

Wellness Plus Delaware

Let Your Food be Your Medicine, Your Medicine your Food www.wellnessplusintl.com

3617 Silverside Road Talleyville Center 2nd floor

Wilmington, DE 19810

302-478-7723

<p><u>STORE HOURS</u></p> <p>1. Monday: 30 min. before & 30 min. after program</p> <p>2. 15 min. before & after exercise class or</p> <p>3. By appointment Call 302-478-3782</p>	<p>Exercise or Natural Healing Wkshp: \$7.50 advance or \$10 at door/1 hr</p> <p>All others: \$15 advance or \$20 at door/2 hr</p> <p style="text-align: center;"><u>MEMBERSHIP—2020</u></p> <table style="width: 100%; border: none;"> <tr> <td></td> <td style="text-align: center;"><u>Annual</u></td> <td style="text-align: center;"><u>Monthly Installment</u></td> </tr> <tr> <td>Family</td> <td style="text-align: center;">\$439</td> <td style="text-align: center;">\$42</td> </tr> <tr> <td>Business</td> <td style="text-align: center;">\$459</td> <td style="text-align: center;">\$44</td> </tr> </table>		<u>Annual</u>	<u>Monthly Installment</u>	Family	\$439	\$42	Business	\$459	\$44
	<u>Annual</u>	<u>Monthly Installment</u>								
Family	\$439	\$42								
Business	\$459	\$44								

July 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i>	² Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	³	<i>4</i>
<i>5</i>	<i>6</i> 6:30 pm Stretching and Yoga Class 7:30 pm Members Forum	<i>7</i>	<i>8</i>	<i>13</i> Center Closed	<i>10</i>	<i>11</i>
<i>12</i>	<i>13</i> 6:30 pm Covid-19 Update	<i>14</i>	<i>15</i>	<i>16</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>17</i>	<i>18</i>
<i>19</i>	<i>20</i> 6:30 pm Soy, Good or Bad	<i>21</i>	<i>22</i>	<i>23</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>24</i>	<i>25</i>
<i>26</i>	<i>27</i> 6:30 pm Let Food be Your Medicine Part 1	<i>28</i>	<i>29</i>	<i>30</i> Exercise 6:30-7:30 Natural Healing Workshop 7:30-8:30	<i>31</i>	

July 2020 WELCOME BACK!!

Thursday, July 2, 16, 23 and 30 at 7:30 pm. Natural Healing Workshop

The focus will be pure healing essential oils that are safe, have a great aroma, versatile and may help with many symptoms and to ease aches and pains. What are they? How do I use them? To find the answers and learn more about these wonderful natural remedies come and visit us at our workshops.

Monday, July 6 at 6:30 pm “Exercise and Member’s Forum”

Personal Trainer Dr. Phil Demond presents stretches & yoga to help us obtain maximum health benefits. Then, come to the Members’ Forum at 7:30 PM—Bring your requests, ideas & questions. We will listen to you & work together to make the Wellness Plus program even better. *Everyone who comes will get 5% off our entire store.*

Monday, July 13 at 6:30 “Update on Covid-19”

The country may be opening up now, but Covid-19 is far from over. We are already starting to see an increase in cases, even in Delaware. It is now up to everyone to make their own plan instead of relying on government leaders to protect us. What is right for you? What are practical steps you can take right now to reduce your risk of getting infected, and especially getting a serious, life-threatening illness? Come learn about strategies for risk reduction and how you can look out for yourself and your families. Presented by Dr. Chuck Powley.

Monday, July 20 at 6:30 pm “Soy, Good or Bad”

Judy Filipkowski will present research on the value of consuming whole soy foods like tofu, edamame and miso and which ones to avoid. We can enjoy traditional soy foods and avoid the processed products.

Monday, July 27th “Let Food be Medicine -Your School of Healing by Food” Part One

This is a complete updated review of whole food, plant-based nutrition. You will learn all the "why and how" related to the concept of "Let Food be your Medicine and Medicine your Food." If you want to maintain a healthy body and reverse diseases without expensive and toxic drugs, this is the course you do not want to miss. Presented by Dr. Jane Powley, founder and director of Wellness Plus Delaware for 23 years.

Weekly Exercise Program

Thursday, July 2, 16, 23 and 30 at 6:30 pm Exercise with Zoltan

Our fitness director Zoltan Hall returns for special exercise sessions combined with the levity that only he can provide! Come prepared to exercise, laugh and learn about your muscles and bones.

Reservation required for all events. Call 302-478-3782 or email cj.powley@verizon.net. All programs begin at 6:30 pm unless otherwise noted. Registration is required - \$20 per

person (\$15 if paid in advance), members free. We now accept Visa, Master Card, Discover, and American Express.

Wellness Plus Center & Voice Mail: 302-478-7723

Mailing & brochure inquiries: Judy (302) 656-0409

Membership, products and all other inquiries: Jane 302-478-3782

Check out our website: <http://www.wellnessplusintl.com>

and follow us on Facebook: Wellness Plus Delaware

Benefits of Green Tea for Boosting Antiviral Immune Function



Michael Greger M.D.



Unlike most antiviral drugs, green tea appears to work by boosting the immune system to combat diseases such as genital warts (caused by HPV) and the flu (caused by the influenza virus).

“The belief of green tea as a ‘wonder weapon’ against diseases dates back thousands of years.” I’ve talked about it in relation to chronic disease, but what about infectious disease? Interest in the antimicrobial activity of tea dates back to a military medical journal in 1906, suggesting that servicemen fill their canteens with tea to kill off the bugs that caused typhoid fever. However, this effect of tea was not studied further until the late 1980s, when tea compounds were pitted against viruses and bacteria in test tubes and petri dishes.

But what we care about is do they work in people? I had dismissed this entire field of inquiry as clinically irrelevant—until genital warts. “External genital warts,” caused by human wart viruses, “are one of the most common and fastest-spreading venereal diseases worldwide.”

“Patients with [external genital warts] present with one or several cauliflower-like growths on the genitals and/or anal regions,” considerably impairing people’s “emotional and sexual well-being.” But, rub some green tea ointment on, and you can achieve “complete clearance of all warts” in more than 50% of cases.

Wow. If it works so well for wart viruses, what about flu viruses? Works great in a petri dish, but what about in people? Tea-drinking schoolchildren do seem to be protected. But you don’t know until it’s put to the test. If you give healthcare workers green tea compounds, they come down with the flu about three times less often than those given placebo. In fact, just gargling with green tea may help. While a similar effect was not found in high school students, gargling with green tea may drop the risk of influenza infection seven- or eight-fold, compared to gargling with water, in elderly nursing home residents, where flu can get really serious.

Unlike antiviral drugs, green tea appears to help by boosting the immune system, enhancing the proliferation and activity of gamma delta T cells, a type of immune cell that acts as “a first-line defense against infection.” “Subjects who drank six cups of tea per day had up to a 15-fold increase in [infection-fighting] interferon...production in as little as one week”—but why?

There’s actually a molecular pattern shared by cancer cells and pathogens with “edible plant products, such as tea, apples, mushrooms, and wine.” And so, eating healthy foods may help maintain our immune cells on ready alert, effectively priming our gamma delta T cells “that then can provide natural resistance to microbial infections, and perhaps tumors.”

I guess I shouldn’t have been so surprised—tea, after all, is “a vegetable infusion.” You’re basically drinking a hot water extraction of a dark green leafy vegetable.