

Barton's
**Home Remedy
Survival Blueprint**

**The 28 Critical
Home Cures & Natural
Remedies You Need To
Survive, Thrive & Stay
Alive...**

No Matter What Crisis Hits Next!

Home Remedy Survival Blueprint

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While every attempt has been made to provide information that is both accurate and proven effective, the author and, by extension, the guide, makes no guarantees that the remedies presented herein will help everyone in every situation. As the symptoms and conditions for each person are unique to individual histories, physical conditioning and body type and the specifics of the actual gout presentation, successes will vary.

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What is Acid Reflux or GERD?

At its most basic, Gastroesophageal reflux disease (GERD), or acid reflux, is a condition where the stomach backs up (refluxes) and the liquid content contained within it returns to the esophagus.

If the liquid were something like water, there'd be no problem. However, the liquid most often contains acid, pepsin (an enzyme that aids in digestion), and even bile. Initially, this combination of caustic agents will agitate and redden the lining of the esophagus, but over time it can cause significant damage.

Interestingly, the reflux of liquid from the stomach is a common bodily experience for most people. However, in sufferers of GERD, the concentration of acid within the liquid is often significantly higher and the liquid itself stays in the esophagus—where it can do its damage—longer than in normal individuals.

Sign and Symptoms of Acid Reflux

In uncomplicated forms of GERD, the symptoms generally consist of heartburn, nausea, and regurgitation. In cases where there are complications associated with GERD, the conditions that can be seen include ulcer, strictures, Barrett's' Esophagus, cough and asthma, and inflammation of the throat and larynx.

Natural Remedies for Acid Reflux

With a little change in your lifestyle and a few splashes of these remedies you will be free from the debilitating and often intrusive pain of reoccurring acid reflux.

Honey: Raw, Organic Liquid Honey

The Remedy: - 1 tsp of honey

Actions: - Anytime you feel discomfort
 - Before bed

Apple Cider Vinegar (ACV): High Quality, Organic (Bragg)

(Note: If you have reflux because of too much acid, this remedy will not work for you.)

The Remedies: - Swig (1-2 tsp) straight ACV, one swig at a time
 - Mix 2-3 tsp with a glass of warm water

Action: - Anytime you feel discomfort

Honey and ACV

The Remedies: - Mix honey with 2-3 tsp ACV in hot water
 - Mix honey with 2-3tsp ACV and drink straight

Actions: - Anytime you feel discomfort
 - After each meal
 - Every day, or every third day
 - Or, follow the ACV swigs with a glass of water and 1 tsp of honey

Aloe Vera Juice

- The Remedy: - ¼ cup aloe juice (not gel)
Action: - Drink 10 minutes before eating
The Remedy: - Aloe juice (not gel)
Action: - Drink 3 shots in the morning
- Take another shot as symptoms occur (up to a month)

Apple Cure: Red Delicious

(Note: If the apple does not work, eating more will not help either.)

- The Remedy: - Apple, sliced
Action: - Eat a few slices before going to bed
- Eat every morning/day, or as needed

Milk and 7up

- The Remedy: - Mix ½ glass milk with ½ glass 7up (or other similar brand)
Action: - Drink as symptoms occur

Pectin and Grape Juice

- The Remedy: - ½ spoonful of pectin with 1-2 ounces grape juice
Action: - Drink as symptoms occur

Baking Soda and Water (For Hiatal Hernia Sufferers)

- The Remedy: - Mix 1 tsp baking soda with water
Action: - Drink as symptoms occur

Jump and Exhale (For Hiatal Hernia Sufferers)

- The Remedy: - Water, or an apple
- Room to jump
Action: - Drink water or eat an apple for weight in the stomach
- Place forearms on top of you head
- Jump up and down, sharply exhaling when feet hit the ground

ADD/ADHD

What is ADD/ADHD?

ADD (attention deficit disorder) and ADHD (attention deficit hyperactivity disorder) is a condition that affects between 3% – 7% of all school age children.

Treating ADD/ADHD With Nutrition

Nutrition and diet are thought to play an important role in the treatment of ADD and ADHD. There are several well-known theories that support the following statements.

- Diets should be low in sugar and refined carbohydrates. They should also be high in quality protein.
- Diets should have as much allergens and food additives removed as possible.
- Diets should treat nutritional deficiencies with nutritional supplementation.
- Patients should check if the source of their problem is heavy metal toxicity and diets should reflect reducing the toxic burden.

- Diets should treat intestinal dysbiosis including pathogenic bacteria, candidiasis and parasites.

Is Your Child's ADD/ADHD Allergy Related?

Since ADD/ADHD can easily be misdiagnosed, you might consider checking your child's diet first to see if their symptoms are occurring because their bodies are reacting to the foods they are eating. One of the ways to test if your child's symptoms are due to food reactions is to eliminate potential problem ingredients from his or her diet for about two weeks; then slowly add them back in one by one. Drink at least 8 glasses of water per day.

How to Change Your or Your Child's Diet for Two Weeks:

- No dairy products – milk, cheese, ice cream. As an alternative, try almond milk or rice milk
- No yellow colored foods such as corn or squash
- No junk foods
- No fruit juices because the sugar content is too high. When reintroducing fruit juice into the diet, dilute it 50/50
- Reduce the amount of sugar your child consumes by 90%. If you can eliminate it completely, then better.
- Reduce the amount of chocolate by 90%
- No sugar substitutes
- No processed meats such as spam, hash, turkey, etc.
- No MSG (monosodium glutamate)
- Reduce the amount of fried foods by 90%
- Reduce the amount of consumed food coloring when possible
- Reduce the amount of fish due to the concern about mercury content

After the detox period, put the above mentioned foods back into your or your child's diet, one by one every three to four days. When the food is added, consume a lot of it and watch to see if an allergic reaction takes place. Here are some of the things you might find if an allergy is the cause:

- Red, blotches on the skin
- Explosive temper outbursts
- Lack of clarity in thought
- Extreme hyper-activity

The Basic Elements of the ADD/ADHD Diet

1. Protein

- Start off your day with a high protein, low carbohydrate meal. Cut cereal and milk since carbohydrates and sugar are bad for brain functioning.
- Serve 60% – 70% protein (i.e. – eggs, meats, protein supplement shake, protein powders) and 30% - 40% carbohydrates (i.e. – toast, muffins) during this meal.
- Protein helps make neuro-transmitters. ADD/ADHD kids are protein deficient and this lack can impact their performance in school.
- Protein stabilizes blood sugar levels, which is related to their stress hormone levels.

2. Drink Lots Of Water

- Fruit juices, bottled sodas and juices and teas do not count as water.
- Many of them act as a diuretic and contain lots of high fructose corn syrup.
- The brain is mostly water. Even 5% dehydration makes a significant negative impact on mental performance.
- Replenish your body's supply of water by consuming at least 7 – 10 glasses of water each day.

3. Multi-Vitamins & Mineral Supplements

- It's virtually impossible to get all the nutrients your body needs through diet alone.
- Supplementation is the only way to feed your body what it needs to function properly.
- Take a multi-vitamin and mineral supplement daily.
- Get a quality product from a reputable supplier.
- Use colloidal minerals or fully chelated minerals whenever possible.
- Here are some of most common vitamins or nutrients that are lacking in the American diet:

- **B vitamins:** To form neuro-transmitters. Take 50 – 100 mg daily. You cannot overdose on vitamin B because your body expels any extra resources.

Major sources of vitamin B6:

• Cereal grains	• Eggs
• Legumes (beans)	• Fish
• Vegetables (carrots, spinach, peas)	• Liver
• Potatoes	• Meat
• Milk	• Flour
• Cheese	

Major Sources of Vitamin B5:

• Liver	• Legumes
• Kidney	• Yeast
• Shell fish	• Eggs
• Chicken	• Milk

- **Tyrosine:** Supports mood and overcomes depression. Recommended dosage of tyrosine is 5,000 mg per day for children and up to 10,000 mg per day for adults.
- **Zinc:** Deficiency is associated with taking stimulant medication (i.e., Ritalin). Take 5 – 10 mg daily. Don't take more than 50 mg daily.
- **Iron:** Iron supplies energy for an enzyme so that mitochondria can bring oxygen and food into the cell to create energy.
- **5-HTP:** (Tryptophan) Regulates mood, alleviating anxiety and depression. Daily dosages typically include 50 – 100 mg with each meal (typically three meals).
- **Calcium:** Builds bone, teeth and muscle tissue. Regulates heartbeat, muscle and nerve function. Produces calming effect. Deficiency marked by irritability, sleeplessness, anger and inattentiveness, but also nervous stomach, cramps, tingling in arms and leg and pin in joints. Children can take 800 – 1000 mg daily. One thing to note is that calcium is not readily absorbed by the body. Magnesium and Vitamin D are needed to help with that process. Major natural sources of calcium are dairy products, dark leafy greens and dried beans.
- **Magnesium:** Take 200 – 400 mg daily. Here are just some of the things that a mild deficiency can cause:

• Noise sensitivity	• Trembling
• Nervousness	• Apprehension
• Irritability	• Insomnia
• Depression	• Muscle weakness
• Confusion	• Cramps in the toes, feet, legs or fingers
• Twitching	

- **DHA:** Take 100 – 500 mg daily. Flax can be consumed as seeds, but use the ground seeds sprinkled on yogurt or anything that complements a “nutty” flavor.

4. Omega-3 Oils

Omega-3 fatty acids are the building blocks of a healthy brain. They aid in the transmission of impulses from one brain cell to another and are located in the membrane at the nerve ending. Increase your intake of Omega oils. Use flax seed oil or primrose oils as part of your salad dressings and even in cooking. The serving size is about one spoonful a day. Drink soy milk “Silk” Plus formula that includes protein. Eat fish, but check for mercury levels.

5. Reduce Intake of Processed Foods

Eat lots of natural, unprocessed foods such as fruits and vegetables. Once cooked, the fruits and vegetables lose a lot of their nutrients in the process. As a result, consumers don’t get the full health benefits that these foods provide. Also, limit the intake of sugar in your diet. Roller coaster sugar levels in the body prevent focus and also impact stress hormone levels in the body.

6. De-leading: Reduce your exposure to heavy metals

- Aluminum – can be found in aluminum can leaching especially with sodas
- Mercury – can be found in fish, dental fillings
- Copper – can be found in dental fillings and old water pipes
- Nickel – can be found in dental braces and with dental crowns
- Cadmium – can be found in dental fillings, cigarette smoke
- Other metals found in herbicides and pesticides

Besides having a proper nutritional diet, there are other ingested foods and liquids that can affect the symptoms of ADD/ADHD.

Foods That Must Be Eliminated			Foods That Are Allowed		
Almonds	Currants	Tangerines	Bananas	Pineapple	Lettuce
Apples	Grapes	Tea	Cantaloupe	Watermelon	Mushrooms
Apricots	Raisins	Tomatoes	Dates	Bean sprouts	Onions
All berries	Nectarines	Aspirin	Grapefruit	Beans	Peas
Cherries	Oranges	Medication	Kiwis	Beets	Potatoes
Cloves	Peaches	Wintergreen oil	Lemons	Broccoli	Spinach
Coffee	Pepper	Mint flavoring	Mangoes	Cabbage	Sweet corn
Cucumber and pickles	Plums		Papayas	Carrots	Zucchini
			Pears	Cauliflower	

Allergy

What are allergies?

The four classifications of allergens are physical, biological, mental, and chemical. All of these four resources of allergens trigger even the slightest allergy in the human body.

- **The first classification of allergens is physical.** Here, allergens can come from technological devices such as infrared, microwaves and radio, atomic radiation, visible light, X-rays, ultraviolet light, etc.
- **The second classification is the biological sources.** Allergens can be derived from infections, food and beverages, plant and animal proteins, etc.
- **The next classification is the allergens that come from mental sources.** The allergy attack usually happens when the allergens are too excessive that it devastates the immune system.

- **The last classifications are those that come from chemical resources.** There are people who are allergic to some types of medications.

In the event of an allergy, our immune system, which normally wards off unwanted foreign substances in our bodies like parasites, bacteria, and dirt, mistakenly identifies common harmless objects (allergens) as something it must destroy.

Below are the most common types of allergies

- Food Allergies - ignited by certain food types (Ex. peanuts)
- Anaphylaxis - triggered by drugs, food, or insect stings (Ex. severe reaction to bee sting)
- Respiratory Allergies - triggered by allergens which are airborne (Ex. pollens)
- Contact Allergies - triggered by skin-affecting allergens (Ex. Soaps)
- Insect Sting Allergies - triggered by insect venom (Ex. irritant to and bee sting)

Symptoms of Food Allergies

Symptoms of an allergy caused by certain food types usually happen within some minutes after you ingested food allergens to areas around the lips, mouth, and digestive tract, or could also involve other body areas. Foods that commonly result to allergic reactions are eggs, nuts, milk, fish, soy, shellfish, and wheat.

Mild Symptoms:	Severe Symptoms:
- Tingling, itching, or swelling of your mouth, tongue, lips, or throat	- Breathing difficulties
- Difficulty speaking or swallowing	- Sweating, dizziness, and faintness
- Nausea	- Rapid or sudden heart rate increase
- Indigestion and abdominal cramps	- Sudden inability or hoarseness to speak
- Vomiting and diarrhea	- Extreme and sudden facial itching and swelling
- Skin rashes	- Anaphylaxis
- Coughing, congestion, wheezing, or sneezing	
- Runny, stuffy, or itchy nose	

Symptoms of Anaphylaxis Allergies

Anaphylaxis is a severe, sudden, and potentially fatal reaction that has symptoms affecting various body areas. Symptoms commonly manifest very quickly after some exposure to allergens and may include extreme itching all over your body, total swelling of the body, respiratory distress, swelling, and may cause shock that is life endangering. Anaphylaxis requires urgent medical attention. The reaction is most commonly a result of drug, insect sting, or food allergies.

Symptoms of Anaphylaxis Allergies:

• Skin flushing	• Tightening of your chest
• Itching or tingling around your body	• Agitation, confusion, or lightheadedness
• Mouth swelling as well as in the throat area	• Nausea, vomiting, abdominal cramps, or diarrhea
• Difficulty breathing and swallowing	• Irregular heartbeat

Symptoms of Respiratory Allergies

Symptoms of respiratory allergies frequently occur after a few hours of exposure and usually triggered by allergens that are airborne like animal dander, plant pollens, mold spores, and dust mites.

Mild Symptoms:	Severe Symptoms:
- Wheezing or coughing	- Shortness and difficulty in breathing
- Sneezing	- Chest tightness and pain

- Itchy throat or nose	
- Postnasal drip	
- Smell sense is impaired	
- Hoarseness in the throat	
- Congestion	
- Red, itchy, swollen, or watery eyes	
- Clogged or runny nose with thin and clear mucus	
- Conjunctivitis	
- Fatigue	

Symptoms of Contact Allergies

Common allergens are poison ivy and poison oak, rubber, nickel, latex, preservatives, dyes, fragrances, medications, and cosmetics like perfume and hair dye. Nickel, a metal frequently used in buttons, jewelry, hairpins, zippers, metal clips and snaps, is the frequent source of the allergy. Sun exposure might also give you reactions.

Mild Symptoms:	Severe Symptoms:
- A bumpy or itchy rash	- Anaphylaxis
- Fluid-filled bumps on your skin	
- Swelling or redness of your skin	
- Hives	
- Eczema	

Symptoms of Insect Sting Allergies

Symptoms caused by insect sting allergies usually happen after a few minutes after you got stung, although there may be symptoms happening after some hours. Insect venoms cause these allergic reactions, like those from wasps, bees, hornets, fire ants, and yellow jackets.

Mild Symptoms:	Severe Symptoms:
- Pain, swelling, and itching at the area of the sting or at times, over larger body areas such as the forearm or entire hand	- Anaphylaxis
- Fever	
- Fatigue or nausea	
- Hives, swelling, and itching in body areas apart from the area that got stung	
- Chest tightness, difficulty of breathing	
- Tongue swelling	

Symptoms of Allergic Rhinitis

Signs of allergic rhinitis are similar to signs of a common cold. But, can last for more than 8-10 days.

Symptoms of Allergic Rhinitis:

• Stuffy or runny nose	• Sneezing
• Itchy or watery nose	• Itchy or water eyes
• Coughing (caused by clear mucus running down the back of the throat)	• Feeling of a “permanent cold” that never goes away
• Headaches and earache	• Constant sore throat and postnasal drip
• Sleep disturbances and snoring	• Loss of taste and smell
• Poor concentration	

Common Allergens

A wide array of substances can pose the risk of becoming respiratory allergens. Common cursors for seasonal allergies are fungus or mold and pollen.

Pollen: Pollen from ragweed is the more usual allergens responsible for almost 3/4 (75%) of such allergy cases. However, pollen from any grass or tree can trigger allergic symptoms.

Remedies to Avoid Pollen:

Generally, pollen counts are highest during early morning hours (5 to 10 am.). Wearing a dust mask during lawn and garden work will help.	Planning outdoor activities like camping around seasons with high pollen count will also help.
Taking frequent showers or baths to remove pollen from hair and skin reduces pollen exposure after activities outdoors.	Showering before bed will also help keep contaminants out of your bedding.
Keeping windows and doors closed reduces indoor exposure to pollen.	Circulating air with window or attic fans is not recommended since it will increase indoor pollen levels.
Installing air conditioning in the house and car may relieve seasonal allergy symptoms.	Avoid hanging items out to dry, as pollen can cling to these, which may be brought into your home.

Molds: Most molds grow on decomposing plant matter but may also be present on living plants. Varieties of molds free spores whether the air is dry or has moist.

