



EZRA HEALING December Newsletter

“Explore the challenges in healthcare, discover our coaching services, learn about Ezra Healing's mission and goals, and glimpse into the promising future in this December newsletter.”



Happy December to all the Ezra FANS out there!

This is TEAM EZRA connecting with you from BC, Canada. Svetlana, a former Registered Nurse / Founder of Ezra Healing & Michael the Apothecary, Co-Founder of Ezra Healing.

As the sun is setting on the year 2023 we are pleased to deliver our December newsletter for your reading pleasure. You are receiving this monthly newsletter because

you have had at one point connected with Ezra Healing along your wellness journey. Many thanks for THAT!

In our continued effort to help you achieve your best life possible we are pleased to share some very important wellness information with you this month, and to introduce our new wellness coaching service.

If you have not already take a moment to check out our website:

www.ezrahealing.com

Introducing Ezra Wellness Coaching

Are you ready to take charge of your health and wellness and live an extraordinary life?

Are you tired of not feeling your best, most productive, most abundant self?

Are you confused by the myriad of options and conflicting advice out there and need trusted and reliable wellness information?

Team Ezra is overjoyed to present our latest offering, *Personalised Wellness Coaching* to answer all these questions and more. This service is perfectly timed to make significant positive changes in your life as we usher in 2024, and makes the perfect Christmas gift for you or your loved ones.

What gift could be greater than that of abundant health and wellness!?

The Ezra Healing team welcomes individuals and better yet, whole families, to join us and embark upon an amazing wellness journey to embrace and create an extraordinary version of yourself. A version that you dreamed of and know is possible, but are unsure how to create.



We ask that you fully commit yourself to our 90 day *Wellness Journey*, where weekly we will have one on one communications to make positive and lasting changes in your life. Together we will learn what changes need to be made, what steps need to be taken, and what goals need to be set to bring about transformative changes. Collectively and co-operatively we will work towards smashing limitations and self defeating patterns, and unlock your true potential and create an extraordinary life.

What's included?

Your *Wellness Journey* will begin first by establishing your health baseline, learning what challenges you are facing, and what your specific goals may be. From there we will tailor a custom made Wellness plan for you which we will continue to refine in a positive feedback loop in the weeks to come.

Together we will address the following areas:

- Disease conditions
- Nutrient Deficiencies
- Nutrition
- Exercise
- Supplementation
- Sleep Patterns
- Mind set
- Abandoning limiting beliefs and overcoming limitations
- Situational awareness systems
- Creating new positive habits
- Goal setting

On your *Wellness Journey* you will work with your Ezra practitioner for up to one hour per week over a Webex “face to face” call. This call will be educational and supportive to your outcome, and we will co-operatively work towards creating your extraordinary future. Bi-monthly there will be a group Webex call where pertinent topics will be discussed in detail, or guest speakers will deliver specialised information, followed by a question and answer period.

Participants will also have lifetime access to our *Wellness Journey* Telegram community group to support, encourage, and challenge one another towards greatness. There we will regularly post articles of interest and supportive, uplifting information.

We know that an extraordinary life is possible for you, and we are here to help facilitate that outcome for you and your families.

The *Ezra Wellness Journey* begins January 2024. Click the link below now to learn more.

[**LEARN MORE NOW**](#)

The Folic Acid Enrichment Myth

Did you know that in 1993 Monsanto corporation (acquired by Bayer AG in 2018 [LINK](#)) was successful in lobbying the FDA to “enrich” grains with folic acid under the guise of preventing birth defects. You will see folic acid added on the ingredient list as “enriched” or “fortified” which on the surface sounds like a good thing.

What could possibly go wrong when the FDA and Monsanto team up to look out for our health?! Those public health authorities and large corporations would never lie to us would they?

Folic acid is a completely manmade and synthetic chemical, and it does not occur in nature at all. The natural and useful form of this nutrient is **folate** also known as Vitamin B9. Folic acid is now the most prevalent nutrient in the human diet!

So what is the problem here? Approximately 44% of the global population does not have the genetic blueprint and mechanisms to convert folic acid into the useable nutrient methyl folate - by way of the methylation pathway.

Why do we need Folate (Vit B9)? Folate helps to form DNA and RNA and is involved in protein metabolism, a key factor to basic human survival! Low folate levels in pregnant women have been linked to birth abnormalities, such as neural tube defects, and in the general population it is also linked to increased cancer risk. Folate also plays a key role in breaking down homocysteine, an amino acid that can exert harmful effects in the body if it is present in high amounts.

What happens to the human body with high levels of circulating folic acid that cannot be converted into folate? There appears to be a strong correlation to this condition and ADHD, generalized anxiety, manic depression, bipolar, poor gut health, and other many other disorders. Several studies also indicate that chronically elevated levels of un-metabolized folic acid may increase cancer risk.

Additionally, high blood pressure (idiopathic diagnosis especially) may be induced by high levels of circulating homocysteine related to consumption of folic acid not being metabolised properly.

It is interesting to note, that when many people travel to Europe and consume breads and pastas that would typically stimulate their gluten intolerance, celiac, irritable bowel syndrome, or mood disorders - these conditions magically subside.

Why is this?

Europe does not “enrich” their grains with folic acid. Additionally, Europe has also banned the pre-harvest application of Glyphosate (Round-up) to their field crops. But that is a topic for a later newsletter!

What can you do to avoid this problem?

1 - Try and consume organic grains whenever possible and read ingredients lists to avoid “enriched” products when shopping for flours, pastas, and other grains (ie oatmeal, rice). Sourdough, fermented, or sprouted breads are a superior choice.

2 - Supplement your diet with a high quality methylated folate (Vit B9) consuming 800 mcgs per day.

3 - Aim to consume grass-fed meats, eggs, dairy whenever possible and consume fresh leafy greens at least once per day.

4 - If you are suffering from high blood pressure and your medications don't seem to be working or your condition is worsening, consider a genetic methylation test at some point to understand how your genes are working. This could be a crucial step towards

eliminating dependence on medication and normalising your blood pressure and ultimately tremendously improving your health.

As we have witnessed and learned from the C19 pandemic era, global health authorities (FDA, Health Canada, WHO etc) and large corporations (Pfizer, Moderna, Monsanto, Bayer etc) are all corrupt, and truly do not consider your health and wellness a priority. We are all profit and energy centers for these parasitic vampires. We must be individually responsible to take action to ensure the health and wellness of ourselves and our families.

If you have any questions or would like more information about this subject please reach out to us and we will be happy to answer all your questions.

We can also book you for an hour long comprehensive wellness consultation to optimise you and your family's health.

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