

Pathfinder's Compass

January 2020



Inside this issue:

Are You Rut Eating?	2
20 Eating Clean Breakfast Options	2
What is Candida?	3
Showering with Essential oils	4
180 Weight Loss Bundle	5
Learn About Vitamin A	6
Vitamin D & Cancer Prevention	7
Upcoming Programs & Events	8



Pathfinders s/v LLC

Vic & Sharon Reboy
3170 Orchard Park Rd.
Orchard Park NY 14075

Phone:
(716) 560-0896
Email:

sharon@pathfinderstba.com

Websites:
pws.shaklee.com/pathfinders
www.pathfinderstba.com

Three Steps to Emotional Healing That Lasts

♦ by Joyce Meyer

Today, people everywhere are struggling through life with damaged emotions. They've endured a lot of negative things, causing untold damage that needs to be dealt with. But all too often, these hurts are simply swept under the rug in an attempt to make them go away.

Through my own life experiences and from many years of helping others through this process, I've discovered that although God wants to help those who really want emotional healing, there are some very important steps these individuals must take for themselves. If you want to receive emotional healing, one of the first steps you must take is to face the truth. You can't be set free while living in denial. You can't pretend that certain negative things didn't happen to you.

I've come to realize that we're experts at building walls and stuffing things into dark corners, pretending they never happened.

I spent the first eighteen years of my life in an abusive environment, but as soon as I got away from that situation, I acted as though nothing was wrong. I never told anyone what had gone on in my private life.

Why don't we want to bring things like that into the open? We're afraid of what people will think. We're afraid of being rejected, misunderstood, or unloved by those we care about or that they might have a different opinion of us if they really knew all about us.

The next step toward emotional healing is confessing your faults. I think there's a place for eventually sharing with someone else the things that have occurred in our lives. There's something about verbalizing it to another person that does wonders for us—but use wisdom. Choose someone you know you can trust. Be sure that by sharing your story with someone else, you don't simply put your burden on that individual's shoulders. Also, don't go on a digging expedition, trying to dig up old hurts and offenses that have been buried and forgotten.

When I finally worked up the courage to share with someone what had happened early in my life, I actually began shaking violently in fear. It was an emotional reaction to the things I'd kept buried within me for so long. Now when I talk about my past, it's as though I'm talking about somebody else's problems. Because I've been healed and restored, my past doesn't bother me anymore.

[\(Article continues on pg. 4\)](#)

Break Free from "Rut Eating"

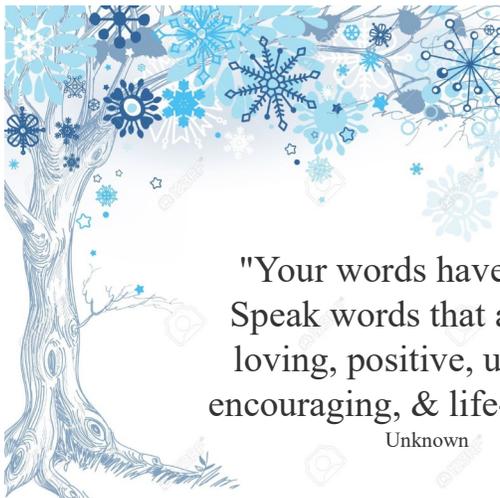
Do you eat the same food for three to four days in a row or eat the same food at the same meal day after day? Perhaps you simply must have your beloved peanut butter and jelly sandwich for lunch every day. Or you love peanuts for a morning, afternoon or evening snack. Sound familiar? Chances are, you've been a "rut eater" at some point in your life, but you probably didn't know that rut eating could cause weight gain.

The reasons people rut eat are varied. Some folks believe they are simply too busy to cook a different meal every day; it's easier to eat what's available. For other people, eating the same foods at the same time every day is an ingrained habit.

The problem with rut eating is that it initially stimulates then ultimately exhausts the pancreas gland by depleting the enzymes necessary for digesting that particular food. When the body can't digest its food properly, it stores it until the right enzymes can again be produced. Over time, this accumulated stored food becomes unwanted fat and weight gain — a side effect most of us want to avoid.

Let's say you prepared scrambled eggs and rice each morning for breakfast. The first day you ate it, your body easily digested your food and your pancreas secreted the appropriate enzymes. By the third or fourth day however, things would change drastically. After consuming scrambled eggs and rice for several days, you'll find your favorite breakfast choice less appealing. You may think it's because you are getting tired of your food choice, but actually it's the pancreas' way of warning you that it is out of the necessary digestive enzymes. As a result, your scrambled eggs and rice are stored for later digestion. Net result, you gain weight.