Remedies to Avoid Mold

Sensitive persons should wear facemasks that are tight enough to limit air infiltration around the edges when mowing, threshing or working with compost.	As with pollen, it is helpful to stay inside when mold count is high, such as when the lawn is freshly mown.
Molds also grow indoors and are found in carpeting, bedding, and upholstered furniture.	Basements and bathrooms are common mold areas, but they can also be found in houseplants and in anything that is stored, but has some level of humidity. You can prevent mold growth by eliminating its conditions.
Look out for damp areas, like drains, crawl spaces, or basements, and keep them clean and dry.	Disinfecting these areas with diluted bleach helps.
Also, regularly steam or dry clean rugs, upholstery, and beddings, either by yourself or by a professional.	

Food Allergies - These foods account for almost 90% of all food allergies.

People should shell out for peanuts: As a legume, the peanut is among the most allergenic of all foods. Just a fraction of a peanut kernel can be enough to set off a reaction. This also means avoid peanut butter!

Leave tree nuts alone: Walnuts and other tree nuts, like Brazil nuts, almonds, cashews, pistachios, filberts, pecans etc., are among the most allergenic foods. If a person is allergic to one true nut variety, there is chance that he is also allergic to others, but not necessarily to peanuts, which are legumes.

Be a crab about shellfish: Although shrimp gets much attention as an allergen, a broad class of shellfish can cause an allergic reaction. This class includes other crustacean like lobsters, crabs, and prawns, and mollusks such as snails, mussels, oysters, scallops, clams, squid, and octopus.

Throw back the finfish: Compared with other major food allergens, the proteins in fish are more vulnerable to heat and other forms of preparation. Therefore, some people allergic to fresh cooked fish can eat the canned version without difficulty.

Bypass milk: Most adverse reactions to milk are not allergies but rather lactose intolerance. That is, insufficient amounts of the digestive enzyme lactase lead to cramping, bloating, and other abdominal symptoms.

Review tofu: Tofu is made from soy, a major allergen in children. Some adults react, too.

Beat the wheat: Some people have celiac disease, a rare condition resulting from intolerance to gluten, which is present not only in wheat but also in rye, barley, and oats.

17 Methods to Stop Asthma and Allergies Naturally

Vitamin	Function	Dosage
Vitamin C w/bioflavonoids	Natural antihistamine, adrenal function	Up to 500mg daily, depending on bowel tolerance
Vitamin B5 (pantothenic acid)	Adrenal function, defends against stress	Up to 1000mg, 2 or 3x daily
CoQ10	Immune booster, counters histamine	60mg, 3 or 4x daily
Vitamin A	Anti-inflammatory, immune system	10,000 IU, 2 or 3x daily
AHCC (Active Hexose Correlated Compound)	Immune system booster	500mg, once daily
Vitamin B12	Reduces inflammatory response	500 mg, once daily
Pantethine	Produces coenzyme A, stress	300 mg 3 times daily w/meals
Omega-3 Fatty Acids	Reduces allergic reactions	1000mg daily
Quercetin	Helps neutralize histamine	Up to 2000mg daily
Vitamin E & selenium	Immune booster	400 IU daily & selenium 50 mcg twice daily
Grapeseed extract	Immune booster	100 mg 2X daily
Raw adrenal	Immune booster	500 mg 2X daily
Magnesium	Relieves bronchospasm	400 mg daily
Full spectrum digestive enzyme supplement	Enhances assimilation & utilization of nutrients	With each meal
Flaxseed oil	Increase lung function and decrease inflammation	1 tablespoon daily
Boswellia	Reduced asthma symptoms	*3x a day for 6 weeks
Butterbur	Reduces smooth muscle spasm, anti-inflammatory effect	Not to exceed one microgram per day.

Arthritis

What is Arthritis?

Arthritis is often referred to as any pain that deals with the tendons or joints of an individual. The word arthritis derives itself from the Greek words “Arthron” and “It is” which means joint inflammation disease. According to Webster, arthritis is defined as acute or chronic inflammation of a joint, often accompanies by pain and structural changes and having diverse causes, such as infection, injury or having diverse causes, such as infection, injury, or the continual use of a joint. Some forms of arthritis are even caused by the body’s immune system attacking the body’s tissue and joints, called autoimmune disease. This condition is what occurs in rheumatoid arthritis. The most common form of arthritis include: osteoarthritis, rheumatoid arthritis, systemic lupus erythematosus and gout. The most prevalent case of arthritis belongs to osteoarthritis, which accounts for half of all arthritis cases.

The Most Common Arthritis: Osteoarthritis

Osteoarthritis typically affects people who are 40 years of age and older, after years of wear and tears on joints between the bones, which is why it is called “degenerative joint disease.” Due to the repeated movement and weight upon the joint, the cartilage begins to break down causing inflammation and pain, often beginning at the knees and working its way up to the hips, fingers, spine and more.

The Unknown Arthritis: Rheumatoid Arthritis

Rheumatoid Arthritis is characterized by nagging pains affecting joints of the wrists, fingers, toes and knees, due to inflammation causing joints to throb and eventually become disfigured.

Arthritis Symptoms

Symptoms also include inflammation, pain, little movement and joint disfigurement. Cartilage has even been known to harden in some cases.

Natural and Alternative Remedies for Arthritis - Diet

Day 1 – Day 4: The Healing Cleanse

For the first four days of your natural treatment, you will fast from all foods, so your body will detoxify and begin to heal itself from years of additives, preservatives, refined ingredients, artificial ingredients, toxins and impurities. Drink 10-14 glasses of pure water during the fast. Alternative Fast: Find a container to mix water, cut lemon slices and 1 Tablespoon of honey to supplement to taste and for needed calories

Alternative Juice Cleanse for Arthritis Fasting

Juice fasting can be an alternative to water fast for a natural cleanse if health is an issue. Juices should be alternated with water so the body only receives a few hundred calories per day to flush own waste and toxins. You can make your own juices from clean and healthy fruit with a juice extractor. Drink 20% juice and 80% water in a single day. Drink 4 glasses of water for every 1 glass of juice. Note: Do not drink store bought juices or juices from concentrate.

Day 4-9: The Fruits

On day 5, you are going to reintroduce your body to whole foods again. At this point, your body has been working hard to heal itself from various toxins in your body. However, due to the body’s hard work you must reward your body with nutritious foods that I needs (not what your taste buds wants). Therefore, you are allowed to eat raw (NOT frozen) fruits over the never five days. Continue to drink water as much as possible to keep your body flushing the impurities. Some raw fruits to consider eating:

1. Melons	2. Peaches
3. Apples	4. Berries
5. Oranges	6. Pineapple
7. Pears	8. And Hundreds Others!
9. Bananas	

Day 10-15: The Vegetables

Between the days 10-15, you will begin adding vegetables to your diet. Currently, you will be able to eat fruit, vegetable (raw or cooked) and water. Be creative with your diet and continue to take notes in your journal of improvements in your body. Some vegetables you should consider:

<ul style="list-style-type: none">Any type of salad (all leafs, but consider spinach and romaine – the greener the better)	<ul style="list-style-type: none">Potatoes (Take notes to see how you react to potatoes because high risk of allergies in arthritic sufferers)
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• Bean	• Peas
• Beets	• Peppers
• Broccoli	• Radishes
• Carrots	• Onions
• Cauliflower	• Squash
• Celery	• Tomatoes
• Cucumbers	

Day 16: You Have Done It!

You have just cleansed your body in only 15 days, which we think is pretty fast. Today, you will begin to introduce your body to your NEW diet. This diet is mainly simple “common sense” tips.

Arthritis-Free Food Advice Tips

- Don't eat or drink anything from a can. There is a reason it lasts for half a decade!
- Eat foods that can go bad naturally. If it CANNOT spoil, do NOT eat it!
- If you can't read it, don't eat it.
- Flour, especially white flour) has been known to wreak havoc upon arthritis sufferers.
- Each day you should try to eat at least 1 salad. Discover several dressings that are natural and not processed.
- The word “enriched” means stripped down and supplemented with few minerals and vitamins. Do not fall for it!
- DO eat foods rich in Vitamin A because they help lubricate the joints. Vitamin A rich foods include: sweet potatoes, carrots, mangos, spinach, cantaloupe, milk, dried apricots, romaine lettuce and broccoli.
- Eat meals that are about the size of your fist. You should be able to eat 5-6 meals per day. Don't let your eyes get bigger than your stomach.

Day 16 and Beyond

You are now able to add lean protein to your diet. You have been on a vegetarian diet for over half a month and your body needs protein for muscle maintenance. Therefore, slowly reintroduce your body to protein. We recommend you stay away from red meats because particularly beef has been known to be an unknown allergy for arthritis sufferers. The following is a good list to start with:

• Fish	• Soy
• Poultry	• Nuts
• Eggs	• Spinach
• Beans	• Dairy

As you have read, the typical diet of the 21st Century is a catalyst for arthritis. If you are to prevent arthritis from destroying your life, you must refrain from processed foods and other acid forming foods. Normally, a healthy diet should be 70% alkaline and 30% acidic. The following is a list of alkaline foods (good) and acidic foods (bad).

Alkaline Foods (70%)	Acidic Foods (30%)
All vegetables (except peppers and beets)	All meat and fish (eat sparingly)
All fruits (except blueberries and prunes)	Rice
Flax, millet, quinoa and amaranth	Oats, rye, wheat, wheat germ, bran, cornmeal
Almonds, pignoli, fresh coconut, chestnuts	Popcorn
Alfalfa spouts, radish spouts, chia sprouts	Pastas
Unsalted butter	Breads and most grains
Eggs	Crackers and pastries
Milk (goat's milk)	Pinto, navy, garbanzo, red, white and black beans

Raw unpasteurized honey Fruits juices and vegetable juices Most herbal teas Brewer's yeast Garlic, cayenne, gelatin, most herbs, most spices, vanilla extract Whey	Cheese Sunflower and pumpkin seeds Walnuts, pecans, cashews, dried coconut, pistachios, filberts, Brazil nuts, peanuts, macadamia nuts Sodas (all caffeinated beverages) Alcohol Coffee and tea Most yogurts Sweeteners Table Salt Soy sauce Mustard, ketchup, mayonnaise, white vinegar Nutmeg
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Rheumatoid Arthritis Alternative Treatments

Vitamin A: Appropriate dosages could have the same effect as reducing RA symptoms as anti-inflammatory drugs.

Omega-6: Fish oil called EPA and DHA (3 grams/day) have had astounding results taken after a 3-month trial period.

Osteoarthritis Alternative Treatments

Glucosamine: Glucosamine developed through chitin (a natural polymer like substance), which is found primarily in exo-skeletons of crabs, shrimps and lobster, builds the affected joints back up create collagen and cartilage. Daily dose is 1500-2500 milligrams/day.

Chondroitin: Supplies water, blood and nutrients to the affected joint's cartilage by manufacturing shark and beef cartilage. To provide structure and support for arthritic joint, take 1200 mg/day.

Natural Anti-inflammatories for Arthritis

• Omega-3: 170 mg to 3.6 g of EPA daily or 3-12 g of fish oil daily.	• Devil's Claw
• Vitamin C: 100-500 mg daily	• Celery Extract
• Bosellia: 150 mg, 3 times/day	• Cetyl myristoleat
• Methyl Sulfonyl Methane (MSM): 2,230 mg/day	• Cat's Claw
• SAME: 800-1200 mg/day	• Grape Seed Extract
• Deer Antler Velvet	• Vitamin B3 (Niacin)
• Tumeric	

Back Pain

What is Back Pain?

The most important thing to know about your spine and back is that you cannot judge the health of your back by how you feel. Pain can come a long time after you have started doing damage to your spine. Back pain can lurk from any region or component of the back. Trauma to bones, nerves and blood vessels are, of course, the most serious. But injuring muscles, ligament or tendons can produce sprains and strains with considerable and unfortunate pain and dysfunction. Inflammation plays a major role in pain coming from muscle, ligament or tendon injuries. We have heard about "slipped"

and “bulging” disks. This outcome occurs when the outer layers of those discs endure a crack or tear that allows fibrous and/or gel-like material to bulge out.

Here are sitting posture recommendations that will help you feel stronger, more energetic and free of back pain.

- Remember to regularly get up from your computer every 15 to 20 minutes.
- This is an easy and highly effective method for minimizing back issues from sitting too long in one position.
- The top of your monitor is at or just below eye level.
- Head and neck are balanced (not craning left, right, forward or back)
- Shoulders relaxed.
- Elbows close to the body and supported on armrest or worktop.
- Lower back supported by seat back.
- Wrists and hands in line with forearms.
- Adequate room for keyboard and mouse.
- Feet flat on the floor

Daily Living Instructions for a Healthy Back

When Standing

1. Keep your head level and your chin slightly tucked in.
2. Stand tall, stretching the top of your head toward the ceiling.
3. Relax your shoulders.
4. Tighten your stomach muscles to tuck in your stomach. This will help prevent excessive swayback in the lower part of your back.

When Sitting

1. Keep your head level and chin up.
2. Keep your buttocks to the back of that chair and maintain a slight inward curve in your lower back. *Tip:* Sometimes a small pillow or rolled up towel in the small of your back helps. Do not slouch.
3. Keep your feet comfortably apart and supported so that your knees are level with your hips.

When Lying Down

1. Use a firm mattress.
2. Lie on your side with your hips and knees slightly bent and with a pillow between your legs.
3. If you find you are able to sleep only on your back, a pillow under your knees may take the strain off your lower back.

WHEN LIFTING (Particularly For Lower Back Pain)

1. Keep your head level and chin up.
2. Keep your back straight; bend your knees and squat as low as possible, keeping your feet apart.
3. Lift with the strength of your legs. Once you’ve picked up the object, hold it close to you.
4. Never twist or turn while lifting.
5. Avoid leaning forward. You must face an object if you intend to lift it.

Furniture

Avoid low, soft chairs and sofas. Use chairs with arms and a straight back.

Posture

Change your posture every 30 minutes during the day. At night, if you are uncomfortable, get out of bed for five to 15 minutes. Plus, try using a cold pack when uncomfortable in the evening and at night. When you awake in the morning, get up right away. Remember to roll out of bed, don’t jump or jerk awake.

Sneezing And Coughing

Always place one or both hands on the thigh area above your knees in a stooped position. Simultaneously bend your knees when sneezing or coughing to avoid soft tissue injury to the back.

Wallets And Handbags

Men should carry their wallets in a front pants pocket or a breast pocket. The wallet in the back pocket places a torque on the pelvis and can put pressure on the sciatic nerve. As for handbags or backpacks, always look to most evenly distribute weight on the entire back rather than one side.

Telephones

Avoid holding your phone receiver up to your ear with your shoulders.

Cars And Airplanes

When traveling, get out of your seat to walk every 45 minutes.

Daily Exercises for a Healthy Back

Here are basic stretch exercises for everyone facing back pain, whether your pain is acute (lasting six weeks or less) or chronic (lasts longer than six weeks). Do them every day and you will feel less pain within a week and you might well feel like a whole new person in a month.

Hip Flexor (Psoas) Stretches

- *Standing Hip Flexor Stretch:* Begin standing, with one foot on an elevated surface like a stair step or chair. The other leg is back and straight. Tip the pelvis backward as much as you can and then lean forward as far as you comfortably can. Hold for 10 to 15 seconds; repeat five to eight times on both legs. Perform at least once a day.
- *Kneeling Hip Flexor Stretch:* Begin on one knee, the other leg back. Tilt the pelvis backward as much as you can and then lean forward and down as far as you comfortably can. Hold for 10 to 15 seconds; repeat five to eight times on both legs. Perform at least once a day.

Glute (Piriformis) Stretches

- *Glute Lying Figure Four:* Begin lying on your back. Cross one leg over the opposite knee and slowly bring the foot that is still on the floor up and toward your chest. When it is close enough, grab your knee from under the leg that is crossed on both sides with both hands. Hold for three to five seconds, then slowly come out of the stretch and repeat five to eight times on both sides. Perform at least once a day.
- *Glute Super Stretch:* Begin in the hands and knees position. If you have sciatica on the right, rotate both legs to the left and extend your left leg straight back. If you have sciatica on your left, rotate both legs to the right and extend your right leg straight back. Slowly lower your trunk down as far as you can. Hold for three to five seconds; repeat five to eight times. Perform at least once a day.
- *Tight Glutes and Hips Stretch / Seated Crossed Leg Pull:* Begin seated, slowly bring the non-high hip leg over and across the high hip side. Hold the bent leg at both the foot and knee to stabilize and then pull the bent leg inward toward your chest and then across the body. Hold for three to five seconds then slowly come out of the stretch. Repeat five to eight times; perform at least once a day.

Hamstring Stretch

Begin by standing and placing one foot on a chair or step. It is best to hold on to a wall or rail for support. Slowly begin to reach for your toes. Go only as far as you comfortably can. Hold for three to five seconds, and then slowly come out of the stretch. Repeat five to eight times on both sides. Perform at least once a day.

Abdominal Stretch

Begin in the lying, standing or sitting position. Slowly exhale and draw your abdomen inward toward your spine. Do not hold your breath. It is optimal if you can use your hand as a sensor over your stomach while learning the technique. Hold the draw-in move for three to five seconds. Repeat five to 10 times at least once a day.

Overall Healthy Back Stretch:

Lie on your back, with both knees bent and feet flat. Slowly raise one knee to your chest, holding the back of thigh (hamstring) with your hands. Now straighten your other leg, keeping the knee facing up. Don't lift your head, and keep it straight. Alternate legs and hold for 20 seconds with each leg. Perform two sets at least once a day.

Diaphragm Breathing

You start by completely exhaling through your mouth, making a whoosh sound. Close your mouth and inhale quietly through the nose for a mental count of four. Hold your breath for a seven count. Exhale completely through the mouth again, whooshing for a count of eight. That's one "Relaxing Breath" of 4-7-8. Repeat it at least two or three times.

