

The Flow-Through Diet!

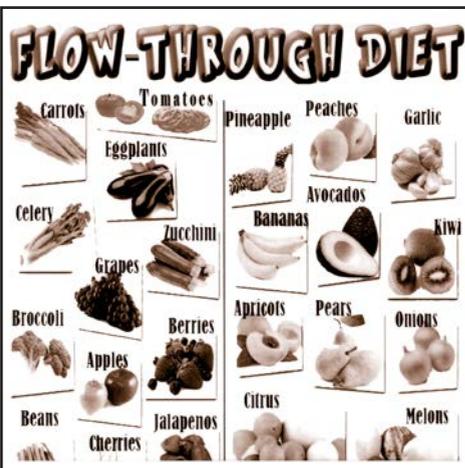
Marlenea La Shomb,
N.D., LMT, P.Tr.

Dear Dr. Ma,
My name is Shawn.
I'm in my mid-thirties
and I wake up with
stiffness, even pain, in
my hands. I work as a
carpenter and handy-
man. What can I do
for this?

— Shawn



Send your questions to Dr. Ma La Shomb, N.D., LMT, P.Tr., along with your name & phone number, to (406) 333-4649. The Healing Light Center is in Emigrant, and I also consult by phone. Email: jumpstartyourhealth@gmail.com. Marlenea passionately works as a health coach and writer for all who are ready to find harmony and balance in body, mind and soul through natural therapies and education.



everything along—blood, lymph, and the food in your gut. A **sticky diet** clogs everything up. (Constipation is one sign that you're clogged up!) Roger Bezanis coined the above terms (and drew up these illustrations) to make it easier for people to understand.

Flow-through means whole foods: raw, fresh fruits, veggies, greens—anything out of the garden and orchard, that is unprocessed by heat—whereby the blood platelets/cells are free-flowing and can do their job well. With a **sticky diet**, the blood cells start sticking together, causing inflammation and a toxic build-up in and around the cells and creating an environment that is a “garbage landfill” of pain, sickness, and dis-ease.

So “stick” to flow-through eating and your body and cells will thank you for it! Make an appointment with me to take a deep dive into better health. ■

— Dr. Ma

Dear Shawn,

What we fuel our bodies with on a daily basis affects the repair/rebuild/repeat process of our cells while we sleep at night, so as to be able to work in our waking hours. By the time we hit our thirties, these processes slow down with the accumulation of waste from the years gone by. Simply put, a change in your eating and drinking habits is necessary.

Look at it this way: a **flow-through eating system** moves

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