



Friday, December 29, 2006

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*The King Institute, Inc.
wishes you and your family a
Prosperous
and
Happy New
Year!*

Food for Thought

As many of us pile holiday goodies on our plates, it would be good to remember what Mother said and eat our vegetables.

That's because new research has found that eating vegetables appears to help the brain stay young and may even slow the mental decline sometimes associated with growing old, the AP reported.

The research, conducted in about 2,000 Chicago-area men and women, doesn't prove that vegetables reduce mental decline. However, the evidence is mounting towards that conclusion, and it parallels findings in a similar study in women only.

What the researchers don't understand is that the chemical contents of many vegetables are naturally good for the brain.

Green leafy vegetables, including spinach, kale and collard greens appear to benefit people the most. When they are grown in mineral rich soil, they can contain good levels of Boron, an ultra trace mineral, Calcium, an alkaline mineral that is an important chemical messenger to the brain (in fact, you get more beneficial

Calcium from eating green leafy vegetables than you do from drinking cow milk, without the harmful effects of dairy!), Cesium, which is also known to control seizures for some people and for brain tumors, and Chromium, which helps regulate sugar release and, controls release of serotonin in the brain, facilitates amino acid transport in the brain and the central nervous system, helps the hypothalamus and improves brain function. Other beneficial minerals found in green leafy vegetables include healthy amounts of Iodine, Lithium, Magnesium, Manganese, Potassium, Selenium, Vanadium and Zinc among others to enrich your brain function.

Another brain-friendly food that we should take advantage of is curry spice. Experimental studies have shown that curcumin (the active ingredient in tumeric)

measurably reduces B-amyloid and plaque formation, which is a key factor in the brains of Alzheimer's patients.

New studies have demonstrated the ability for curcumin to boost mental function. It's a polyphenol (molecular formula $C_{21}H_{20}O_6$) and is already known for its anti-tumor, antioxidant and anti-inflammatory properties. It's also what gives curry its yellow color. 🍌



Upcoming TKM® Classes

Classes subject to change without notice.

For more information on classes or to register, visit the Calendar page at www.kinginstitute.org.

NEW TKM®: Level 1 and 2

based on the NEW TKM® Textbook

Date: Jan. 23-27

Location: Carrollton, TX

Instructor: Dr. Glenn King, Ph.D

Tuition: \$800

Deposit: \$400

TKM®: Self Help

Date: Jan. 26-27

Location: Sebring, FL

Instructor: Dr. Jim Robertson, ND

Tuition: \$300

Deposit: \$150

TKM®: Self Help

Date: Feb. 24-25

Location: Columbus, OH

Instructor: Dr. Glenn King, Ph.D

Tuition: \$300

Deposit: \$150

TKM®: EMT and Self Help

Date: Mar. 6-10

Location: Westminster, MA

Instructor: Derenda Pitzele

Tuition: \$400

Deposit: \$200

Philippines trip a BIG success!

Here are some excerpts from Dr. Glenn King's article "The KI Method® in the Philippines," featured in Issue 10 of the KIMA Journal:

"For the first time in our lives, Hillary and I had the wonderful opportunity to travel to the island nation of the Philippines to share The KI Method® with them. It has been a dream of mine for many years to visit and take this wonderful knowledge around the world, and I am so thankful that this opportunity arose. I thank each and everyone of you for your prayers and financial support in allowing us to go..."

"The one thing that stands out in my mind most is the people. I have never met such a warm and friendly people anywhere else...There was such a beautiful spirit of humbleness on everyone that I met there that I had only ever seen on rare individuals in the States..."

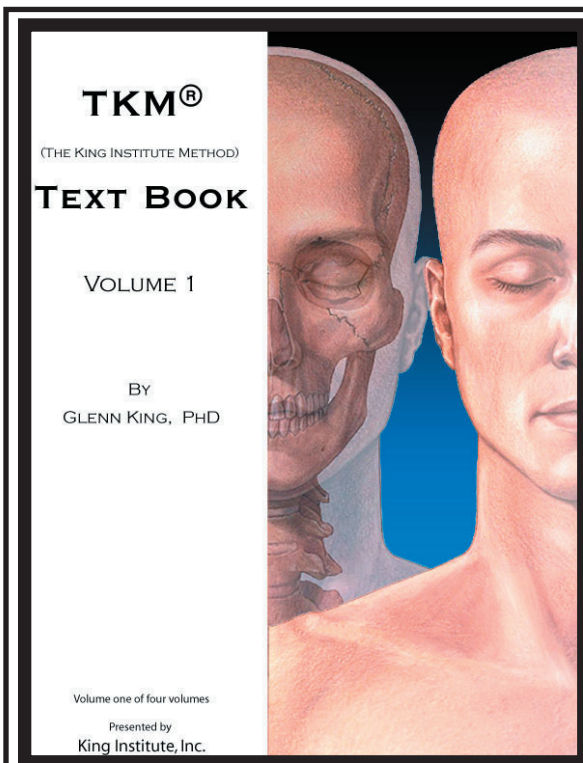
"Speaking to and teaching the Filipinos was such an honor and joy for me because I had never met such an attentive and sharp group before. I didn't see one eye roll or one funny look. They were so open and caught on so quickly. And I had such joy entertaining their questions, for they asked such excellent questions..."

"Words won't do justice to describe the poverty we saw over there, and even now it breaks my heart thinking about it. There is an unbelievable amount of homeless there... Sanitation was virtually nonexistent. Children played in their bare feet in streets littered with broken glass...And the air was in about the same condition as the streets..."

"The most crowded places were the hospitals. It was such a difficult situation to fathom...The hospitals are so ill-equipped that they can do little for the patients. The doctors and nurses are very willing to help, but they have very limited means to do so. It's like sending soldiers out onto the battlefield without armor or weapons..."

"But through it all, they still had their joy. That indescribable joy that could not possibly be linked to anything else other than their faith. They had nothing, yet they offered everything in order just to serve..."

"I am forever changed by what I saw and experienced in the Philippines, and I can't even imagine not wanting to help them now...I know I am only one man, but God is a BIG God, and I completely submit myself to be used by Him in every capacity to share this gift of healing with a people so in need and so deserving. I look forward to returning in 2007 and for many more years in the future."



NOW AVAILABLE

Introducing the NEW 4-Volume The KI Method® Textbook!

We are excited to unveil to you this latest project from the King Institute, Inc., with all new updated graphics, applications, descriptions and much more!

This new Textbook corresponds to the new Levels 1 through 7 class format (the old Textbook will no longer be used). Volume 1 is available for purchase if you have never had a Textbook Level class in the past. The following three volumes are available to those who qualify, and new students can receive them when they attend the corresponding class.

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