The Two Weeks to a Healthy Back Challenge

Here are the steps:

1. Take a daily 20-minute walk, without fail.
2. Stretch five to 10 minutes daily, following the exercises in this chapter. It is best if you perform the stretches in the morning or early part of your day.
3. Follow an alternating ice and moist heat treatment before bed. Start with ice for 10 minutes, and then heat for 10 minutes. Repeat the cycle for at least 40 minutes total and no more than an hour.

Eat Foods Daily that Fight Inflammation

- High-quality protein, including fish (wild salmon, low-mercury tuna, halibut, sardines, herring, mackerel and anchovies are especially good), shellfish, chicken, turkey and tofu.
- Low-glycemic carbohydrates (slower to digest, providing more fuel for body energy), including bright-color and deep-pigment fresh fruits and vegetables, plus whole grains such as slow-cooking oatmeal, beans and lentils.
- Healthy fats, including wild salmon, sardines, herring, anchovies, nuts (not necessarily peanuts, which are technically legumes), seeds, flax meal and olive oil.
- Eight to 10 glasses of spring water per day and several cups of green tea.

Dietary Supplementation

Proteolytic Enzymes: Pancreatin/chymotrypsin/trypsin (200 milligrams or mg); papain (120 milligrams); Peptizyme (50 mg); bromelain (50 mg).

Quercetin: Abundant in apple skins, onions, teas and red wines. Quercetin is also found in leafy green vegetables, berries and herbs such as ginkgo and St. John's Wort. 100 to 250 mg three times a day.

Turmeric: 400 to 600 milligrams daily

Bad Breath

What is bad breath?

Bad breath (also known as halitosis) is an unpleasant condition that causes embarrassment and major frustration. Chronic halitosis is a condition in which a person produces an offensive odor from their oral or nasal regions that they are unable to eliminate through normal oral hygiene techniques. In the most common forms of bad breath, the odor comes from activity of bacteria in the mouth, usually from the back part of the tongue. Microorganisms in the mouth break down proteins and produce foul smelling gasses. There are five main types of mouth odors that contribute to bad breath:

- Periodontal-type odor from the dental floss or from crevicular fluid in the periodontal pockets
- Characteristic nasal odor as tested from the air expired from the nose only
- Denture odor detectable from removable appliances especially if placed in a plastic bag for a

- few minutes
- Odor from the posterior tongue dorsum
- Smoker's breath

There are two main types of bad breath. The more common of the two, transient bad breath, is a temporary condition with a variety of causes: the foods you eat (garlic, onions, etc.), dry mouth, morning breath and poor oral hygiene. Chronic bad breath requires specialized treatment caused by an excess of certain types of oral bacteria. The primary bacterium causing chronic bad breath is one called streptococcus mutans.

What causes bad breath?

Medical	Dental
• Liver Diseases	• Gum (periodontal) disease –
• Lung Diseases	• Xerostomia (dry mouth condition)
• Kidney Diseases (kidney failure can produce a fishy odor)	• Extensive dental decay
• Blood disorders	• Oral Cancers
• Gallbladder dysfunction	• Oral infection of abscesses
• Menstruation	• Allergy conditions
• Tonsillar infections or tonsillitis	• Oral conditions resulting from postnasal drip or discharge
• Sinus infections & postnasal drainage (drips)	• Poor dental hygiene Infrequent or improper brushing and flossing can leave food particles to decay
• Diabetes (acetone smell to the breath)	• Dry mouth- caused by salivary gland problems, medications or by "mouth breathing"
• Carcinomas	• Infections in the mouth
• Respiratory tract infection – throat infections, lung infections, chronic bronchitis	
• Dieting	
• Psychiatric illness - people may perceive that they have bad breath, but it is not noticed by oral-health-care professionals or others, this is referred to as "pseudo halitosis."	
• Gastrointestinal disturbance	

Treatments for Bad Breath

The Basics: Spend the 2-3 minutes it takes to properly brush all tooth surfaces. Flossing will also remove bacteria between teeth and gums.

Tongue Care: The tongue can be gently brushed with a standard soft toothbrush, soaked in an antibacterial mouthwash. Try to reach back to the dorsum of the tongue without choking. Tongue scrapers are made of a flexible material and have ridges to clean the surface of the tongue.

Alternative Treatments for Bad Breath

- **Anise:** The seeds of the herb anise can be boiled to create a tonic to drink or a mouthwash to be gargled. Once the seeds have been boiled, the liquid should be strained before using as either a tonic or mouthwash.
- **Avocado:** Avocados are known to remove intestinal purification and decomposition.
- **Baking Soda (Bicarbonate soda):** It is recommended to brush the teeth with baking soda in

the morning and evening (use regular toothpaste to follow if the taste is too overpowering). Rinse using lukewarm saltwater.

- **Cardamon:** Cardamom seeds can be chewed to decrease bad breath. It is recommended that you chew the seeds for a brief period of time and then spit out the remainder.
- **Cranberries:** Cranberries make bacteria less sticky, so plaque is less likely to form.
- **Eucalyptus:** The leaves of the eucalyptus can also be chewed for brief periods of time for freshening.
- **Guava:** Eating fresh guava fruit is an excellent aid in fighting bad breath and helps with teeth and gums. In addition to being helpful in stopping bad breath, guava leaves have been known to stop bleeding gums. When bleeding starts simply chew a few leaves of the guava tree to stop the bleeding.
- **Hydrogen Peroxide:** Hydrogen peroxide can be used as an oral antiseptic at a concentration of 1.5%. Since hydrogen peroxide is usually available at a concentration of 3%. To reach the concentration of 1.5%, simply dilute the peroxide with an equal amount of water. A mix of hydrogen peroxide and baking soda has also been known to work well. As stated above, a mix of 1:1 hydrogen peroxide and water is needed. It is also recommended to add a pinch of baking soda and a pinch of salt (so the salt can be tasted). This mixture is recommended in place of mouthwash. Peppermint oil or other essential oils can be used for flavor.
- **Paw Paw:** The fruit must be cut open and after removing the seeds, cut into small pieces before eating. It is recommended to eat 2-3 dessert sized bowls of the fruit pieces daily for cleaning the stomach and stopping bad breath.
- **Parsley:** Boiling freshly chopped parsley and ground cloves (or whole cloves) with two cups water will create a mouthwash to be used on a daily basis. After boiling and straining the excess parsley leaves and clove pieces, this natural mouthwash can be used twice a day.
- **Peppermint:** Peppermint tea can be used and is considered very effective when treating bad breath. Aromatic peppermint oil should be used with caution, as it is toxic and should not be ingested.
- **Tea:** Compounds found in tea have been found to stop the growth of bacteria that cause bad breath. Polyphenols, chemical components of tea, prevent both the growth of bacteria responsible for bad breath and the bacteria's production of malodorous compounds. The polyphenols found in tea include chemicals called catechins and theaflavins. Catechins are found in both green and black teas, while theaflavins are found predominantly in black tea.
- **Yogurt:** Sugarless yogurts can help people beat bad breath while also fighting gum disease and tooth decay.

Homemade Remedies - Mouthwash

<p>Homemade Rosemary-Mint Mouthwash</p> <ul style="list-style-type: none"> • 2 1/2 cups distilled or mineral water • 1 tsp fresh mint leaves • 1tsp rosemary leaves • 1 tsp anise seeds <p>After bringing water to a boil, add all ingredients. Infuse for 20 minutes. Let mixture cool to room temperature, and then strain to use as a mouthwash. Tincture of myrrh can be used as a preservative, especially when making large quantities.</p>	<p>Homemade Spearmint Mouthwash</p> <ul style="list-style-type: none"> • 6 ounces water • 2 ounces vodka • 4 teaspoons liquid glycerin • 1-teaspoon aloe vera gel • 10-15 drops Spearmint essential oil <p>Bring the vodka and water to a boil. Add aloe vera gel and glycerin. Remove mixture from heat letting it cool slightly. Add spearmint gel and pour into bottle, capping it tightly. Shake well.</p>
<p>Baking Soda Mouthwash</p>	<p>A Very Simple Homemade Mouthwash</p>

<ul style="list-style-type: none"> • 2 ounces (60ml) water • 1/4 teaspoon baking soda (or sea salt) • 1 drop pure peppermint oil • 1 drop tea tree oil <p>Mix all ingredients together to use as a mouthwash.</p>	<ul style="list-style-type: none"> • 8 ounces warm water • 1 teaspoon table salt <p>Swish and rinse mouth with one-half glass warm water. Works well for sore gums and tooth infections.</p>
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Homemade Remedies - Toothpaste

<p>Loretta's Toothpaste</p> <ul style="list-style-type: none"> • 1 Tsp baking soda, • 1/4 Tsp hydrogen peroxide • 1 drop oil of peppermint <p>Mix all ingredients to make a paste. Once mixed, mixture can be used as toothpaste.</p>	<p>Vanilla & Rose Geranium Toothpaste</p> <ul style="list-style-type: none"> • 1/2 ounce powdered chalk • 3 ounces powdered orrisroot • 4 teaspoons of tincture of vanilla • 15 drops oil of rose geranium • Honey, enough to make a paste <p>Mix all ingredients to make a paste. Once mixed, mixture can be used as toothpaste. It is recommended to store this paste in an airtight container.</p>
<p>Ben Franklin's Toothpaste</p> <ul style="list-style-type: none"> • Honey • Ground charcoal <p>Mix ingredients to make a paste. Once mixed, mixture can be rubbed on teeth for a whitening effect.</p>	<p>Mint Toothpaste</p> <ul style="list-style-type: none"> • 6 teaspoons baking soda • 1/3-teaspoon salt • 4 teaspoons glycerin • 15 drops peppermint <p>Mix all ingredients to make a paste. Once mixed, mixture can be used as toothpaste. It is recommended to store this paste in an airtight container. Wintergreen can be substituted for peppermint flavor.</p>
<p>Simple Toothpaste Mixture</p> <ul style="list-style-type: none"> • Bicarbonate of soda • Salt • Water • Glycerin • Peppermint oil <p>Ratio of sodium bicarbonate to salt is 3:1. Ratio of glycerin is 3 tsp:1/4 cup mixture. Once ratios are completed, add water to make paste. Peppermint oil is added for flavor.</p>	<p>Another Tasty Toothpaste Recipe</p> <ol style="list-style-type: none"> 1. 1/4 tsp peppermint oil 2. 1/4 tsp spearmint 3. 1/4 cup arrowroot 4. 1/4 cup powdered orrisroot 5. 1/4 cup water 6. 1 tsp ground sage <p>Mix all ingredients to make a paste. Once mixed, mixture can be used as toothpaste. More water can be added dependent upon consistency desired. It is recommended to store in covered container at room temperature. Cinnamon and cloves can be substituted for peppermint or spearmint flavor.</p>

Homemade Remedies – Cleansers/Powder

<p>Super Cleanser</p> <ul style="list-style-type: none"> • Hydrogen peroxide (a few drops) • Baking soda <p>Mix all ingredients to form a paste. Paste can be used along the gums twice a week and daily on</p>	<p>Homemade Fruit Teeth Cleaners</p> <p>Lemon can be used to remove fruit stains from teeth. Take lemon rind and rub along stained teeth. Rinse mouth. Teeth can be cleaned with fresh strawberries. Rub fresh strawberries on all</p>
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teeth.	sides of teeth.
<p>Old Fashioned Tooth Powder</p> <ol style="list-style-type: none"> 1. 2 Tbsp dried lemon or orange rind 2. 1/4 cup baking soda 3. 2 Tsp salt <p>Grind rinds into a fine powder using food processor/grinder. Add soda and salt and grind to fine powder. Storage is recommended with an airtight container. Can be used as a paste when applied to a moistened toothbrush.</p>	<p>Lemon Clove Tooth Cleanser</p> <ol style="list-style-type: none"> 1. Small amount of finely powdered sage 2. 1 ounce of finely powdered myrrh 3. 1 pound powdered arrowroot 4. 3 ounces powdered orrisroot 5. 20 drops oil of lemon 6. 10 drops oil of cloves 7. 12 drops oil of bergamot <p>Combine dry ingredients in bowl. Mix oils in (1 drop at a time) until mixed thoroughly. Use as needed.</p>

Food Therapy

It is well known that gum disease causes bad breath. Taking vitamin C helps protect and heal your gums from damage and disease. Vitamin C is plentiful in citrus fruits, strawberry, cabbage, orange, red pepper and kiwi fruit.

- Eating food rich in acidophilus, such as yogurt, helps to balance the bacteria in the intestine to a healthy level and thus reduce halitosis.
- Eating food that fights plague build-up also helps fight foul breath such as cheese, peanut, celery and carrot.
- Eating less meat and more fiber such as vegetables and fruits help temporarily mask bad breath. Snack on fresh raw vegetables and fruits such as parsley, celery, carrot apple and pear. Parsley is effective because it contains chlorophyll, a chemical found in plants that are considered a natural breath freshener.
- Eat food rich in fiber to fight constipation. Your body absorbs a large amount of bacteria from a meat-laden diet. Fiber helps promote regular bowel movements that remove these toxins from your body that cause bad smelling breath. Food rich in fiber include pea, dried bean, brown rice, prune, fig, and wheat product

Cholesterol

What is cholesterol?

Cholesterol is a soft, waxy, fat-like substance that is part of the steroid class of molecules. Cholesterol helps your body perform a number of important functions, including the:

- Development and repairs of cell membranes
- Creation of sex hormones, including progesterone, testosterone, estradiol, and cortisol
- Manufacturing of bile salts—which are important in the digestive process
- Transformation of sunlight on the skin into Vitamin D

Cholesterol comes from two main places:

- 85% from your body made by your liver, cells in small intestine and others throughout the body
- 15% from the food you eat: animal products, including meats, poultry, fish, and dairy products

Cholesterol is transported by low-density or high-density “carriers” called lipoproteins. The “density” of lipoproteins is measured by the amount of protein in the molecule.

Low-Density Lipoprotein (LDL): LDL cholesterol is responsible for the buildup of plaque that can lead to heart attacks and stroke. High levels of LDL tend to clog up the inner walls of important arteries, including those that send blood to the brain and heart.

High-Density Lipoprotein (HDL): The HDL acts as a “cleaner” of sorts and helps to keep your arteries free from plaque accumulation. It is produced by the body and accounts for one-third to one-fourth of your total blood cholesterol. Healthy levels of HDL means you are at a lower risk of heart attack.

What Does My Cholesterol Level Mean?

Cholesterol Type	Desirable	Borderline	High Risk
Total Cholesterol	Below 200	200-240	Above 240
HDL Cholesterol	Above 45	35-45	Below 35
LDL Cholesterol	Below 130	130-160	Above 160
Total Cholesterol/HDL	Below 4.5	4.5-5.5	Above 5.5
LDL/HDL	Below 3	3-5	Above 5

High Cholesterol Prevention

The most expedient way to reduce your cholesterol levels is by cutting out, or reducing, the foods you eat that contain high levels of saturated fat and/or cholesterol.

Foods to avoid:

- Any foods that contain high amounts of saturated fat, such as marbled, poultry with skin, and full-fat dairy products
- Any foods that contain high levels of cholesterol, such as dairy products (e.g., eggs, cheese and sour cream), meats with high saturated fat, and poultry
- Any foods that contain high levels of trans fat, such as cakes, cookies, crackers, and fried foods
- Any meats that contain high levels of fat, such as corned beef, pastrami, ribs, steak, ground meat, frankfurters, sausage, bacon, liver, kidneys, and processed meats like bologna.
- Any foods that are high in sodium, such as foods that are pickled, smoked, or salted
- As hard as it may be, avoid fast foods, including hamburgers, fries, fried chicken, and tacos.
- Foods that are high in refined sugars and carbohydrates

Foods You Can Eat to Lower Your Cholesterol

Vegetables		Starchy and Sugary Vegetables	
• Alfalfa sprouts	• Greens (collard, mustard, turnip)	• Carrots	• Corn
• Artichoke	• Green peppers	• Peas	• Potatoes
• Asparagus	• Kohlrabi	• Winter squash	• Sweet potatoes
• Avocado	• Leeks	Protein Foods	
• Beans (e.g., green, wax, Italian)	• Lettuce (all varieties)	• Fish	• Lamb
• Bean sprouts	• Mushrooms	• Shellfish	• Beef
• Beets	• Okra	• Chicken	• Bison
• Broccoli	• Onions	• Turkey	• Wild game (rabbit, venison, duck, elk, pheasant, goose)
• Brussels	• Pea pods	• Nuts	• Peanut butter (non-

sprouts			homogenized with oil on top and no added sugar)
• Cabbage	• Peppers	• Egg whites	• Egg yolks (sparingly)
• Cauliflower	• Rutabaga	Fruit	
• Cucumbers	• Sauerkraut	• Blueberries	• Strawberries
• Eggplant	• Spinach	• Raspberries	• Apples
• Garlic	• Summer squash	• Oranges	• Pears
• Turnips	• Tomato	• Pineapple	• Cherries
• Zucchini		• Oranges	• Grapefruit
Fats and Oils		• Limes	* Lemons
• Rice bran oil	Olive oil (cold-pressed extra virgin)	• Kumquats	• Melon
• Butter (sparingly)		• Bananas (sparingly)	• Grapes (sparingly)
Milk and Dairy		Grains and Soluble Fiber Foods	
• Non-homogenized or raw milk (low fat skim off top fat)	• Butter (sparingly)	• Oatmeal	• Oat bran
• Low fat plain yogurt	• Low fat cottage cheese	• Rice bran	• Barley
• Cheese (sparingly, not processed)		• Beans	• Berries
Beverages			
• Water (non-chlorinated, at least 8 glasses day)		• Milk (see Milk and Dairy section (above))	
• Vegetable juices		• Fruit juices (sparingly)	
• Diet pop (sparingly, choose sodas made with Splenda®)			

GET IN SHAPE

Vigorous exercise has been shown to contribute to the production of good (HDL) cholesterol which helps combat the negative affects of bad (LDL) cholesterol. The truth of the matter is it doesn't matter what form of exercise you do, just as long as you are doing it and doing it regularly.