Rotating your food does take some planning, but the benefits are worth your time. In order to give your pancreas sufficient time to replenish enzymes, you need to give yourself a four-day break from any one food.



"Your words have power.
Speak words that are kind,
loving, positive, uplifting,
encouraging, & life-giving." -

Unknown

eat clean breakfast

1. Oatmeal with Fresh Fruit
2. Buckwheat Pancakes
3. Yogurt with Fruit
4. Quinoa Breakfast Bowl
5. Apple Slices with Almond Butter
6. Whole Grain Toast
7. Cream of Wheat
8. Homemade Banana Bread
9. Buckwheat Porridge
10. Bowl of Fresh Fruit
11. Acai Breakfast Bowl
12. Whole Grain Cereal
13. Steel Cut Oats
14. Raw Energy Bar
15. Whole Grain Waffles
16. Toast with Avocado Slices
17. Sprouted Tortilla with Almond Butter
18. Overnight Oats
19. Raw Nuts and Dried Fruit
20. Muesli (or Granola) with Flax Milk



So instead of eating the same breakfast every day, you can select four different breakfast meals from above to rotate that are nutritious and healthy for you.

Another way to rotate foods is varying the time you eat them. For example, if you eat scrambled eggs for breakfast on Monday, eggs ideally shouldn't be eaten again until Friday. However, you could eat eggs for lunch or dinner on Wednesday, which still relieves the pressure on your system without you scrambling for an egg alternative.

Rut eating is a habit most of us share at one time or another. If you carefully watch your diet and plan your meal rotations, you can successfully break free of the rut eating habit. Stop gaining unwanted pounds from undigested food!

https://bodytype.com/dieting_for_bodytypes/proper_nutrition/end_rut_eating.php



What is Candida?

Candida is the popular term for candidiasis (candida overgrowth). Moderate amounts of candida live in every one of us without causing any harm, but when given free rein to grow unchecked, Candida can change into its fungal form and spore through the intestinal wall into the rest of the body. Once through, it rampages around the body producing a multitude of symptoms.

How Does it Develop?

A major player in the battle between good and bad gastrointestinal (GI) organisms is antibiotics. Antibiotics kill bacteria. The problem is they don't distinguish between the "good" bacteria in the intestines and the "bad" bacteria they are designed to kill off. This develops a void and the yeast has an opportunity to grow unchallenged. They begin to encroach into the small intestine & disrupt all digestive processes. They have the ability to 'burrow' through the intestinal walls and gain access to the bloodstream. Once these organisms have entered the bloodstream the condition is known as systemic Candidiasis.

What Keeps the Yeast Growing?

Like any living organism, the yeast needs to eat to survive, and they adore sugar (glucose) in any & all forms. In addition the yeast need a warm place to thrive. Your GI tract is the perfect temperature and our modern diets with the refined and hidden sugars in our processed foods are ideally suited to the yeast's proliferation. Their need for a sugar 'fix' is so strong, it creates strong cravings for sugar, carbs, alcohol, etc. which contributes to symptoms of hypoglycemia and weight gain.

How Can Candida Effect My Health?

It disrupts digestive processes. It has the ability to cross the blood-brain barrier harming the neurological & endocrine system. It contributes to a condition known as estrogen dominance causing hormonal imbalances. It exhausts the immune system & sets the stage for ill health. Numerous symptoms begin to surface that range from everyday complaints to potentially life threatening diseases

Candida/Acetaldehyde Connection...How Does it Affect the Body?

According to Dr. Orion Truss, "much of the harm done by Candida results from its waste product, acetaldehyde, which in turn can affect the metabolic, neurological, endocrine, and immune systems." Acetaldehyde is a fungal waste product. Acetaldehyde is a particularly toxic substance which is a by product of fermentation...hence the Candida connection. Dr. Steven Cooter in his book "Beating Chronic Disease", states "Candida is responsible for flooding the system with an accumulation of toxic acetaldehydes. Acetaldehydes are known to poison tissues -- accumulating in the brain, spinal cord, joints, muscles and tissues." Acetaldehyde accumulations in tissue are responsible for weakness in muscles, irritation, & PAIN. Acetaldehyde cannot be excreted from the body as it is & it accumulates. The body has an enzyme which breaks down the aldehydes to a less toxic substance which can then be excreted. This enzyme is aldehyde oxidase & is dependent on riboflavin (B⁵), iron, and molybdenum being present in the body.

Important: Before beginning any support protocol consult your medical practitioner for any & all concerns

We offer a wide variety of natural options to help combat Candida including supplements, essential oils & nutritional education.

