free radicals (highly reactive molecules) severely damage other molecules. Free radicals can cause physiological damage, cancer, immune deficiency and osteoarthritis. Antioxidants have the power to reduce free radical damage.

According to the "British Medical Journal", Vitamin C slows down oxidation of LDL (bad) cholesterol that causes plaque build up in arteries. It also helps in the absorption of Iron, regulates stress and inflammation, and provides a great boost to your immune system. Studies show that vitamin E supplements protect against cancer, improve blood flow and can also help with Parkinson's disease. Vitamin A also helps prevent heart disease, cancer and can also reduce the risk of prostate cancer.

B-complex vitamins are necessary for your entire nervous system, energy levels and protein metabolism. (It should also be noted that low levels of Iron can cause significant problems). Those suffering from stress, low energy and chronic fatigue can highly benefit from these vitamins.

Essential Fatty Acids are your good fats. This refers to your omega 3 and omega 6 (sometimes omega 9) fatty acids. They help regulate physiological functions, inflammation and blood viscosity. A lack of these fatty acids can be the cause of depression, cardiovascular disease, memory loss and various other diseases. These can be supplemented through fish oil and flax seed oil. Minerals just like vitamins play a vital role in your health. There are some 22 different minerals. They help maintain normal cell function and enzymatic reactions. They help to metabolize blood sugar, keep our bones strong and increase efficiency of the heart.

Upcoming Workshops:

Sun. February 15th 2009

Past-Lives Workshop

Sun. March 1st, 2009

Energy Healing Meditation

Sun. March 15th 2009

Health & Wellness

Special Events:

We will be participating in the annual Holistic World Expo from:

March 20th-March 22nd 2009 at the Direct Energy Centre – Downtown Toronto

Call us now to reserve your FREE Tickets!



Everyone should try to eat healthy and get as many nutrients as possible from their diet; however it is not possible to receive everything you need from diet alone. With the increasingly poor air quality, the depletion of our ozone layer, more carbon monoxide in the environment, poor soil quality and a stressful lifestyle, it is a wise choice to include a vitamin and mineral supplement. Remember also, that it is necessary to buy a high quality supplement made from natural food sources. Not all vitamins are the same, as the level of purity varies. Normally natural supplements are recommended over synthetic vitamins. Look for a proper supplement in your local health food store. Including a vitamin supplement as a part of your daily routine can significantly increase your health and long term wellness!

Mohmood Valimohamed ~ Director, Art of Happy Life

Services & Workshops

Art of Happy Life is proud to provide a wide range of holistic services and treatments for optimal health and wellness. Including: The Ion Cleanse Detoxifying Foot Bath, Reiki, Energy Healing Meditation, Hypnosis and Past-Life Regression Therapy, Nutrition Counselling (based on your Ayurvedic body type and Blood Type), Psychotherapy and Counselling and More...

We also conduct a variety of **Group Workshops** such as:

Energy Healing Meditation Sessions and Certification: Learn how to heal yourself and others through a combination of techniques, Reiki, Chakra Meditation, and Guided Progressive Relaxation.

Health & Wellness: Learn and practice Pranayama, discover your Dosha (Ayurvedic body type) and what it means as well as information based on your individual blood type.

Past-Lives Workshop: Experience a group regression into the past, including relaxation and meditation.

Journey of the Spirit~All-Day Retreat: This all day escape provides Health & Wellness information, Breathing Exercises, Meditation, Relaxation and Energy Healing. Not to mention great food and fun!

Also available are *Book of Wisdom: A Simple Book for Spiritual Growth*, *The Art of Witnessing (CD)* and *The Art of Forgiveness and Love (CD)*! Written and created by Mohmood Valimohamed exclusively for Art of Happy Life.

Client Testimonial

I was first introduced to Mohmood by a good friend of mine who had attended some of his workshops. From the very beginning of our first encounter I felt very accepted and comfortable in his home. There is a genuine sense of caring that surrounds Mohmood and I have since then attended workshops, Reiki certification, nutritional counselling, and past life regression. I also had a distant healing from Mohmood and actually felt his thumbs in the sides of my head. Afterwards I found myself having better sleeps at night and experienced having a "lighter" feeling about myself. I started an online course last year and felt very overwhelmed most of the time. I asked Mohmood if he could send me distant healing when I wrote my 4 tests and I am happy to say that not only did I score 100% on all 4 tests I also received 100% on the entire course.

I have had Nutritional counselling before but with Mohmood he incorporated my Ayurvedic body type as well which helped me by taking it one step further than the information I already had. I have been attending regular Ion Foot cleansing baths and am on my 14th treatment. I have had very positive results from feeling more alert overall, having good night sleeps, to having more energy.

I feel very blessed that my path has crossed with Mohmood's and he continues to inspire me to achieve my goals within the healing profession.

Bonnie Anderson R.N S.A.N.E.

Today's Book Selection

Prescription for Nutritional Healing by Phyllis A. Balch, CNC & James F. Balch, M.D. is a practical A-Z reference to drug-free remedies using vitamins, minerals, herbs and food supplements. It is a wealth of fascinating information with many uses and benefits.

Happy Reading!!

We want to hear from you. Send us your feedback and suggestions on this newsletter so that we can continue to improve it to better serve you! Email us at: mvalimohamed@rogers.com. Thank you for your time!