17 Secrets to Lowering Your Cholesterol Naturally

- **If You Must Drink Milk, Make It Un-homogenized:** There are those that argue that because the homogenization process is breaking down the fat (cream) into much smaller molecules, it is actually increasing the milk fat's surface area, which then can do more damage to the arterial walls causing plaque buildup, and scraping of existing plaque can lead to a clogging of the arteries and/or a break free of plaque that could causes strokes.
- **Supplement with Vitamin C:** Taking vitamin C regularly can actually help to heal damaged

arteries. When levels of vitamin C are low, your body compensates by manufacturing more cholesterol.

- **Limit Your Intake of Sugar and Refined Carbohydrates:** Sugar and refined carbohydrates, particularly glucose, compete with vitamin C for uptake into your body's cells.
- **An Apple a Day:** Eating high fiber foods, such as apples, will reduce LDL cholesterol. Other high fiber foods that are beneficial include oat products and legumes (dry beans, peas, and lentils).
- **Do a Liver Cleanse:** With a liver cleanse, you are helping to alleviate the possibility of additional strain being placed on the gallbladder with the excess cholesterol and bile salts that can accumulate with an under functioning liver.
- **Taurine:** Taurine works by increasing gallbladder function and reducing LDL and increasing HDL cholesterol, as much as 25% by taking 1500 to 3000 milligrams daily.
- **Rice Bran Extract IP6:** IP6 is a mineral chelator, acting as a cleansing agent in the body by removing harmful build up of heavy metals and other accumulations, including those found in our arteries.
- **Rice Bran Oil:** Reduces LDL cholesterol without reducing HDL cholesterol.
- **Trans-form Your Diet:** Trans fats are directly associated with heart disease, are found in foods made with or cooked in hydrogenated vegetable oil (crackers and fried snack foods, potato chips, baked goods such as cookies, cakes, and doughnuts).
- **Eat a Pomegranate:** The incredible antioxidant properties of pomegranate juice actually can help lower LDL cholesterol.
- **Selecting your Vitamin E:** When choosing your supplements specifically to treat high cholesterol, it's recommended to verify that your supplement contains the delta tocotrienol form of vitamin E. When taking tocotrienols you should also take CoQ10.
- **CoQ10:** CoQ10 is an antioxidant that travels along in the blood with LDL cholesterol working as an antioxidant by generating energy from oxygen. Experts suggest 100 milligrams of tocotrienols and 60 mg of CoQ10.
- **Policosanol:** Policosanol is a natural supplement derived from sugar cane wax and beeswax, proven effective at reducing cholesterol levels. Take policosanol in doses of 10-20 mg a day.
- **Folic Acid:** Patients who suffer from high levels of cholesterol can significantly benefit from folic acid, a B vitamin that makes cells and naturally found in green leafy vegetables.
- **Check your drinking water:** Chlorine leads to excess free radicals, causing cell damage, atherosclerosis, hardening of the arteries and plaque formation. Check to see how your water supply is treated. Invest in a water filtration system that not only removes chlorine, but also Trihalomethanes (THM).
- **Carnitine (L-Carnitine):** Carnitine converts fatty acids into energy, increasing good cholesterol levels. The highest sources of is in red meat with high saturated fat, particularly lamb, and dairy products. It can also be found in fish, asparagus, avocados, and peanut butter. Experts suggest 600 to 1,200 mg three times daily, or 750 mg twice daily.
- **Pantethine:** Derived from (vitamin B5) and has been shown to encourage normal levels of cholesterol and triglycerides. Experts suggest 300 mg three times a day.

Diabetes

What is Diabetes?

Any blood sugar level reading that is 126 mg/dL or higher is considered a diabetes diagnosis. If your reading is between 100-125 mg/dL, you will be categorized as prediabetes. Typical glucose or blood sugar levels are:

- Fasting blood glucose: 70-99 mg/dL
- 2 hours after eating: 70-145 mg/dL
- Random (casual): 70-125 mg/dL

Type 1 Diabetes: In Type 1 Diabetes, the pancreas is not producing any insulin or not enough insulin to supply the body’s cells with glucose. This happens through what’s an “autoimmune response,” which means a person’s own cells are attacking and destroying healthy cells that have been mistaken for foreign invaders. The body has turned hostile on the cells in the pancreas that produce insulin. Those cells under attack are called beta cells and do some amazing work despite long odds.

Type 2 Diabetes: In Type 2 diabetes, the body’s cells become resistant to insulin. Researchers believe obesity is a major risk factor. An emerging theory is that chronic, low-grade inflammation of cells can lead to insulin resistance. What you need to know about Type 2 diabetes is that the body’s cells won’t accept insulin. Then, in a devious chain-reaction effect, insulin doesn’t make it to the cells in the muscle and liver, and neither does glucose. As a result, the glucose or blood sugar stays in the bloodstream. That’s why blood sugar readings are high in Type 2 diabetes patients.

Prediabetes: Blood sugar or glucose readings might indicate a person has Type 2 diabetes or is trending towards the disease as someone categorized with prediabetes. Researchers are beginning to see the lack of insulin production (Type 1) or insulin resistance (Type 2) leading to additional problems such as interrupted muscle building, decreased cell rejuvenation and blocking the delivery of vitamins and minerals to the cells.

Diabetes Symptoms

Here are signs and symptoms of diabetes (Type 1 or 2) that should ring the alarm in anyone experiencing these physical traits without any other explanation:

• Frequent Urination	• Blurry Vision
• Excessive Thirst	• Frequent Infections of the skin, urinary tract or vagina
• Increased Fatigue	• Poor wound healing
• Unusual or unexplained weight loss	• Tingling in the hands and feet
• Irritability	

Diabetes Risk Factors

1. You are overweight
2. You are 45 years old or older
3. You have a parent, brother or sister without diabetes
4. Your family background is African American, American Indian, Asian American, Hispanic American/Latino or Pacific Islander
5. You have had gestational diabetes during pregnancy or gave birth to at least one baby weighting more than 9 pounds
6. Your HDL cholesterol is 35 or lower, or your triglycerides level is 250 or higher
7. You are fairly inactive or you exercise fewer than three times a week

Natural and Alternative Remedies for Diabetes

The Eating Plan

PHASE ONE: Four weeks of eating healthful proteins and fats, while restricting carbohydrates to get fasting blood sugar levels under 100 mg/dL.

1. Choose 20 grams of low glycemic-index carbohydrates per day, up to 20 grams. The following is a detailed list of low-carb veggies that amount to 1-3 grams for every serving (half-cup to cup).

• Lettuce Greens	1. Scallions
• Spinach	2. Peppers
• Chard, Collards, Mustard Greens, Kale	3. Tomatoes
• Cabbage	4. Eggplant
• Sauerkraut	5. Green Beans
• Broccoli	6. Artichoke Hearts
• Cauliflower	7. Cucumbers
• Celery	8. Pickles
• Avocado	9. Carrots
• Asparagus	10. Onions
• Brussels Sprouts	11. Fennel
• Lettuce Greens	12. Snow Peas

2. Eat proteins and selected fats to help you even out the blood sugars and fuel your body. Proper protein portions are about the size of a deck of cards. This includes pastured or grass-fed animals (beef, pork and other meats), free-range/organic poultry, fatty or cold-water fish such as salmon, sardines, mackerel and anchovies, tofu, eggs, red kidney beans and black soy beans.

3. Healthy fats support blood sugar levels below 100 mg/dL, plus they make your meals and recipes more tasty and satisfying. Along with fish and pastured meats, other go-to fats include virgin olive oil, walnut oil, sesame oil and avocado oil.

The follow foods are considered free because they have less than 20 calories and 5 grams or less of carbohydrates:

Drinks	Sweet Substitutes	Vegetables	Condiments
<ul style="list-style-type: none"> • Bouillon or broth (fat free) • Seltzer water • Coffee or tea • Diet soft drinks and teas 	<ul style="list-style-type: none"> • Sugar-free gum • Sugar-free pancake syrup (1-2 T) • Sugar-Free Jello • Sugar-Free jam or jelly (2 T) 	<ul style="list-style-type: none"> • Celery • Cucumbers • Peppers (hot, chile) • Salad greens • Cilantro • Onions • Radishes • Sugar-free salsa • Mustard greens 	<ul style="list-style-type: none"> • Ginger root • Vinegar (unsweetened) • Catsup (1 T) • Dill pickles (unsweetened) • Horseradish • Mustard • Taco sauce (2 T) • Sugar substitute (calorie free) • Hot sauce • Salad dressing (low calorie, 2 T)

These foods need to be eliminated in the Phase One of the Diabetes Reversal Plan:

<ul style="list-style-type: none"> • Vegetable oils • Omega-6 fats common in meat and dairy products • Most Wheat-based products 	<ul style="list-style-type: none"> • Beans (except red kidney and black soy) • Tortillas (except low-carb versions) • Milk • Yogurt
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<ul style="list-style-type: none"> • Bread crumbs and croutons • Cornbread • Beets • Corn • Peas • Potatoes (yes, all forms) • Bread crumbs and croutons • Chips (yes, all forms) • Pretzels • Popcorn • Cereal (hot or cold) • Grits • Canned Soups • Okra 	<ul style="list-style-type: none"> • Barley • Bananas • Cherries • Pears • Grapes • Figs • Prunes • Dried Fruit • Pineapple • Loganberries • Pomegranates • Tangerines
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There are some foods that need to be eliminated during Phase One because of the way the food is heated and prepared:

<ul style="list-style-type: none"> • Barbecued meats and poultry 	<ul style="list-style-type: none"> • Cream cheese
<ul style="list-style-type: none"> • Fried/boiled/oven-roasted meat and poultry 	<ul style="list-style-type: none"> • Whole-fat dairy products
<ul style="list-style-type: none"> • Doughnuts 	<ul style="list-style-type: none"> • Butter
<ul style="list-style-type: none"> • Cake 	<ul style="list-style-type: none"> • Frozen meals that have been cooked with high heat
<ul style="list-style-type: none"> • Dark-colored sodas 	<ul style="list-style-type: none"> • Frozen breakfast foods
<ul style="list-style-type: none"> • Mayonnaise 	<ul style="list-style-type: none"> • Conventionally processed cold cuts

PHASE TWO: Two to four months of gradually re-introducing daily carbohydrates from 20 to 40 to 60 grams, then more if your blood sugars remain under 100 mg/dL, if not down to the optimal range of 70-85 mg/dL. To start, expand your daily intake of carbohydrates to 40 grams, slowly and sensibly.

1. Use breakfast cereals based on oats, barley and bran
2. Use breads with whole grains, stone-ground flour and sour dough
3. Enjoy all other types of fruit and vegetables
4. Use Basmati or Doongara rice
5. Enjoy moderate amounts of pasta and noodles, as side dishes
6. Eat plenty of salad vegetables with a vinaigrette dressing

PHASE THREE: For the rest of your life you can eat foods that allow you to stay off all medications or greatly reduce your need for Type 2 diabetes drugs. The idea is to find eating habits that maintain your blood sugar in the normal to optimal range, please keep you happy enough to keep it. Realize how the food you eat will directly impact how you feel.

Supplements for Diabetes

Try one supplement at a time so if something works, even with dosage corrections, you can consider it effective.

Chromium: Can lower your blood sugar counts with in three months by helping insulin stick to cell wall so that insulin receptors can take up glucose. It is important to take chromium picolinate because the body absorbs chromium best in this form. Typical adults need somewhere between 20 and 40 micrograms of chromium daily.

Pycnogenol: This antioxidant lowers blood glucose and improves the structure and function of the body's small blood vessels. Research shows the optimal dose for regulating blood sugar levels is 200 mg per day split over two to three doses.

Alpha-Lipoic Acid: Much of diabetes' cell damage is oxidative, which means the insulin resistance is working to remove electrons from molecules. It leaves unstable cells that don't process insulin appropriately and the cell can become chronically inflamed. Alpha-lipoic acid counters the oxidation and restores insulin function, in part by removing glucose from the system sooner and delivering it to the cells. The therapeutic dose for alpha-lipoic acid is up to 600 milligrams daily.

Calcium & Vitamin D: Major studies show that Vitamin D can boost those beta cells in the pancreas that are under constant siege during diabetes. Combining 500 mg daily of calcium and 700 IU daily of vitamin D can dramatically curtail the rise of blood sugar levels.

Magnesium: Low magnesium levels in the blood may worsen glucose control among Type 2 and prediabetes individuals. Along with glucose, the hormone insulin stores magnesium in cells. But insulin resistance results in loss of magnesium and misfiring of all those vital processes in which magnesium is involved. A therapeutic dose of magnesium is 350-500 milligrams per day.

Cinnamon: This common spice has proven to better help metabolize glucose and avoid the free radical and oxidative damage to cells that occurs when blood sugar levels remain high. Look for a water-soluble extract standardizes to 0.95 percent trimeric and tetrameric A-type polymers, to take 125 mg of the extract, three times per day.

Acetyl L-Carnitine: A dose of 500-1000 mg three times a day significantly decreases pain associated with diabetic neuropathy, plus it appears to contribute to regenerating nerve cells damaged by high blood sugar levels.

Ginkgo Biloba: Ginkgo can drop the diabetes biomarker hemoglobin A1C by half a percentage points. Look for a standardized extract that contains 24 percent ginkgo flavoglycosides to take 40-80 mg three times a day or up to 120 mg twice daily. If you take Coumadin, consult with medical supervision about taking ginkgo.

Fenugreek Seeds: Reduces blood glucose levels and decreases the negative heart marker triglycerides. Therapeutic dose of roughly 2 grams daily supports your diabetes reversal.

Fish Oil: The omega-3 fats in fish oil protect against heart disease and appear to even out blood sugar peaks and valleys.

Whey Protein: The ideal ingredient for a smoothie that is low on carbs and high on healthy protein.

Zinc: A daily dose of 20 to 30 mg can represent a safety net of sorts for Type 2 diabetes patients trying to reach normal ideal blood sugar levels.

Fiber: Most of us consume no more than 17 grams of fibers each day, when 25-30 grams is the suggested minimum for health. Fiber controls diabetes by slowing digestion and stopping glucose from moving too quickly into the bloodstream. Fiber controls diabetes by slowing digestion and stopping glucose from moving too quickly into the bloodstream. Just don't go from "0 to 60" with either a fiber supplement or adding fiber-rich foods to your diet.

Exercise and Physical Activity

Research shows regular exercise can make a significant positive impact on reversing diabetes. If you can, add 10 minutes of walking daily, gradually adding intensity to your workout. Here is a 12-minute workout:

- Four minutes of workout - Divide your session into eight, 30-second segments. For each segment, go fairly hard to 20 seconds, then taper off but keeping moving for 10 seconds. Repeat this 20-hard, 10-resting but moving cycle for 7 more segments.

What is Depression?

According to Webster's dictionary, depression is defined as "a psychoneurotic or psychotic disorder marked especially by sadness, inactivity, difficulty in thinking and concentration, a significant increase or decrease in appetite and time spent sleeping, feelings of dejection and hopelessness, and sometimes suicidal tendencies." It is also defined as "a lowering of vitality of functional activity."

There are six most common types of depression.

- Major depression
- Bipolar disorder
- Chronic depression
- Seasonal affective disorder (also known as SAD)
- Postpartum depression
- Psychotic depression

MAJOR DEPRESSION

A person with major depression usually has a sense of hopelessness and despair, exhibiting symptoms that interfere with the ability to sleep, study, eat, work and enjoy regular activities and can be recurring over one's lifetime. Major depression has been known to occur following grief, sudden change, or relationship conflict. Losing one through death or divorce, or emotional abuse and sexual abuse can be common triggers.

BIPOLAR DISORDER (MANIC DEPRESSIVE DISORDER)

Also called manic depressive disorder, bipolar disorder is a mental illness causing people to have extreme high and low moods. People with this disorder can switch from feeling very sad to feeling extremely happy. Between these moods, a person may have more normal highs and lows. Manic is used to describe the time frame when someone feels confident and overly excited. The powerful feelings usually turn quickly to anger, confusion, irritability and rage. The depressive part of the disorder occurs when someone feels sad or very depressed. With similar symptoms, people with bipolar depression many times are misdiagnosed as having major depression.

Symptoms Of Bipolar Disorder

The "low"	The "highs"
• Sadness	• Excessive happiness, hopefulness, and excitement
• Loss of energy	• Sudden changes from being joyful to being irritable, angry and hostile
• Feelings of hopelessness or worthlessness	• Restlessness
• Loss of enjoyment from things that were once pleasurable	• Rapid speech and poor concentration
• Difficulty concentrating	• Increased energy and less need for sleep
• Uncontrollable crying	• High sex drive
• Difficulty making decisions	• Tendency to make grand and unattainable plans
• Irritability	• Tendency to show poor judgment, such as deciding to quit a job
• Increased need for sleep	• Drug and alcohol abuse
• Insomnia or excessive sleep	• Increased impulsivity

• A change in appetite causing weight loss or gain	
• Thoughts of death or suicide	
• Attempting suicide	

CHRONIC DEPRESSION (DYSTHYMIA)

Many times referred to as chronic depression, dysthymia is a less severe form of depression whose symptoms last for longer period of time (many times years). People with chronic depression seem consistently unhappy, though they appear to function normally.

Symptoms Of Chronic Depression

• Difficulty sleeping	• Difficulty concentrating, thinking or making decisions
• Loss of interest or the ability to enjoy oneself	• Changes in appetite
• Excessive feelings of guilt or worthlessness	• Observable mental and physical sluggishness
• Loss of energy or fatigue	• Thoughts of death or suicide

SEASONAL AFFECTIVE DISORDER

Seasonal affective disorder or “SAD” is a type depression occurring annually (usually in from the winter to the spring seasons). It is not known what exactly causes SAD, but research points to the sunlight and its availability or absence. Some research suggests the human “body clock” is set by the standards of the sun, slowing or stopping the clock during the winter months.