Contact us for more information.

Symptoms Related to Candida

Headaches/Migraines	PMS
Brain fog	Psoriasis
Extreme fatigue	Hives
Intolerance to alcohol	Rashes
Athlete's foot	Thrush
Nail fungi infections	Anxiety
Recurrent Vaginitis	Depression
Recurrent jock itch	Hypersensitivity to food
Increasing food & chemical sensitivities	Severe reactions to tobacco, perfume, chemicals

Digestive/Bowel Complaints including:

- ◆ Constipation
- ◆ Diarrhea
- ◆ Abdominal pain'
- ◆ Bloating/gas
- ◆ Crohn's Disease
- ◆ Colitis

Immune System Disturbances including;

- ◆ Arthritis
- ◆ Fibromyalgia
- ◆ Chronic Fatigue Syndrome
- ◆ Increasing number allergies
- ◆ Asthma

How Do I Eliminate Candida?

Things to Avoid:

Foods/beverages high in sugar, antibiotic use, Birth Control Pills, Dairy products such as cheese, yeast containing foods, moldy foods like peanuts, pistachios, etc., and alcoholic beverages.

Dietary Component:

What Can I Do Differently?

Replenish 'good' bacteria with Optiflora, drink 6-8 cups purified water to hydrate & flush your system. eat fresh, raw, organic fruits & vegetables, consider fresh veggie juicing, investigate a complete Candida protocol/diet, ensure regular bowel movements, consume plenty of fresh garlic & onions, consider Oil of Oregano, Grapefruit seed extract, Pau d'arco tea.

Showering With Essential Oils (EO's)

Kurt Schnaubelt, PhD, Pacific Institute of Aromatherapy

This is an underappreciated way to derive the benefits of EO. EO having little or no affinity for water but promote the dissolvability or absorbability of lipids (fats) by nature, so they absorb into the skin much more efficiently than water. EOs are drawn to the fatty tissue beneath our skin as they flee the watery environment. Though some drops may be lost through spillage or evaporation, the bulk of the EO will sink directly into the skin, as it has nowhere else to go. It works tenaciously to penetrate skin, as it escapes the water.

Since EO's also are quite volatile, they disperse throughout the shower creating an instant spa-like experience as aroma molecules mingle with the steam. There are 3 modes of application which will each deliver the result of getting the essential oil into the body while also creating an aromatic steam environment.

Essential Oil Applications for the Shower:

BEFORE: Apply to your skin before getting into the shower. This is a beneficial technique to employ when using precious (rare &/or expensive) EO's, as you can target the desired area more precisely and not risk spilling or losing any of the EO during application.

DURING: Apply to your skin once your body is wet. This is an excellent way to make a small amount of EO go a long way. Utilizing the slip offered by the water on the skin helps to spread the EO across the surface area.

AFTER: Apply to your skin right before drying off with a towel. This technique minimizes the inhalation aspect of the experience.

Three Steps to Emotional Healing That Lasts (con't. from pg 1)

Finally, you must assume some personal responsibility. Some people are trapped in denial, afraid of what might happen if others find out the truth. But as long as they deny the past, they're never going to be free from it.

Nobody can be set free from a problem until they're willing to admit they have one. An alcoholic, drug addict or anyone who's lost control of their life is doomed to suffer until they're able to say, "I've got a problem, and I need help with it."

Even though our problems may have been brought upon us because of something done against our will, we have no excuse for allowing the problem to persist, grow and even take control over our entire life. Our past experiences may have made us the way we are, but we don't have to stay that way. We can take the initiative by taking positive steps to change things—and we can ask for God's help. Whatever your problem may be, face it, consider confessing it to a trusted friend, and then admit it to yourself. Face the truth—it can be the beginning of a happier life!



Essential Oils
work tenaciously
to penetrate the
skin, as it
escapes the
water.



Fortune Cookie Wisdom!

*Doing the best at this moment puts you in the best place
for the next moment.*

Shaklee 180[®] Shake It Off Bundle

Get Ready to Feel Great & Lose Weight

Combine the Prove It Challenge[™] with the Shaklee 180[®] Shake It Off Bundle for the biggest challenge for the new year: Feel amazing, have more energy, and achieve a healthier weight in 2020.

The Shaklee 180 Shake It Off Bundle is an exclusive add-on to the Prove It Challenge[™] a combination that gives you everything you need to lose weight, burn fat, & build lean muscle.†

It includes 1 canister of Life Shake, 2 boxes of Meal-in-a-Bars, 1 box of Snack Bars, 1 Metabolic Boost*



Already done the Prove It Challenge[™]?

