

## Adoption Success!

Michael is now 22 years old and has a busy schedule as a care-giver and professional photographer. He shared his history, which goes back to an orphanage in the Ukraine, where he lived until he was 7 years old.

His memories are not sad ones, and he remembers how much he enjoyed the food. “Back then, I knew where our food came from. We would see people working in the fields, and I ate things grown and picked right there on the land. I never heard of a market; if we wanted fruit, we went out and picked it. We ate lots of soups, which contained mostly potatoes, carrots, celery and sometimes chicken and herbs, along with a cup of tea and a roll. (My behavior back then was not a problem.)

“When I was adopted by an American family and came to this country, everything was so new and grand, but it was a shock to discover how the food tasted! I remember the first day I was traveling to America; we were waiting in an airport, so we got some pizza. I remember looking at it, not knowing what it was, but it didn’t smell good. In my cup was an orange fizzy drink, and I didn’t like it either.

“My first family didn’t know about the effects food has on people, and I began to have behavior problems. I did well in school but had major anger problems. My first mom tried very hard to help me, taking me to various therapists, but none of the interventions made a difference, and the only thing they knew to do was put me on medicine, but that didn’t help either. I always sought out fresh fruits and vegetables and never developed a taste for processed American food.



### My new parents

“I was so thankful when I came into Tammy and Kevin’s life to see healthier foods in the kitchen, like the things I enjoyed eating in the Ukraine. As a teen, I was very active in the garden we had and was determined to learn about living off the land.

Most of my time today is spent as a care-giver for a 91-year-old man, and even at this age, I can see how certain foods affect him. Several months ago, he had some lab work done, and the results did not look good; the doctor said we could try eliminating some things from his diet and it might help. So we went into the kitchen and got rid of foods with the harmful additives and switched to healthy food. A few weeks later, the doctor ran the tests again and was astounded at the improvements that this change in diet could make. This 91-year-old man also noticed a big difference in how good he felt, and we were able to cut back on some of his medicines.

“When I’m not caring for others, I take photos and have my own photography business, Frozen Moments Photography. I’m always on the go and can’t afford to eat things that harm my body. I love detoxing and found that a great fruit for this is lemons. I drink lemon water in the mornings and even planted my own lemon trees!

“My dentist is always amazed at how clean and healthy my teeth are, and no cavities. He tells me he rarely sees patients with teeth like mine. My doctor is impressed at how healthy my skin is. I get weekly massages to reduce stress, and even the masseuse can’t believe that I am so fit for someone who never works out. When they ask me what my secret is, I always tell them, ‘It’s all in what you eat.’”

Lemons are high in vitamin C, which stimulates the production of white blood cells and protects cells from free radical damage and inflammation as well as bolsters the immune system. Higher intake of vitamin C has been linked with a reduced risk of asthma, diabetes, stroke and heart disease.

Research at the University of Wisconsin suggests that the citric acid in lemon juice might prevent kidney stones from forming. Because lemon juice is similar to the digestive juices found in the stomach, it can help in the production of liver bile and reduce indigestion. Lemon and lime juice help you absorb the iron available in foods like spinach.