Symptoms Of Seasonal Affective Disorder

• Fatigue	• Increase in appetite
• Increased need for sleep	• Difficulty concentrating
• Decreased levels of energy	• Increased desire to be alone
• Weight gain	

POSTPARTUM DEPRESSION

This type of depression occurs after giving birth to a child and it attributed to hormonal and other changes associated with having a baby. Postpartum depression is broken down into three categories: the postpartum blues (or “baby blues”), postpartum depression and postpartum psychosis. Sadness, anxiety and excessive crying will often be the primary symptoms of the “baby blues.” This condition can last up to a week or two after the birth of the child without treatment, and subsides in subsequent weeks. For some women, this condition will last longer and can develop into the second category, postpartum depression. Lasting from a few weeks to a year, some women can expect the symptoms to be parallel with postpartum blues, to include additional “high and lows” and to have overall feelings of anxiousness for the ability to care for their child. The third (and most severe) category requires medical attention and has an increased risk of suicide and risk of harm to the baby. Women suffering from postpartum psychosis may feel paranoia, confusion, severe agitation, delusions or hallucinations.

PSYCHOTIC DEPRESSION

People with psychotic depression suffer from some of the same symptoms of depression as other types of depression, but they also generally have delusions and/or hallucinations.

Symptoms In Psychotically Depressed Patients:

• Anxiety	• Physical immobility
• Agitation	• Constipation
• Hypochondria	• Intellectual impairment
• Insomnia	• Psychosis

Natural and Alternative Remedies for Depression

This convenient checklist of natural depression remedies is a good place to start the discussion with your health care provider.

Oats and oatmeal: Oats contain high amounts of calcium, potassium and magnesium, together with lots of B complex, which promote a healthy nervous system. You may also find that cooked oats decrease fatigue and increase energy.

Ginkgo Biloba: Is a popular memory enhancer due to the chemicals that increase blood flow to the brain and appendages. This increased blood circulation has proved to be very useful for treating various cases of depression, anxiety, headaches, macular degeneration and hypertension.

L-Phenylalanine: This is an essential amino acid, which helps to promote positive moods and other mental functions. It is used to increase levels of norepinephrine and dopamine and there is a direct association with anti-depressant effects.

Valerian Root: Known to aid in anti-anxiety and works well as a muscle relaxer. Though maybe not the solution for long-term depression, it is very effective as a mild tranquilizer and sleep aid as well.

Peppermint: Aside from being a food additive and mouthwash, peppermint works well as temporary stress reliever. Minor headaches, skin irritations and several digestive problems such as diarrhea, cramps and nausea can be treated effectively with peppermint.

Rhodiola Rosea: This plant contains the necessary chemicals to help combat fatigue and restore energy. New research concluded that rhodiola increases performance for those that work under stressful conditions.

St. Johns Wort: Used to help those cope with mild depression including sleeplessness, sadness and tension. It even works as a sleep aid. One thing to keep in mind when taking St. John's Wort is you may not see any change for up to two months after beginning your dosage. If taken with other over-the-counter drugs and other prescriptions (including antidepressants, oral contraceptives and various drugs for the treatment of HIV) it can be considered unsafe.

Omega-3 fatty acids: Omega – 3 is one of the fats that is needed for steady brain function.

SAM-e: This over the counter drug S-adenosyl-L-methionine is also known as SAM-e. This is an important natural chemical, which is thought to increase levels of neurotransmitters such as dopamine and serotonin. It is one of the best sources of treatment for both depression and osteoarthritis.

Gallstones

What are Gallstones?

The gallbladder acts as a sort of 'helper' organ, passing bile from the liver to the intestine to ensure that fats are digested properly. Normally, bile is absorbed through the intestine and returns to the liver via the bloodstream where the process repeats itself as part of the ongoing digestive process. However, when the liver secretes bile that is heavily saturated in fat and cholesterol, gallstones often form and become stuck in the gallbladder. Gallstones have been compared to sand granules—although these pieces of sand can vary from the size of a microscopic grain to marble-sized, and in extreme cases, gallstones can be as large as or larger than a golf ball. In most cases, the gallbladder

either develops a single, often large, stone or many smaller ones—up to a few thousand stones in severe cases.

Signs and Symptoms of Gallstones

Once a gallstone blocks a duct, silence ends and the symptoms show themselves. When no longer silent, the signs and symptoms of gallstones are numerous and can be readily identified:

• Gas	• Indigestion
• Inflammation	• Nausea
• Colic Pain	• Intolerance for Fatty Foods
• Jaundice	• Abdominal/Shoulder Pain

When a gallstone decides to be heard an individual experiences what is known as a “gallstone attack.” Usually lasting 20-30 minutes, these episodes manifest as intense pain in the upper abdomen and can last up to several hours. In addition, the pain from a gallstone attack might be felt in the back between the shoulder blades or in the right shoulder. Common side effects are nausea and vomiting.

Natural and Alternatives Remedies for Gallstones

Liver and Gallbladder Cleanse

An effective liver cleanse requires a day commitment from you to adhere to the prescribed regimen. Please read through the entire cleanse before beginning. Select the best time for you to conduct your cleanse. The key elements of this remedy require that you mix:

• 1/2 cup olive oil, extra virgin	• 3 cups of water
• 1 grapefruit (Large) or 3 lemons	• 4 ornithine capsules
• 4 tablespoons of Epsom salts	• Black walnut tincture

Upon Awakening: Avoid taking any non-required supplements or medications. Eat a healthy, no-fat breakfast and lunch. This will help promote bile production in your liver.

- 2:00 p.m. Begin fasting at this time. Stop drinking or eating anything for the duration except what is prescribed in the liver cleanse. Mix 4 tbs. of Epsom salts in 3 cups of water and pour the mixture into a large container. This salt mixture will make 4 servings of 3/4 cup each.
- 6:00 p.m. Drink one 3/4 cup serving of the Epsom salts mixture.
- 8:00 p.m. Drink another 3/4 cup serving of the Epsom salts mixture.
- 9:45 p.m. Pour 1/2 cup of the measured olive oil into a jar. Squeeze grapefruit or lemon into a cup to measure at least 1/2-3/4 cup of juice and remove pulp. Add juice to the olive oil and combine with black walnut tincture. Shake the jar until ingredients are well mixed.
- 9:55 p.m. Before drinking the mixture, avail yourself of the bathroom if need be.
- 10:00 p.m. Drink the mixture you have made. You will want to take 4 ornithine capsules with the first sips of the mixture to help you sleep during the night.

Upon Awakening the Following Morning:

- Drink a 3rd dose of the Epsom salts right when you wake up.
- Two (2) hours later, take the last dose of the Epsom salt mixture and, if you desire, go back to bed again.
- After an additional 2 Hours you may “eat” a light lunch consisting of fruit juice, followed 30 minutes later with fruit. One hour later, feel free to eat a light meal, but don’t overdo it. By dinner, you can eat normally again.
- Important Note: It is important that you do not deviate from the above cleanse. In advance of the flush, there's a danger of lodging stones in the duct. This is treated by magnesium sulfate (Epsom salts). It is important that you use Epsom salt even if it does not taste good and it hard to drink.

Substitutions and Alternatives to the Liver and Gallbladder Cleanse

- Instead of using water, mix Epsom salts with 3 cups of fresh grapefruit or apple juice. This mixture better helps mask the strong taste of the salts.
- For a great mini-cleanse, mix drinking water with lemon juice. This is an excellent way to help begin flushing your system. After you have taken the lemon juice mixture, use the olive oil mixture to give your system an additional powerful cleansing flush.
- As we have detailed, there is no one-size-fits-all remedy. That said, if you are more comfortable, then eliminate the ornithine and black walnut capsules.

Colon Cleanse: Semi-Fasting, Clean Food, and Enemas

To recognize even greater benefits from a liver and gallbladder cleanse, we recommend that you prepare the body using a “pre-cleanse” technique. The best way to do this is via a colon cleanse. The easiest way to perform this cleanse is to use an enema. You can purchase an enema kit from any drug store. Some of the best kits available utilize distilled water and lemon juice. Because it is unusually hard on your system, a saline enema is not recommended. For one to two days prior to using an enema, you should perform a “semi-fast.” Structure your diet so that you only eat “clean foods.” Clean foods are foods that are eaten in their natural state. By eating clean foods, you are essentially giving your digestive system a break from the hard work it does while digesting processed foods. For optimum results, you will also eliminate meat from your diet during your semifast. Consider eating salads and soup broths for at least a day prior to your flush to help prepare your body for the rigors of the remedy.

Hydrotherapy and Flushing Treatment Options

Much like the liver and gallbladder cleanse, a water flush helps cleanse the liver of toxins and also serves to dilute the bile secretions that can build up and cause gallstones. If you are already plagued with gallstones, follow this remedy daily to continue to flush your liver. For the treatment, drink a minimum of 10-12 eight ounce glasses of water. Do not substitute soda or other caffeinated beverages for water. If you are not keen on the taste of water, there are a couple of simple techniques you can employ to improve its savor.

1. Try slicing some lemon or lime wedges and adding to your water. As we have seen, lemon also helps flush the system naturally of toxins.
2. For an original twist, try adding orange or cucumber slices to your water to add flavor and enhance your sense of energy.

Foods to Avoid and Healthy Gallbladder Diet Foods

Particularly offensive foods that are high in cholesterol can lead to toxic build-up in the liver and create cholesterol-based gallstones. Other high-risk foods include highly allergenic foods, particularly high fat and fried foods. It is thought that the gallbladder reacts to allergenic foods by swelling up, thus constricting the flow of bile and leading to potential blockage.

Foods to Avoid		HEALTHY Gallbladder Diet Foods	
• Citrus	• Pork	• Alfalfa	• Grapefruit
• Corn	• Onions	• Apples	• Horseradish
• Beans	• Fowl	• Artichokes	• Lemon
• Nuts	• Milk	• Barley	• Mustard greens
• Eggs	• Salty foods	• Beets	• Oats
• Excessive sugars	• Heavy proteins	• Broccoli	• Olive oil
• Fried and fatty foods	• Processed foods	• Carrots	• Radishes
• Alcohol		• Celery	• Spinach greens
		• Cruciferous vegetables	• Water chestnuts

		• Dandelion greens	• Garlic
		• Fennel	• Grapefruit

Vitamin Supplements

• 1000 mg of vitamin C three times per day	• 1 gram Taurine twice per day
• 1200 mg of lecithin twice a day	• 300-2,000 mg per day of Phosphatidylcholine (PC)
• 2 tsp flaxseed oil per day	

Herbs and Herbal Supplements

The following list contains a selection of herbs, the majority of which are either or both cholagogues (stimulates the gall bladder to contract) and choloretics (stimulates liver to secrete more bile):

• Artichoke	• Garlic
• Barberry	• Ginger root
• Catnip	• Horsetail grass
• Celadine	• Lecithin
• Dandelion root	• Milk thistle
• Fennel	• Oregon grape
• Fringe tree	• Turmeric

Additional Herbal Remedies

Milk Thistle: A liver tonic that not only cleanses the liver but also works to stimulate bile production. The recommended amount to use is 600 mg of milk thistle extract per day.

Safflower Seed Oil: Stimulates the gallbladder. When combined with essential fatty acids (found in flaxseed oil and fish such as salmon and tuna), safflower seed oil is very efficient at eliminating toxic build up in the gallbladder. Supplementing using 2 tsp twice a day is recommended.

Lipotropic Combination: This combination of herbal supplements can prevent and help minimize gallstones in patients who already have them. If after taking the lipotropic combination you are experiencing milder gallbladder attacks, then lessen in intensity. If your symptoms are not improving, try increasing your dose to twice a day and assess improvement accordingly.

• 200 mg capsule milk thistle	• 1 capsule peppermint oil
• 400mg capsule dandelion root	• 2 tsp psyllium husks powder
• 1 1200 mg lecithin caplet	

Juice Therapy: Drinking at least one to two eight ounce glasses of juice per day.

• Spinach	• Fresh carrot juice	• Fresh black cherry	• Parsley
• Parsley	• Fresh radish juice	• Celery	• Spinach
• Wheatgrass	• Fresh prune juice	• Beet	• Cucumber

Gout

What is Gout?

Gout is one of the most painful known types of arthritis. Of the over 100 types of arthritis, gout is responsible for nearly 5% of all arthritis cases. Gout most often results when needle-like crystals of uric acid form in the body's connective tissue or lodge themselves in the space between two bones (i.e., in the joints). These uric acid crystals inflame the surrounding area and lead to inflammatory

arthritis. This inflammatory arthritis is responsible for heat, pain, redness, stiffness and swelling commonly associated with attacks of gout.

Signs and Symptoms of Gout

Some of the most common signs and symptoms include:

- Hyperuricemia—a significant indicator of the possibility of gout
- Presence of uric acid crystals in joint fluid (as determined by a sample of the synovial fluid in the affected joint)
- Multiple attacks of acute arthritis
- Arthritis attacks that develop over the course of an extremely quick time (e.g., over the span of 12-24 hours with inflamed, painful, red and hot joints)
- Arthritis attack that affects only one joint, most often affecting the toe, ankle, or knee. The first attack of gout most often affects the joints of the big toe. In fact, gout is thought to affect the big toe of 75% of all patients during the course of the disease. Additionally, the affects of gout can be found in other joints such as the elbows, fingers, heels, instep and wrists.

If you experience any of the above signs or symptoms, it is very possible that you are suffering from gout. A visit to your doctor can quickly determine if you are indeed afflicted with gout and can begin your process toward healing.

Natural and Alternatives Remedies for Gout

The Two-Hour Baking Soda Remedy

Baking soda can have a tremendously positive affect for gout sufferers. In fact, it can help improve the positive effects of NSAIDs and can even rid you of your gout symptoms completely. The benefits of the remedy include:

- Dissolves crystals to limit the pain of a gout attack
- Increases the solubility of uric acid, which allows the body to excrete it more readily
- Improves the power of NSAIDs
- Maximizes the volume of body fluids which aids the kidney in the excretion of uric acid
- Boosts the pH of urine which helps decrease the risk of uric acid stone formation in the kidneys

Follow the instructions below and modify to fit your particular needs.

- Combine 1/2 teaspoon with 8 ounces of water.
- Mix thoroughly.
- Drink one cup of the mixture on the following schedule:
- Immediately before going to bed at night
- Immediately upon getting up in the morning
- Once every 2-4 hours in between meals (not to exceed 4 teaspoons a day)
- Repeat as necessary until symptoms have abated

Important things to remember when using this remedy:

- Because baking soda is high in sodium, move to a low-sodium or salt-free diet while taking the remedy (e.g., cut your salt intake).
- Additionally, if you are hypertensive, be sure to monitor your blood pressure closely while using this remedy. If your blood pressure rises, be sure to stop the remedy immediately. As with all suggested remedies, consult your doctor for specific guidance and relevance of the treatment to your unique case.

Cherry Remedy for Gout

For decades, cherries have been thought to help control and limit the symptoms of gout. In 1950, Dr.

Ludwig Blau is said to have cured his gout by simply eating 6-8 cherries a day. More contemporary research has shown that cherries contain anthocyanins, which have anti-inflammatory properties and work in much the same way as NSAIDs. Additional research has shown cherries to quickly lower the uric acid level.

So, what's this mean to you? Researchers suggest a diet of 20 cherries a day is the equivalent of taking an NSAID. Studies vary in the suggested "dosage"—with some suggesting as many as 40 cherries and others as little as 6. In addition, if you are experiencing a gout attack, experts suggest eating between 30 and 40 cherries every 4 hours will help quell the symptoms and pain. There is no disagreement, however, about the efficacy of cherries—with their antioxidant and anti-inflammatory properties well known, they truly do help gout sufferers.

Other winning fruits and vegetables include:

- Celery (and celery juice)
- Strawberries
- Avocados
- Blueberries
- Grapes

Avoid these fruits because of their high acidity:

- Cranberries
- Oranges
- Pineapples
- Tomatoes

Herbal Remedy for Gout

- Alfalfa
- Bilberry
- Burdock
- Black cohosh
- Buchu
- Cayenne Pepper
 - Combine one tablespoon of cayenne with 1 cup of vinegar and 1 cup of water. Mix thoroughly. Using a sponge or washcloth, apply and rub into the affected joint and surrounding area.
 - Combine one tablespoon of cayenne with 1-3 tablespoons of wintergreen oil to create a paste. Using your fingers, apply and rub into the affected joint and surrounding area.
- Celery Seed
 - To prepare, simply combine one tablespoon of celery seeds with two cups of water and boil until the seeds become soft. Strain the seeds from the mixture and drink 1/2 cup four times every day until symptoms have abated.

Other Natural Remedies for Gout

- Water: For gout sufferers, it is critical that you drink 10 to 12 eight-ounce glasses of water every day. If you can secure alkaline water with a pH of greater than 7, you will greatly help your body's ability to flush uric acid crystals and help your body, especially your kidneys, do the best job it can for you.
- B complex helps the body to convert uric acid into assorted harmless components. Suggested dose: 1-3 50 mg complete B complex daily. In addition, 3-5 doses of pantothenic acid (B5) to total 500 mg will help in the conversion process.
- Bromelain acts much like an NSAID. Suggested dose: 2 x 500 mg daily.