Pair the Shake It Off Bundle with Life Plan[®] or Vitalizing Plan & follow the daily regimen of replacing two meals with a Life Shake[™] (or Shaklee 180[®] Meal-in-a-Bar) + Metabolic Boost*. Also take the Vitalizer[™] strip/Life-Strip[®] daily for

∞ Offer Rules

1. This offer is available in the US and Canada from December 9, 2019 at 12:01 a.m. through January 31, 2020 at midnight (PST).
2. Open to Guests, Preferred Members, Distributors, and Associates. Business Leaders are excluded from direct participation in this offer.
3. Purchase a Prove It Challenge[™] (#89526), Vitalizing Plan (#89384, #89404), or Life Plan[™] (#89383, #89410, #89403, #89409) and get 20% off our exclusive Shaklee 180[®] Shake It Off Bundle (#89537).
4. Autoship orders are included. Discounts can be combined.
5. **Eligible orders must be placed online.** Orders placed through the Call Center do not apply.
6. No limit to the number you can order. Offer valid while supplies last.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Based on cumulative sales of Shaklee 180 shakes and the expected average weight loss.

†Results and experiences from the Shaklee 180 Program are unique for each person, so results may vary. People following the weight loss portion of the Shaklee 180 Program can expect to lose 1–2 pounds a week.

Learn About Vitamin A

Vitamin A is a fat-soluble vitamin that also acts as a powerful antioxidant in the body.

What Does Vitamin A do?

In a nutshell, Vitamin A protects eye health¹, supports immunity, relieves inflammation², supports skin health, contains cancer fighting properties³, boosts bone health, reduces cholesterol, promotes tissue repair, aids in reproductions & development and prevents urinary stones.

Good Sources of Vitamin A

The best way to "up" your vitamin A intake is through food. Eggs from organic, pastured chickens (especially raw, or as close to raw as possible), whole raw milk and cream from organic, grass-fed cows, and raw, organic butter and cheese from grass-fed cows are all excellent sources. Other foods containing high amounts of vitamin A include:

Liver from organically raised, grass-fed animals	Spinach	Winter squash	Mustard and collard greens	Shrimp (be careful, most shrimp are farm raised)
Carrots	Wild-caught Alaskan salmon	Kale	Sweet potatoes	Romaine lettuce

Resources:

1 A randomized, placebo-controlled, clinical trial of high-dose supplementation with vitamins C and E, beta carotene, and zinc for age-related macular degeneration and vision loss: AREDS report no. 8. *Arch Ophthalmol*. 2001 Oct;119(10):1417-36.

<https://www.ncbi.nlm.nih.gov/pubmed/11594942>

2 Hunter, P The inflammation theory of disease, The growing realization that chronic inflammation is crucial in many diseases opens new avenues for treatment *EMBO Rep*. 2012 Nov; 13(11): 968–970. Published online 2012 Oct 9. doi: 10.1038/embor.2012.142 PMID: PMC3492709 PMID: 23044824 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3492709/>

3 **Vitamin A, Cancer Treatment and Prevention: The New Role of Cellular Retinol Binding Proteins**

Biomed Res Int. 2015; 2015: 624627. Published online 2015 Mar 24. doi: 10.1155/2015/624627 PMID: PMC4387950 PMID: 25879031

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4387950/>

Spiritual Food for Thought:

The Bible refers to unhealthy practices as being in the flesh. Romans Chapter 8 is an excellent discussion on this spiritual topic. Negative behaviors are often rooted in fear, rejection or rebellion. Taking a personal fearless immoral inventory can be scary and change can be uncomfortable, but when taken in small steps it can be done. Paul in Galatians 5:22 lists the fruits of the Spirit which can offer positive actions to embrace.

Seek to foster the positive activities to replace negative ones. Doing away with negative conduct & not replacing it with positive actions can lead to failure. Below are some suggestions to foster spiritual growth. Take the time to seek God, open up to a trusted friend, pastor, priest, or spiritual advisor. Remember you don't have to walk this journey alone. You were never meant to.

Consider these activities to support your spiritual walk



Vitamin D & Cancer Prevention

A growing body of evidence has shown that vitamin D plays a crucial role in disease prevention and maintaining optimal health. There are about 30,000 genes in your body, and vitamin D affects nearly 3,000 of them, as well as vitamin D receptors located throughout your body.

