

**If we had no winter, the spring would not be so pleasant:  
if we did not sometimes taste of adversity, prosperity would not be so  
welcome.**

- Anne Bradstreet, *Meditations Divine and Moral*, 1655

Well here we are in March . . . time flies when you are hunkered down for winter!! I missed the February newsletter, not so much because I was too busy, but because I got stuck thinking about what I wanted to share this month. And rather than stopping to take a smaller bite, I decided to just keep chewing on the whole big wad. That ever happen to you? Trust me, it's not a good idea, and not very pretty either. So as far as your ideal weight goes, instead of tackling caffeine, sugar, wheat and dairy all together here in this edition of the newsletter, I'll focus just on caffeine this month. Besides that, there will be a reminder of the next first frequency practitioner group, and I also want to let you know that I have purchased a few homeopathic acute care kits at the request of a number of you, and they are now available to you for purchase.

Let's first look at caffeine. Caffeine is complicated because there are studies that show that it can enhance fat metabolism and increases glucose in the blood stream so that one might work out longer and increase a person's exercise performance. But if you are not exercising these benefits are lost because it is a short term enhancement. Exercise needs to happen within 1/2 - 1 hour after consuming caffeine. And people sometimes feel that caffeine leads to weight loss because they see a decrease in bloating. However, this is mainly because caffeine is a diuretic. And being a diuretic it can cause other problems such as dehydration, constipation and headaches. And caffeine intake can sometimes trigger factors that are associated with weight gain. For instance, caffeine intake induces stress and the production of cortisol. Cortisol is a stress hormone and numerous studies show that stress and increased cortisol in the human body leads to the deposit of excess fat in the abdomen. Some people also respond to stress by eating to calm themselves, which leads then to weight gain rather than weight loss. And if you have any chronic disease, caffeine can lead to increased health risk and complications. For example, caffeine can lead to insulin resistance and contribute to obesity, high blood pressure, decreased glucose metabolism and increased cholesterol levels for someone with diabetes. Besides which, it is addicting, and anything addicting really decreases choice and freedom in our lives. Sugar is also addicting, and we'll look at that as well as how sugar can increase inflammation in the body and prevent one attaining their ideal weight next month!

Our next first frequency reconnection therapy session will happen this week, Wednesday March 21st from 7 - 9pm at the Carondolet Center: 1890 Randolph Ave , cost \$30 cash donation. Please join us. No need to RSVP.

Also I have 5 homeopathic acute care kits. They are great travel or home kits. 36 remedies at the 30C potency. Cost \$85. (to purchase individually would easily be 3- 4x's this cost) I am also considering teaching an acute care class. Please let me know if you would be interested in attending such a class.

In the meantime, enjoy the melting of the snow (if you are in a part of the country that has snow to melt!)

Call me if I can be of assistance to you in any way,

Michele

**Realize that now, in this moment of time, you are creating. You are creating your next moment. That is what's real.**

Sara Paddison, *The Hidden Power of the Heart*

Michele Brookhaus, RSHom(NA), CCH  
Classical Homeopath and Reconnective Therapist  
1676 Minnehaha Ave W.  
Saint Paul, MN 55104  
651-641-1844 [www.beyondwell.com](http://www.beyondwell.com)