- DMSO (dimethylsulfoxide) has been shown to relieve joint pain from inflammation. This is very effective in relieving pain and swelling caused by inflammation. Suggested doses vary. Fish oil helps alleviate joint inflammation. Suggested dose: 2 x 2 grams of fish oil capsules daily.
- L-glutamine acts much like an antacid and can help inflammation and associated pain. Suggested dose: 4 x 500 mg daily on an empty stomach.
- L-glutathione greatly assists the renal glands as they remove uric acid from the body. Suggested dose: 2 x 500 mg daily on an empty stomach.
- L-glycine acts much like an antacid and can help inflammation and associated pain. Suggested dose: 4 x 500 mg daily on an empty stomach.
- L-methionine acts to take the punch out of purines by detoxifying them. Suggested dose: 2 x 250 mg daily.
- Magnesium citrate helps your joints keep from having spasms and subsequently relieves pain. Suggested dose: 3 x 400 mg daily.
- Shark cartilage has actually been found helpful in eliminating much of the pain associated with gout. Suggested dose: Take 3-6 capsules daily until pain subsides.
- Tissue salts such as silica can help prevent the formation of uric acid crystals. Suggested dose vary.
- Vitamin C is the wonder vitamin. Because it lowers uric acid levels, vitamin C can be used for maintenance as well as during an acute gout attack. Suggested doses: During a gout attack, 1,000 mg per hour. For maintenance, 500-3,000 mg daily.
- Vitamin E is important for gout sufferers who are on low purine diets. Many low purine foods are low in vitamin E. Suggested dose: Start with 100 IU of natural vitamin E. Gradually increase daily dosage to between 600-800 IU.

High Blood Pressure

What is high blood pressure?

Blood pressure is basically the force exerted on the arteries by the blood as it passes through them. Someone with high blood pressure (also known as hypertension) has blood that is putting higher-than-normal pressure on the arteries. The heart has to work so hard to get the blood pumped through those arteries that it can actually enlarge and damage the heart, eventually causing heart attacks, strokes, aneurysm and other heart problems if left untreated.

A healthy heart usually beats 60 to 70 times per minute when a person is at rest. The blood's pressure is different depending on whether the heart is beating or at rest. A blood pressure reading is actually a measurement of both of these numbers. The measure of blood pressure while the heart is beating is known as systolic pressure, while the pressure when the heart is at rest is called diastolic pressure. Your blood pressure when you get it measured at the doctor's office is reported as one number "over" another, such as 120/80. The top number is your systolic pressure, while the bottom is your diastolic pressure. Here are the numbers for what is usually considered "normal," as well as pre-hypertension and hypertension.

	Systolic	Diastolic
Normal	Less than 120	Less than 80
Pre-hypertension	120-139	80-89
Stage One	140-159	90-99
Stage Two	160 or higher	100 or higher

WHAT ARE THE RISK FACTORS FOR HIGH BLOOD PRESSURE?

What could put you at risk for having high blood pressure?

• Heredity: If your parents had high blood pressure, you are more likely to have it as well.	• Obesity: Being overweight is a huge risk factor for high blood pressure.
• Race: African Americans are more likely than Caucasians to have high blood pressure.	• Smoking: Robs your heart of oxygen for starters . . .
• Gender: Men are more likely than women to have high blood pressure.	• Refined Salt intake: It's not clear why sodium affects blood pressure, but some people get much more than they need. Try Sea Salts and avoid any pre packaged high salt foods.
• Age: As you get older, your risk increases.	• Having diabetes
• Drinking alcohol to excess	• Taking oral contraceptives or medications (steroids, diet pills, cold remedies, ibuprofen)
• Living a sedentary lifestyle	• Being pregnant

If your doctor thinks you might have high blood pressure, several readings might be taken during the same visit (including measurements from both arms), as well as a family history and physical examination. The doctor will do a lot of listening to the heart as well as other areas of the body to see if he or she can hear any strange noises that might indicate a blockage or irregular heartbeat. The doctor may also look at the blood vessels of the eyes, which could be damaged by chronic high blood pressure, and examine the thyroid gland. Your doctor should ask if anyone in your family has had high blood pressure and what medicines you have been taking (since some drugs can cause hypertension, as we previously mentioned). He or she will also ask what symptoms you have had such as dizziness, sweating, heart palpitations or weight loss. These symptoms could indicate a deeper problem rather than high blood pressure.

Blood may also be taken to check for kidney disease, which can cause high blood pressure, as well as for abnormal vitamin and mineral levels, which could indicate a gland problem. An electrocardiogram is also helpful to make sure no damage has occurred to the heart. You may have even had a heart attack and don't know it. This test will show you how your heart is doing.

NATURAL AND ALTERNATIVE REMEDIES FOR HIGH BLOOD PRESSURE

- **LOSE WEIGHT:** A body mass index of between 18.5 and 24.9 is considered normal weight, while a measurement of 25-29.9 is considered overweight and over 30 is obese.
- **GET PHYSICALLY ACTIVE:** Activity is the key to strengthening your heart. And a strong heart pumps more blood with less effort, thus lowering your blood pressure without doing anything else. Getting more exercise can lower your blood pressure 10 points. About 30 minutes of moderate exercise a day is ideal for preventing or reducing high blood pressure (and it will make that weight loss easier, too).

What counts as moderate aerobic activity? Here are some ideas:

• Walking, Jogging or Running	• Biking
• Dancing	• Using workout equipment like elliptical trainers, rowing machines, stair step machines, treadmills or ski machines
• Swimming	• Water aerobics

- **EAT A HEALTHY DIET:** A popular diet for the treatment of high blood pressure is known as the DASH diet (Dietary Approaches to Stop Hypertension). In addition to the reduction of sodium, the DASH diet calls for eating lots of grains, fruits and vegetables, nuts, seeds and dried beans. It's not a vegetarian diet, but the amount of meat is reduced in lean red meat,

sweets, added sugars, and sugar containing beverages compared to the typical American diet. The diet also involves supplementation with potassium, calcium and magnesium.

- **SEEK EMOTIONAL STABILITY:** When you have high blood pressure, the slightest provocation can send your numbers soaring. There are many different ways to cut your stress level, but one of the most popular ways to bring more even emotions to your day is meditation. Spend just a few minutes a day being quiet and sitting with your eyes closed, trying not to think about the things that are worrying you.
- **ZONA PLUS:** *Zona Plus*[™]...a safe, proven therapy recommended by doctors and reviewed in the *Harvard Heart Letter!* This easy-to-use device is programmed to lead you through the same isometric therapy. **Read more here:** www.zona.com/c/ER7A6Yemail.html
- **CUT BACK ON ALCOHOL:** Cutting back on drinking can lower your systolic pressure two to four points and your diastolic pressure by one to two points.
- **PACK THE POTASSIUM:** Potassium is an element that allows muscle contraction and helps send nerve impulses through the body. Potassium can also help the body remove waste and can lower blood pressure by as many as 20 points. The recommended daily allowance for potassium is 4,700 milligrams, though most people get much less than that. Three apricots, for instance, have 314 milligrams, while a banana has about 400.

Foods high in potassium:

• Apricots	• Milk
• Avocado	• Oranges and juice
• Bananas	• Potatoes
• Cantaloupe	• Prunes
• Melons	• Spinach
• Kiwi	• Tomatoes
• Limas beans	• Meat, fish, poultry

- **MARVELOUS MAGNESIUM:** Magnesium is necessary for normal muscle and nerve function, steady heartbeat, strong bones and a healthy immune system. Potassium and magnesium actually work together in the body, so if you have low magnesium levels, it's likely your potassium levels will be low as well. It is recommended that most people get around 400 milligrams of magnesium a day. Again, taking diuretics may flush magnesium from your body, so supplementation or eating extra foods rich in magnesium may be necessary. It's relatively easy to get your daily dose of magnesium. A cup of black beans, for example, has 120 milligrams and two ounces of almonds have 156 milligrams.

Foods high in magnesium:

• Whole-grain bread	• Oatmeal
• Dark green leafy vegetables	• Potatoes
• Halibut	• Peanut butter
• Most kinds of nuts, especially almonds and cashews	• Black-eyed peas
• Soybeans	• Yogurt

- **CONSIDER CALCIUM:** Helps keep the bones and teeth healthy, but it's also essential for the proper functioning of muscles and nerves and helps blood clot. It recommends 1,250 milligrams a day, while the RDA is 1,000 milligrams for most adults. Eight ounces of calcium-fortified orange juice gets you 250 milligrams, while a cup of reduced or nonfat milk has 300 milligrams.

Foods high in calcium:

• Broccoli	• Dairy products (preferably low-fat)
• Salmon	• Spinach
• Tofu	• Orange juice
• Cereal and other foods fortified with calcium	

- **THE GREAT SALT MYTH:** Natural salt (sea salts) consumption does not raise blood pressure. It is rich in natural potassium, magnesium and sodium helps to normalize healthy blood pressure levels. Salt is basically sodium chloride and sodium ions. The two major components of salt are necessary for the survival of all known living creatures. Natural chloride increases your body's ability to absorb heart healthy potassium. Chloride is the key to balanced stomach acidity, helps sustain healthy pH for the whole body and increases the elimination of CO₂ from your blood preventing acidosis. Without these your body cannot produce electricity and slowly drowns in its own CO₂ in a slow death caused by a severe pH imbalance called acidosis. One of the first symptoms of acidosis, or severe acid pH, is high blood pressure. High blood pressure symptoms can also be triggered from dehydration, so it is crucial that you help balance healthy blood pressure levels with natural sea salt intake along with plenty of water.
- **GIVE ME GARLIC:** The volatile compounds in garlic especially allicin, which is what gives garlic its pungent smell, are thought to be beneficial for lowering blood pressure and cholesterol levels. Garlic supplements should provide at least 10 milligrams of allicin in a daily dose.
- **COENZYME Q10:** Some studies nearly 40 percent of people with high blood pressure had low levels of CoQ10, which strongly suggests supplementing CoQ10 is helpful for those with high blood pressure. The standard dose is around 100 milligrams daily.
- **HOW ABOUT HAWTHORN?** Hawthorn widens the blood vessels. The recommended dose for hawthorn is 100 to 250 milligrams of hawthorn preparation with 10 percent procyanidins (the active ingredient in hawthorn) three times a day. You may have to take it for up to a month before you see effects.
- **GET SOME SUN:** The UV rays from the sun have been found to boost mood, which may lower blood pressure. Vitamin D is plentiful in sunlight and is necessary for a healthy immune system.
- **GET A GOOD NIGHT'S SLEEP:** If you aren't getting enough good quality sleep it can affect your blood pressure. About half of all sleep apnea patients are thought to have high blood pressure, so it's an important warning sign that you might be on the road to high blood pressure or other heart problems if you don't get it treated.
- **EAT MORE CHOCOLATE:** Eating or drinking cocoa lowered blood pressure and reduced the risk of death in older men. Substances known as flavan-3-ols found in dark chocolate have been shown to lower blood pressure and improve the function of cells lining the blood vessels.

TAKE YOUR VITAMINS

Folic acid: Is found in green leafy vegetables and many enriched food products reduces homocysteine (a risk factor of heart disease) levels in the blood. The recommended dose is 400 micrograms a day.

Vitamin B6: Affects homocysteine levels and is vital for metabolism. It is found in beans, meat, poultry and fortified cereals, as well as some fruits and vegetables. The recommended amount of B6 is less than two milligrams for most people.

Vitamin B5: Comes from beans, peas, vegetables, fish and whole grains to help the body make coenzyme A, a deficiency of which can cause low energy levels. It may help improve heart function and detoxify the body.

Vitamin C: Can reduce blood pressure by about nine percent with a 500-milligram dose. The thought is that vitamin C protects the body's levels of nitric oxide, a compound that dilates the blood vessels and helps to lower blood pressure. Since vitamin C is an antioxidant, it may help protect the body's level of nitric oxide when it is under stress.

Vitamin E: Helps to break down blood clots, improve circulation and strengthen the heartbeat. Vitamin E is recommended to people with high blood pressure more for these reasons than because it lowers blood pressure significantly.

Selenium: Along with zinc and copper, selenium may be helpful for people with high blood pressure. You can probably get enough of all three of these nutrients by taking a good quality multivitamin. Selenium comes from meat, dark greens, wheat, walnuts and Brazil nuts. Zinc can be

found in meat, dairy, and beans. Copper is in seafood, nuts, legumes and leafy dark greens.

Beta Glucan: Beta glucan is found in oat bran and maitake mushrooms. It is beneficial for lowering cholesterol, which can help lower blood pressure if you already have high cholesterol. About 200 milligrams of oat bran, or about a teaspoon, daily can help lower cholesterol and may be beneficial for high blood pressure.

L-Argine: An amino acid that helps the body produce nitric acid, L-argine may be helpful in lowering blood pressure. It can be found in meat, peanuts, soy and wheat products. Taking two grams of L-argine daily reduced systolic pressure 20 points after taking the supplement for just a few days.

Apple Cider Vinegar: Apple cider vinegar includes vitamins C, A, E, B1, B2 and B6, in addition to potassium, magnesium, copper and many other helpful nutrients. Being vinegar, it doesn't taste great, but a common way to take it is to mix two tablespoons in eight ounces of water and add some honey to taste. Some people also throw in a garlic clove for even more heart-healthy benefits.

Cayenne Pepper: Cayenne improves circulation and keeps the arteries from hardening. Mix a teaspoon of cayenne into a glass of water and drink twice a day. Some people prefer to take it in hot water seasoned with lemon or honey.

Ginseng: Ginseng is generally a blood pressure moderator. People who took 1.5 grams of red Asian ginseng three times a day for eight weeks reduced their blood pressure by about five percent.

Impotence/E.D. Remedy Report

What is Sexual Dysfunction?

In men, sexual dysfunction refers to difficulty engaging in sexual intercourse. Erectile dysfunction is the most common sexual dysfunction in men. Sexual dysfunction may result from either physical or psychological factors. In fact, many sexual problems result from a combination of both. A physical problem may lead to psychological problems (such as anxiety, fear or stress), which can, in turn, aggravate the physical problem. Men sometimes pressure themselves or feel pressured by a partner to perform well sexually and become distressed when they cannot (performance anxiety). Performance anxiety can be troublesome and further worsen a man's ability to enjoy sexual relations.

What causes sexual dysfunction?

- Psychological Causes of Sexual Dysfunction
- Anger towards a partner
- Anxiety
- Depression
- Discord or boredom with a partner
- Fear of pregnancy, dependence on another person, or losing control
- Feeling of detachment from sexual activities or one's partner
- Guilt
- Inhibitions or ignorance about sexual behavior
- Performance anxiety (worrying about performance during intercourse)
- Previous traumatic sexual experiences (for example, rape, incest, sexual abuse, or previous sexual dysfunction).

What Is Erectile Dysfunction/Impotence?

Erectile dysfunction (impotence) is the inability to achieve or maintain an erection, a concern when the problem is frequent or continuous.

What Causes Erectile Dysfunction/Impotence?

To achieve an erection, the penis needs both an adequate inflow of blood and a slowing of blood outflow.

- Disorders that narrow arteries and decrease blood inflow (such as atherosclerosis, diabetes or a blood clot) or surgery on the blood vessels can cause erectile dysfunction.
- Neurological damage to the nerves leading to or from the penis will also produce erectile dysfunction, resulting from surgery (most commonly prostate surgery), spinal disease, diabetes, multiple sclerosis, peripheral nerve disorders, stroke, alcohol and drugs.
- Hormonal disturbances (such as abnormally low levels of testosterone) cause erectile dysfunction. Also, factors that decrease a man's energy level (such as illness, fatigue and stress) can make erections difficult.
- Many drugs can interfere with the ability to achieve an erection, especially among older men. Drugs that commonly cause erectile dysfunction include antihypertensives, antidepressants, some sedatives, cimetidine, digoxin, lithium and antipsychotics.
- Psychological issues (such as depression, performance anxiety, guilt, fear of intimacy and ambivalence about sexual orientation) can impair the ability to achieve erections.

Symptoms Of Erectile Dysfunction/Impotence

Sex drive (libido) often decreases in men with erectile dysfunction. Regardless of whether libido changes, men with erectile dysfunction have difficulty engaging in intercourse either because the erect penis is not sufficiently hard, long or elevated enough for penetration or because the erection cannot be sustained. Some men stop having erections during sleep or upon awakening. Others may attain strong erections sometimes but are unable to attain or maintain erections other times. When testosterone levels are low, the result is more likely to be a drop in libido than erectile dysfunction.

Natural and Alternative Remedies for Erectile Dysfunction

ACUPRESSURE

“Acupressure on the Sea of Vitality points, B23 and B47, can fortify the body and, with repeated usage over a long period of time, can make a man stronger sexually,” says Michael Reed Gach, Ph.D., Director of the Acupressure Institute in Berkeley, California, and author of *Acupressure's Potent Points*.

To find the B47 points, measure four finger widths away from the spine at the waist level. The points are situated on the lower back on the left and right sides of the spine, in line with the navel. From B47, you can move two finger widths closer to the spine to find the B23 points. Acupressurists believe that applying pressure at these points can help relieve pain and speed healing.

Dr. Gach says, “you can use your thumbs or fingers to work the points, pressing one or both B47 points for one minute, then one or both B23 points for one minute.” He recommends using “this remedy three times daily adding that if you have a weak back press these points lightly, and be sure not to press directly on the disk or vertebrae.”

AROMATHERAPY

Jasmine is often inhaled for its aphrodisiac qualities. Because the oil is expensive, try using it in a candle diffuser to make it last longer. It can also be inhaled from a handkerchief or applied directly to the body. These fragrant, pleasurable treatments are typical and represent a system of caring for the body with botanical oils. They can be added to a bath or massaged into the skin, inhaled directly or

diffused to scent an entire room. In order to experience the mind-altering power of scent, simply add several drops of essential oil to your bath or place a couple of drops of essential oil on scent ring, which sits on a warm light bulb. A longer-lasting way to scent a room is with an aroma lamp, a porcelain or clay pot in which essential oils are mixed with water and heated over a candle, or an electric aromatic diffuser, which reduces essential oils to a fine spray and dispenses the scent throughout the room.