However, recent research reported in the New England Journal of Medicine (NEJM) claims “high dose” vitamin D supplementation did not result in a lower incidence of cancer or cardiovascular events than placebo.^{1,2} So, which information is reliable? The validity of a study is based on the method of data collection and analysis. Many medical studies track only the dosage amounts given, while others will monitor the blood serum levels. Why is this important? Because, you can ingest a food, vitamin or mineral, but ingestion does not guarantee absorption into the blood. The only way to track absorption is by monitoring blood serum levels.

The “high dose” given in the trial was a mere 2,000 international units (IUs) a day, which means the study was based on dosage levels. Plus, the dosage level was still only a quarter, or less, of what many need to raise their blood level into a protective range. The study did not test and track participants’ vitamin D blood levels, which is the only way to ensure sufficiency and adherence to the protocol.

Cancer is a slow-growing disease and the effects of nutritional intervention typically only become evident after several years. People who took 2,000 IUs of vitamin D3 per day had a 25 percent lower risk of cancer in years three through five of the study. So, while 2,000 IUs is really insufficient for most people, even at this insufficient dosage, the risk of cancer was cut by 25%!

Unfortunately, many people need upward of 10,000 IUs a day in order to achieve a blood level of 40 ng/mL (100 nmol/L) or higher, which is the bottom cutoff for health and disease prevention. Ideally, you’ll want a level between 60 and 80 ng/mL (150 and 200 nmol/L). Once-a-month mega-dosing of 100,000 IUs per month actually only comes out to about 3,000 IUs per day, which again is far below what most adults need to raise their vitamin D serum level into the protective range of 60 to 80 ng/mL, with 40 ng/mL being the low-end cutoff for sufficiency.

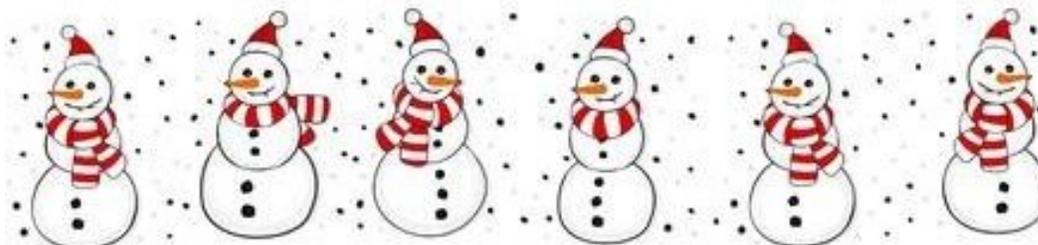
In the study cited regarding high dose Vitamin D intake, participants' vitamin D levels were not measured regularly throughout the study, and the association with cancer was not analyzed by serum level but by daily dosage. This point really cannot be stressed enough: The key factor is not how much vitamin D is taken but whether or not the blood level of vitamin D is within the "zone" of 60 to 80 ng/mL, and the only way to ascertain that is through blood testing.

Many study results are sensationalized in the news, on the radio, internet, or other forms of social media. Before assuming the information is accurate, take time to read more, talk with your doctor, ask questions, understand how the study was designed, who did it & why. You will be better informed and able to make choices based on knowledge, not hype.

Sources and References

¹ Science News November 10, 2018 <https://www.sciencenews.org/article/vitamin-d-supplements-do-not-prevent-heart-disease-or-cancer>

² Science Based Medicine January 10, 2019 <https://sciencebasedmedicine.org/vitamin-d-supplements-do-not-reduce-the-risk-of-cancer-or-cardiovascular-disease/>



Upcoming Events



Weight Loss Program

30 Day- Prove It
Challenge & Shaklee
180 Weight Loss
Program

Lose weight & feel great!

Starts Jan 2, 2020

**Program starts at 7 PM & are
held at 3170 Orchard Park Rd.**

The Monthly Discussion Group

Is designed to stimulate curiosity & encourage participants to ask questions & share knowledge or wisdom on a wide variety of topics.

Class Schedule:

- ♦ Jan 8th - Visions, Desires, Decisions & Goals.
- ♦ Feb 11th- The Power of Words,
- ♦ Mar16th - Spirituality & Healing,
- ♦ Apr 15th - The Food & Drug Industry
- ♦ May 7th- Body Energy
- ♦ Jun 2nd- Topic TBD

**The Discussion Group starts at 6:30 PM
at 3170 Orchard Park Rd.**

Pathfinders s/v LLC
Vic & Sharon Reboy
3170 Orchard Park Rd.
Orchard Park NY 14075

Phone:
(716) 560-0896
Email:
sharon@pathfinderstba.com

Websites:
pws.shaklee.com/pathfinders
www.pathfinderstba.com



Happy New Year From Sharon & Vic!