AYURVEDA

Ayurvedic treatments are usually simple involving lifestyle changes that can be made at once or over a period of time. Most Westerners find it hard to invest the necessary personal responsibility for changing a lifestyle that causes disease.

Some of these include:

- Rising early (by 6am if possible)
- Meditating for at least 20 minutes once or twice each day
- Keeping your diet simple. A vegetarian or modified vegetarian diet is best.
- Make lunch a major meal of the day and eat a light dinner early in the evening, preferably between 5 and 6pm.

Mix one cup of fresh grape juice with one teaspoon of fresh onion juice and a teaspoon of honey. Drink this mixture daily, one hour before going to bed, for 45 days. Dr. Lad says it will help increase sexual energy and sperm count.

Tribulus Terrestris, its Sanskrit name is gokshura, is being promoted as a testosterone booster used for the purpose of building muscle and increasing the sex drive. Another interesting Ayurveda remedy that can be considered is mucuna pruriens, also known as 'velvet bean' increases tissue resiliency and improves coordination. It can also support healthy testosterone levels, which in turn can lead to increase muscle mass and strength.

FLOWER REMEDY/ESSENCE THERAPY

If a lack of sexual self-confidence is hampering you, the essence of Pink Monkey Flower may be helpful. Men receiving medical treatment for physically caused impotence can take the Bach flower remedy Star of-Bethlehem, which will help them keep balanced emotionally. Flower remedies/essences are available in some health food stores and through mail order.

FOOD THERAPY

You need to keep the arteries to the genitals open, and the way to do that is with a lowfat, low-cholesterol diet, which means a diet centered on plenty of high-fiber fresh fruits and vegetables, legumes and other low-fat fare.

HERBAL THERAPY

Ginkgo: You'll need to take the supplements daily for six to eight weeks before you see results. Green says to follow dosage recommendations on the product label. Existing research suggests that one of 60 men with impotence due to poor blood circulation demonstrated a 50 percent success rate after using it for six months.

L-Arginine: Found in foods such as meat, dairy products, poultry and fish, L-Arginine is an amino acid. The human body uses arginine to create nitric oxide, a substance used to relax the blood vessels. This may have a positive effect on symptoms of erectile dysfunction.

Zinc: Whenever an individual suffers from zinc deficiency, they may suffer from negative effects on their sexual function. Most human beings suffer from zinc deficiency. The typical treatment for

impotence dictates that the patient takes 15 to 30mg daily. It is recommended that 1 to 2mg of copper be taken with zinc, since supplemental zinc interferes with copper absorption.

Indian Ginseng (Ashwagandha): Believed to be capable of strengthening the body. Its traditional use includes the improvement of sexual capacity. Basically, it is used as an aphrodisiac.

Fibromyalgia

What is fibromyalgia?

Fibromyalgia is a condition with fuzzy, undefined boundaries. There are no real tests to diagnose the problem, no medications to cure it, and it's still widely regarded in some places as a mere, "It's all in your head" type of condition. *Fibromyalgia literally means:* painful muscles and fibrous tissue. The term is derived from several Greek and Latin words and can be translated as such: **Fibro:** fibrous tissue, **myo:** muscle and **algia:** pain.

Symptoms of fibromyalgia

The American College of Rheumatology notes that the chronic, widespread muscular pain of Fibromyalgia can also be accompanied by:

• Fatigue	• Sleep disorder
• Muscle tenderness	• Pelvic pain
• Headaches, usually chronic	• Restless leg syndrome
• Irritable Bowel Syndrome	• Sensitivity to noise and temperature
• Irritable Bladder	• Anxiety and depression
• Cognitive and memory problems (fibro fog)	• Numbness and tingling sensations
• TMJ disorder	• Dizziness or lightheadedness

Here are the criteria now used to determine if a patient has Fibromyalgia:

A. The patient has widespread pain in all four quadrants of the body and has had this pain for a minimum of three months.

B. Of the 18 tender points that have been identified as being Fibromyalgia markers, the patient must have pain in at least 11 of them. The 18 sites used for diagnosis cluster around the neck, shoulder, chest, hip, knee and elbow regions.

C. Plus, the diagnosis of this condition can still occur with a number of the symptoms that often accompany Fibromyalgia (*see list under Diagnosing Fibromyalgia*).



*The 18 Tender Point Locations for FMS on "The Three Graces" Masterpiece. ^v

Possible Causes of Fibromyalgia

Autonomic Nervous System Dysfunction: If anything should get in the way of normal neurotransmitter and signaling processes, a variety of problems and Fibromyalgia symptoms will manifest.

Sleep Disorders: When we sleep at night it gives our bodies – the cells, tissues, muscles and organs – a chance to recover, repair, and heal. A hypothesis that is garnering much attention is that lack of sleep due to an undiagnosed sleep disorder may be causing the pain of Fibromyalgia.

Injury and Muscle Trauma: Of particular interest is the now-recognized fact that many

Fibromyalgia sufferers have a physical trauma shortly before the onset of their first symptoms

Genetic Predisposition: Multiple cases of Fibromyalgia in the same extended family are often seen making it all the more possible that this could be a genetically linked disease.

Infectious Agents: Viruses, bacteria, and other such pathogens can cause a wide range of problems in the human body, includes messing with the nervous system. Some pathogens can also attack the tissues of the body causing muscle pain.

Immune System Abnormalities: When the immune system turns on itself rather than foreign bodies it is called autoimmunity. An autoimmune disease is one in which the immune system attacks its own cells, muscle, tissues and organs – all of which can lead to widespread pain, fatigue, and other Fibromyalgia symptoms.

The Six-Step Approach to Beating Fibromyalgia

1. Stay positive. Depression is a common symptom of Fibromyalgia. There are therapies and healing modalities that have worked for other people to decrease their symptoms.
2. Expect setbacks and rough days. Even generally happy, healthy people experience a down day here and there.
3. Remember the good. We've all had our share of good times, great friends, awesome family members, and wonderful memories.
4. Join a support group. There are thousands of others that are sharing your journey. Consider joining a support group where you can discuss your symptoms, talk about your frustrations and find others who can help you through the hard days ... and where you can help others through their tough times.
5. Rest without guilt. If you need a break, whether it's for a few minutes or a day, go ahead and do it. Your body is going through a tumultuous ordeal and sometimes it needs to relax, recoup and reenergize.
6. Never Give Up! Never giving up means staying on top of the latest research, finding and trying new healing modalities, asking questions of your health care provider, and sharing success stories with other Fibromyalgia patients.

Natural and Alternative Treatments for Fibromyalgia

Hydrotherapy: Hydrotherapy helps to decrease inflammation and soreness by encouraging the flow of blood to all areas of the body. In the process, life-giving oxygen is brought to the cells, waste materials are exported and released from the body, and nutrients are transported to areas of the body that need them. To practice hydrotherapy start by taking a cool to cold shower for a few minutes, after 2-3 minutes turn the water back to warm or semi-hot (don't scald yourself!). Stay under the warm water for 2-3 minutes before switching back to the cold water. Do this process one more time and be sure to end your shower on the cool cycle.

Homeopathy: Working with a certified or licensed homeopath is your best option. Simply follow the directions on the label of the remedy. You should be able to find these natural remedies at any natural health food store.

- **Arnica** is generally prescribed for pain, tenderness, and stiffness. Take one dose of Arnica 30x or 15c, as directed on the product label, three times daily for up to three days. Arnica cream or gel can also be used topically.
- **Bryonia** helps ease pain that increases with movement and is better when resting. It also helps with the constipation. Take one dose of Bryonia 30x or 15c three times daily for up to three days.
- **Hypericum** is useful for the unbearable prickly pain that radiates along nerve pathways, is worse with movement, and worse when touched, effective for pain in the extremities. Take one dose of Hypericum 12x, 6x, 6c, or 3c three times daily for up to three days.

- **Rhus toxicodendron** is for the individual who feels better after moving around. Take one dose of Rhus toxicodendron 30x or 9c three times daily for up to three days.

Power Balm is all-natural pain relief with an herbal blend that includes white camphor, eucalyptus oil, lavender, peppermint oil, and black pepper oil.

Magnesium malate is another home remedy that Fibromyalgia patients claim helps to relieve the pain. The tablets or capsules must be taken every day.

Physical Exercise: Physical exercise stimulates the production and release of many necessary chemicals, including endorphins, growth hormone, and other muscle repairing chemicals to improve mood and reduce muscle pain. Try to walk, run, bike, swim, garden, or anything that gets you moving and increases your heart rate for at least 20-30 minutes at a time, each day. Give each day a shot; more than likely you will be very glad that you did once you are finished.

Yoga. Yoga helps patients to better cope with the pain, the uncertainty, the fear and the frustration of the condition. Deep breathing brings increased levels of oxygen into the body, giving the cells exactly what they need to function at their best. The stretching associated with yoga aids in getting rid of muscle tension and fatigue and brings new clarity to the mind. Depression, sadness, restlessness and fear can all be decreased through regular practice of yoga. Sleeping disorders have also been known to improve through yoga practice.

Massage: Because there is so much pain associated with the condition, a gentle and light manipulation of the tissue and muscle may be just what you need on a regular basis. (Resist the urge to ask the therapist to “go deep”!) Choose a massage therapist who has worked with Fibromyalgia patients in the past for best results.

Breathing Techniques: Stand erect with feet shoulder-width apart, arms and hands relaxed downward, body relaxed as if it were anchored to the ground through feet and to the sky from top of the head, shoulders slightly forward and eyes closed. Focus on lower abdomen (belly) and imagine a small balloon in that space; breathe in slowly and deeply through nostrils, imagining the balloon inflating slowly; hold a few seconds; slowly exhale through mouth, imagining the balloon gently deflating; repeat 10 or more times.

Mindful Meditation:

- Find a quiet and comfortable place. Sit in a chair or on the floor with your head, neck and back straight but not stiff. Try to put aside all thoughts of the past and the future and stay in the present.
- Become aware of your breathing, focusing on the sensation of air moving in and out of your body as you breathe. Feel your belly rise and fall, the air enter your nostrils and leave your mouth. Pay attention to the way each breath changes and is different.
- Watch every thought come and go, whether it is worry, fear, anxiety, or hope. When thoughts come up in your mind, don't ignore or suppress them, but simply note them, remain calm and use your breathing as an anchor.
- If you find yourself getting carried away in your thoughts, observe where your mind went off to, without judging, and simply return to your breathing. Remember not to be hard on yourself for not being able to completely empty your mind.
- As the time comes to a close, sit for a minute or two, becoming aware of where you are. Get up gradually.

Using Diet to Treat Fibromyalgia Symptoms

Many authors and researchers have suggested that a low-fat diet which has little or no additives, artificial flavorings, colorings and preservatives, fake sugars or sugar substitutes will help to decrease muscle pain Here is a list of foods that should be avoided at all costs to reduce fatigue, overcome excess stress on the adrenal glands, enhance sleep patterns and reduce other fibromyalgia symptoms:

• High fat dairy foods	• Colas, soda pop, and carbonated beverages
• White sugar and white flour	• Liquid with your meals
• Fried foods	• Alcoholic beverages

<ul style="list-style-type: none"> • Preservatives, junk food, and salt 	<ul style="list-style-type: none"> • All forms of tobacco
<ul style="list-style-type: none"> • Red meat (especially salt cured, cured bacon, smoked, or nitrate cured) 	<ul style="list-style-type: none"> • Prolonged periods of direct sun exposure
<ul style="list-style-type: none"> • Coffee and caffeinated teas 	<ul style="list-style-type: none"> • Nutrasweet and saccharine

Graves Disease/Hyperthyroidism

What is Graves Disease and Hyperthyroidism?

Graves' disease is the leading cause of hyperthyroidism. In hyperthyroidism, an autoimmune disease, the immune system literally attacks the thyroid gland causing it to grow and to produce excess thyroid hormone. The thyroid secretes hormones that control your body's metabolism. Metabolism is vital in managing such things as your mood, weight, and mental and physical energy levels. The extra thyroid hormone produced can lead to all kinds of complications in overall health.

Signs and Symptoms of Graves Disease and Hyperthyroidism

• Breast enlargement in men	• Increased appetite
• Changes in libido (sex drive)	• Increased sweating
• Distracted attention span	• Irritability
• Double vision	• Menstrual irregularities in
• Enlarged thyroid gland	• Muscle weakness
• Eye irritation	• Nervousness
• Fatigue	• Protruding eyes
• Frequent bowel movements	• Restlessness
• Goiter	• Tachycardia (rapid heart beat)
• Hair changes	• Tremor
• Heat intolerance	• Weight loss
• Heart palpitations	

Natural and Alternative Remedies for Graves Disease

Graves' Tea

In this tasty tea, you'll combine powerful herbs and cruciferous vegetables that contain goitrogens. Goitrogens help block iodine absorption, and iodine is a big trigger of autoimmune thyroid disease.

Ingredients	Preparation
• 3 cups water	• Bring water to a boil
• 2 Tsp. Bugleweed	• Add all ingredients
• Mint (1 bunch)	• Return to a boil
• Mustard greens (4 leaves)	• Remove from heat and cover
• 5 Radishes (quartered)	• Let steep for 10 minutes
• 1 Turnip (quartered)	• Strain and pour
	• Drink 8 ounces every 4 hours and/or until symptoms subside

Protein Drink

Protein has been demonstrated to significantly help lessen the frequency and severity of hyperthyroid

symptoms. As long as you have your protein accounted for, spruce up your drink!

Ingredients	Preparation
• 2 eggs	<ul style="list-style-type: none"> • In a blender, mix together all of your ingredients; • Enjoy the health benefits of this protein-packed super drink.
• 1 Tbsp. Lecithin	
• 1 cup Whole milk	
• 1 Tsp. Brewer's yeast	
• 1/4 cup plain, unsweetened yogurt or 1 Tbsp. acidophilus culture	
• 1/8 to 1/4 cup wheat germ	
• Optional: fresh or frozen fruit juices and/or 1 Tbsp. molasses (for taste)	

Hot or Cold—Pack It On!

The symptoms of Graves' disease can show up as swelling and inflammation in the throat and neck area. For immediate relief of these painful symptoms, pack it on with an ice or castor oil pack.

<p>Ice Pack</p> <p>What you'll need:</p> <ul style="list-style-type: none"> • Ice • Secure plastic bag (e.g., Ziploc®) • Towel or hand cloth, moistened <p>What you'll do: Simply put the ice in a secure, plastic bag, surround with your moistened towel or hand cloth, and apply directly to the affected area. Hold on the area for 15 to 20 minutes at a time. Can be repeated every hour, for as long as symptoms and swelling persists. For additional relief, try massaging the affected area in between ice treatments.</p>	<p>Castor Oil Pack</p> <p>What you'll need:</p> <ul style="list-style-type: none"> • Castor oil • Towel or hand cloth, moistened • Heating pad. If you don't have a heating pad, you can heat up the towel or hand cloth in the microwave. Be sure to make sure it's not too hot for your skin. <p>What you'll do: Simply rub the oil directly on your skin, around the affected area. Cover with your towel and apply heat. For best results, keep pack on affected area for between 30 and 60 minutes at a time. To achieve maximum benefits, use for up to 3 days at a time.</p>
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The Thyroid Balancing Solution

If you have a little time, you can mix up your own custom-made batch of thyroid balancing solution.

Ingredients	Preparation
• A list of beneficial herbs is included below. One of the more popular commercial solutions includes bladderwrack	<p>Unless otherwise indicated by your physician or the herb itself, solutions should be made with 1 Tsp. of each herb per cup of hot water.</p> <ul style="list-style-type: none"> • Bring water to a gentle boil and add the herbs. • Let steep for the recommended time. 5 to 10 minutes for leaf or flowers. 10 to 20 minutes for roots. • Drink 2 to 4 cups per day until symptoms have abated.
• Bach Flowers remedies can be added to your solution. A list of beneficial Bach Flower remedies is included below. One of the more popular commercial solutions includes Cerrato	

Vitamins

Important vitamins to consider when treating and managing the symptoms of Graves' disease and hyperthyroidism include:

- Bromelain reduces swelling. 250 to 500 mg three times per day between meals.

- Calcium assists in overall metabolism. 1,000 mg per day.
- Carotenoids serve as powerful antioxidants. Take as directed on label.
- Cobalt (Vitamin B12) is important in your body's energy production. Take as directed.
- Coenzyme Q10 helps to protect the heart. 50 mg twice a day.
- Lecithin helps to protect every cell in your body from damage. Take 1 or 2 capsules with meals.
- Magnesium assists in overall metabolism. 200 to 600 mg per day.
- Quercetin is an anti-inflammatory. 250 to 500 mg three times per day.
- Riboflavin assists in metabolism. Take as directed on label.
- Selenium helps regulate thyroid and overall immune system function. Take 1 tablet with a meal.
- Thiamine assists with metabolism. Take as directed on label.
- Vitamin B Complex helps in a number of vital body functions. Take 1 tablet per day with food.
- Vitamin A helps in vision and overall immune functions Take as directed on label.
- Vitamin C helps your overall immune system and treats swelling. 250 to 500mg twice a day.
- Vitamin E helps protect the heart. 400 IU twice a day.
- In addition, be sure to take a good multi-vitamin and mineral 1 capsule daily with food.
- Omega-3 fatty acids act as an anti-inflammatory and help the functioning of your immune system. Take up to 6 capsules daily as a food supplement with your meals.

Recommended Herbs

- Bugleweed (*Lycopus virginica*) has been shown to significantly decrease thyroid hormone levels.
- Milk thistle (*Silibum marianum*) helps in maximizing the value of proteins in the body.
- Dandelion root helps in liver function, which then helps the thyroid gland.
- Hawthorn berry (*Crataegus laevigata*) serves to protect the heart.
- Iceland moss and Irish moss can be used as a natural source of the iodine if deficiency is present.
- Lemon balm has been shown to normalize overactive thyroid.
- Licorice (*Glycyrrhiza glabra*) serves as an anti-inflammatory.
- Motherwort (*Leonurus cardiaca*) relieves heart palpitations
- Bupleurum helps to regulate the endocrine system.
- Passionflower (*Passiflora incarnata*) can help reduce anxiety.
- Self-heal (*Prunella vulgaris*) helps decrease thyroid hormone production.
- Stephania root helps to minimize cellular damage.
- Turmeric (*Curcuma longa*) can help increase the positive effects of romelain.
- Valerian can be used as sedative to calm nervousness and restlessness.
- Alvidar is an all-natural herbal all-in-one remedy custom created to help remedy many of the negative side effects of Graves' disease. Experience the healing power of you Alvidar yourself. Begin by visiting their informative site at <http://www.alvidar.com>

Food and Diet: Foods that contain goitrogens are at the very top of the list of foods to eat. Goitrogens help block iodine absorption. These contain the goitrogens you need.

• Almonds	• Broccoli sprouts
• Brussel sprouts	• Cauliflower
• Cabbage	• Rutabaga
• Kale	• Spinach
• Kohlrabi	• Strawberries
• Mustard greens	• Turnips
• Peanuts	• Soybean and soy products, including tofu
• Peaches	• Radishes

Foods to Avoid

• Aspartame	• Olestra
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• BHT	• Saccharin
• Carbonated beverages	• Saturated fats
• Chlorine (e.g., chlorinated water)	• Sucralose
• Gluten	• Sugar
• Hydrogenated and Partially	• Sulfites
• Hydrogenated Oils	• Nitrates (found in processed meats such as bacon and lunch meats)

Hair growth (Female Hair Loss)

Determining Your Level of Hair Loss

There are various ways to determine if hair loss is occurring, with the most obvious characteristics being a receding hairline, localized bald patches, and thinning of the hair, depending on the type of pattern baldness experienced.

Type I: There is mild loss of the hair mainly from the top of the head, and around the front of the scalp. Since this is a mild form of hair loss, a woman's front hairline is still intact. It is possible for some women to experience hair loss at the sides or the back of the head. As a mild form of hair loss, women experiencing type I baldness will mainly experience thinning of the hair.

Type II: Type II female pattern baldness is a moderate form of type I with a decrease in the amount of hair available at the top of the head. There are noticeable patches of hair missing for the top of the head. The front of the hairline is not affected, but it is obvious to everyone that the woman is losing her hair. The sides and back of the scalp may be affected.

Type III: Type III female pattern baldness is characterized by a general loss of hair from the scalp. The woman loses her front hairline, and there is an overall thinness to the scalp and hair. In Type III hair loss, the hair on the top of the scalp is sparse, and is in patches.

The Causes Of Hair Loss In Women

Genetics: In androgenetic alopecia in women, there are also high levels of DHT produced in the conversion of testosterone. Instead of the enzyme 5-alpha reductase being responsible for the high DHT levels as in men, in women the enzyme Aromatase is the cause. Aromatase is necessary to convert testosterone into estrogen and estradiol, the female hormones. However, unlike in men, a decrease in Aromatase will lead to an increase in DHT, contributing to female pattern baldness.

Hormones: Estrogen is needed to help maintain the growth of the hair. Any condition that results in a female reducing the amount of estrogen she produces can result in hair loss. The consequence is that the body is unable to produce the enzymes that are stimulated by estrogen production to sustain hair growth.

Pregnancy: During pregnancy many women will see changes to their hair as their body adjusts to the nutritional demands being placed on it. This is only a temporary loss of hair, which will be corrected once the woman's hormones are restored back to their pre-pregnancy level.

Natural and Alternative Remedies for Female Hair Loss

1. **Massage:** It is recommended that while washing your hair with cool or lukewarm water, that the scalp area be massaged until a tingling feeling is achieved. Once increase blood flow occurs, the nutrients that it brings will provide extra food, to encourage the cells of the hair follicle to multiply and produce hair.

2. Essential Oil To remedy hair loss, the two main oils to use in aromatherapy are lavender and bay oil. These oils should be mixed together in equal parts (about 4-6 drops of each oil), and combined with a base oil such as almond or sesame oil. After this has been mixed, the oil should be applied to the scalp, preferably massaging it in, to achieve a double benefit through the massage and the effect of the oil. The oil should remain on the scalp for at least 30 minutes, or even overnight if possible. Other main essential oils to use in the treatment of patterned hair loss include:

- **Alma Oil** is able to restore hair that has been damaged - especially through over-processing. It can replace the nutrients the scalp and hair needs to again restore the growth process. To apply Amla oil, place a few drops into the palm of the hand and massage it into the scalp, making sure to also coat all hair with the oil. The oil is light enough to be left on, and used on a daily basis.
- **Mustard Oil** contains fatty acids to provide nourishment to growing hair follicular cells, help with cell division, increase the circulation, is also a good scalp conditioner, will provide antibacterial properties to the scalp and good source of Vitamin E.
- **Lavender Oil** has anti-microbial. It is especially effective against head lice. When using this oil, place about 4-10 drops of lavender oil into the palm of the hand and massage into the scalp. Both the combination of the massage and lavender oil will promote hair growth in the area. Drops of oil can also be placed within cool water, and used as a hair rinse to keep the hair and scalp smelling fresh, and looking shiny and healthy.
- **Rosemary Oil** can keep the hair clean and prevent any scalp infections. A few drops of rosemary oil in water can remove buildup from the hair and unclog any dirt from the hair follicles. When rosemary oil is used, the hair follicles are pushed to produce hair, with the new hair and old hair developing a healthy sheen.
- **Chamomile Oil** will sooth red irritated skin, causing it to heal, and regenerate the cells that have died.
- **Sage Oil** stimulates the hair to grow, contains strong antiseptic characteristics, provides nourishment to the cells of the scalp that divide to produce hair, is also able to thicken the hair and reduce hair loss. Other than using the essential oil, sage leaves can be boiled with rosemary until a hair rinse is formed. After straining the leaves, this hair rinse should be used on the remaining hair to keep it luxurious and shiny.
- **Lemon Oil** has the ability to disinfect the hair, increase the blood circulation to the scalp, and provide a vitamin needed for hair growth. To use this essential oil, about 4-6 drops of it should be massaged onto the scalp and hair, and remain there for at least 15 minutes.
- **Rose Oil** is able to shunt blood to the area, and increase the oxygen and nutrients vital for the cells to produce hair.

3. Herbal Remedies

Saw Palmetto: To use saw palmetto, the berries can be purchased already dried and crushed into a powder. This powder is made into an ointment using petroleum jelly, or the powder can be made into a tincture, and rubbed onto the scalp.

Nettle Root: If you decide to drink nettle root tea, allow no more than three and a half cups a day. Nettle root can also be made into a shampoo with the addition of an essential oil such as lavender and Castile soap as the shampoo base. The hair should be washed two to three times a week using this shampoo.

Dong Quai: The best way to use Dong Quai is by preparing a hair rinse, although it can also be drunk as a tea.

Aloe Vera can be used in gel form, taken as a soft capsule, or added to shampoo and conditioners. Rubbing the gel into the scalp and hair can prevent hair loss, eliminate dandruff and re-grow hair. Massaging aloe into the scalp can also cause more blood to flow to this area.

Minor Herbal Remedies for Female Hair Loss

Henna: An excellent conditioner that leaves the hair feeling soft has an ability to seal the cuticle of the hair and stop the hair from breaking, conditioning and nourishing the scalp.

Lemongrass: Used to thicken and provide nutrition to the scalp, while removing any oil buildup and unclogging pores. Lemongrass oil should be massaged into the scalp to increase blood flow.

Capsicum: Able to stimulate the hair cells to divide and produce new hair, resulting in more oxygenated blood circulating to the scalp, effectively able to increase hair growth by more than forty percent.

Green Tea: Green tea will not only prevent dandruff, but will strengthen the growing hair. The hair and scalp are left clean after using a green tea rinse. It will also provide minerals as energy for the dividing follicular cells.

Vegetable & Fruit Based Remedies

Onions: A medium size onion should be peeled, and cut in half and then rubbed on the scalp until the scalp is slightly red. This can be done either once a day, or twice a day in the morning and evening.

Lemons: A hair rinse using lemon juice and water is able to remove any buildup of oil and dirt, from the hair and scalp. The oil located on the rind of the lemon, can also be rubbed onto the scalp in areas where the scalp is dry, or to remove dandruff.

Oranges: It is recommended to use not only the juice from an orange as a hair and scalp rinse, but also rub the flesh and rind of the orange onto the scalp and hair.

Ginger: Can be peeled and sliced, and gently massaged onto the hair. Alternatively, it can be pureed into a paste and placed on the hair for fifteen to thirty minutes a day.

Coconuts: Can be added to hair conditioner to help grow hair. Other than using coconut milk, the pulp inside the coconut can be ground to a paste, and applied to the scalp. This can be massaged into the scalp, and should be allowed to remain for about fifteen minutes.

Nutrition and Vitamins for Female Hair Loss

Vitamin A is an important vitamin that is necessary to keep the pores and oil glands clear. The unusual thing about Vitamin A is that it is important not to increase the dosage too high. The best sources of in food include: spinach (red and yellow), fortified cow's milk, oranges, and fish oil.

Vitamin B complex controls the level of hemoglobin so the scalp will receive more oxygen. Foods that contain Vitamin B include: soybeans, liver, fish, and chicken.

Vitamin C is needed to nourish the scalp and prevent hair loss. To restore Vitamin C levels in the body, a diet consisting of green leafy vegetables, oranges, lemons and other citrus fruits, peppers, or tomatoes should be eaten.

Vitamin E plays a role in maintaining the hair and scalp to increase the movement of blood containing nutrients and oxygen to the areas that need them. The best sources of Vitamin E are: green leafy vegetables, grains and cereals, and nuts.

Folic Aid. Eating food high in folic acid will cause the body to stabilize the levels of hemoglobin. The recommended level of folic acid that should be taken is two hundred micrograms for women. The best sources of folic acid are: leafy vegetables such as spinach, fruits such as bananas, and beans.

Iron is needed by the red blood cells to produce hemoglobin and supply oxygen to the rapidly dividing cells that produce hair. Meat is not the only source of iron in the diet. It is also available in green leafy vegetables, beans, and organic bran.

Silica is able to slow down the rate of hair loss, while helping to grow the hair again. It is advised not only to increase the consumption of food containing silica, such as potatoes, bean sprouts, or peppers, but to also use hair products that contain silica to help speed up the growth process.

Zinc keeps the pores clear and helps in the growth and repair of cells. Zinc is found in foods such as pumpkin seeds, whole grains, beans, and nuts.

Hashimoto's Disease and Hypothyroidism

What is Hashimoto's Disease and Hypothyroidism?

Hashimoto's disease is an autoimmune disorder and the leading cause of hypothyroidism. With Hashimoto's disease, the body actually attacks its own tissue, causing the production of thyroid hormone to decrease. Because the thyroid gland is responsible for regulating the body's metabolism, a decrease in hormones can lead to a wide assortment of symptoms including fatigue, hair loss, muscle pain and weight gain.

The thyroid also secretes hormones that control your body's metabolism. Metabolism is vital in managing such things as your mood, weight and mental and physical energy levels. The decreased thyroid hormone produced can lead to all kinds of complications in overall health. In general, a decrease in thyroid hormones leads to an overall slowing of the body's normal functioning rate. This slowing, in turn, leads to all kinds of symptoms and as well as a tendency toward mental and physical sluggishness.

Signs and Symptoms of Hashimoto's Disease and Hypothyroidism

Early Stage Symptoms		Late Stage Symptoms	
• Cold intolerance	• Muscle pain	• Slow speech	• Hoarseness
• Constipation	• Paleness	• Thinning eyebrows	• Dry, flaky skin
• Depression	• Thin, weak fingernails	• Thickening of the skin	• Swollen face, feet and hands
• Fatigue	• Thin, weak hair	• Decreased taste and smell	• Irregular menstrual periods
• Joint pain	• Weakness		• Decreased taste and smell
• Weight gain			

Additionally, the following symptoms may present at any time during the disease:

• Absence of teeth or delay in formation	• Lack of menstruation
• Ankle, feet and leg swelling	• Loss of appetite
• Drowsiness	• Muscle atrophy
• Dry hair	• Muscle cramps
• Facial swelling	• Muscle pain
• Hair loss	• Overall sweating
• Joint stiffness	• Uncoordinated body movements

Natural and Alternative Remedies for Hashimoto's Disease and Hypothyroidism

1. Bladderwrack Tea

<p>Ingredients</p> <ul style="list-style-type: none"> • 2-3 Tsp Bladderwrack (can also be found in capsule, liquid and dried states at many health food and herbal stores) • Stevia (to use as a natural sweetener) 	<p>Preparation</p> <p>To make this helpful, healing tea:</p> <ul style="list-style-type: none"> • Bring water to a boil • Add bladderwrack • Return to a boil
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<ul style="list-style-type: none"> • Non-fluoridated, non-chlorinated water 	<ul style="list-style-type: none"> • Remove from heat and cover • Let steep for 15 minutes • Strain and pour • Add stevia to taste • Drink 8 ounces every 4 hours and/or until symptoms subside
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2. Make It Coconut!

Coconuts (specifically coconut oil) have been shown to significantly help in aiding thyroid function. By boosting metabolism and assisting your body's ability to normalize thyroid function, studies are showing that coconut oil can dramatically improve numerous hypothyroid symptoms, including weight problems. Experts recommend using organic, extra-virgin oil. If coconut oil is not available, try cooking with sunflower, olive and/or sesame oils. Be sure to avoid canola, corn, soybean and rapeseed oils.

3. Protein Drink

Protein has been shown to significantly help in individuals with thyroid issues. This protein drink can help to lessen the frequency and severity of hypothyroid symptoms. As long as you have your protein accounted for, you may spruce up your drink in with whatever makes you happy.

Ingredients <ul style="list-style-type: none"> • 2 eggs • 1 Tbsp. Lecithin • 1 cup whole milk • 1 Tsp. brewer's yeast • 1/4 cup plain, unsweetened yogurt or 1 Tbsp. acidophilus culture • 1/8 to 1/4 cup wheat germ • Optional: fresh or frozen fruit juices and/or 1 Tbsp. molasses (for taste) 	Preparation <ul style="list-style-type: none"> • In a blender, mix together all of your ingredients. • Enjoy the health benefits of this protein-packed super drink.
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4. Contrast Hydrotherapy: Hot AND Cold—Pack It On!

Contrast hydrotherapy — where a patient alternates cold and hot compress applications — has been shown to help stimulate healthy thyroid function. Additionally, the compresses can help swelling or soreness associated with inflamed glands.

Directions	
<ul style="list-style-type: none"> • In a medium-sized bowl, prepare a bath of ice water. 	<ul style="list-style-type: none"> • Using either the same or separate towel, dip into the hot water, wring out excess water and place on the affected area.
<ul style="list-style-type: none"> • In a separate bowl, prepare a bath of hot water. 	<ul style="list-style-type: none"> • Leave on area for three minutes.
<ul style="list-style-type: none"> • Dip a washcloth or small towel into the iced water, wring it out, and place on the affected area. 	<ul style="list-style-type: none"> • Repeat three times in one sitting, and repeat the entire process 2 to 3 times per day (or as needed).
<ul style="list-style-type: none"> • Leave on area for one minute. 	

5. Sweat It!

Believe it or not, sweating can be a highly effective way to rid your body of the harmful toxic build-up that leads to complications of hypothyroidism. Easy ways to work up a sweat include:

<ul style="list-style-type: none"> • Regular exercise for no less than 20 minutes 	<ul style="list-style-type: none"> • Elimination of antiperspirants
<ul style="list-style-type: none"> • A visit to your local sauna 	<ul style="list-style-type: none"> • Drinking hot beverages can actually build up a sweat!

6. The Thyroid Balancing Solution

A solution that aids normal thyroid function should have an abundance of minerals, including:

Ingredients <ul style="list-style-type: none"> • Alfalfa (<i>Medicago sativa</i>) 	Preparation <ol style="list-style-type: none"> 1. Unless otherwise indicated by your physician
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<ul style="list-style-type: none"> • Bladderwrack (<i>Fucus vesiculosus</i>) • Gotu kola (<i>Centella asiatica</i>) • Horsetail (<i>Equisetum arvense</i>) • Oatstraw (<i>Avena sativa</i>) • Non-fluoridated, non-chlorinated water 	<p>or the herb itself, solutions should be made with 1 Tsp. of each herb per cup of hot water.</p> <ol style="list-style-type: none"> 2. Bring water to a gentle boil and add the herbs. 3. Let steep for the recommended time: 5 to 10 minutes for leaf or flowers, 10 to 20 minutes for roots. 4. Drink 3 to 4 cups per day until symptoms have abated.
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7. Vitamin and Herbal Supplementation

Calcium (1,000 mg per day; should be taken at least 4 hours from the time of taking any thyroid medication as the calcium can inhibit the proper absorption of the medication)	Omega-3 fatty acids act as an anti-inflammatory and help the functioning of your immune system. Take up to 6 capsules daily as a food supplement with your meals.
Copper (take as directed on the label)	Vitamin A (10,000 to 25,000 IU per day)
Iodine (300 mcg per day)	Vitamin C (1,000 mg three to four times per day)
Iron (take as directed on the label)	B complex (50 to 100 mg/day)
Magnesium (200 to 600 mg per day)	Vitamin B2 (Riboflavin) (15 mg per day)
Neodymium (take as directed on the label)	Vitamin B3 (Niacin) (25 to 50 mg per day)
Selenium (up to 200 mcg per day)	Vitamin B6 (25 to 50 mg per day)
Terbium (take as directed on the label)	Vitamin B12 (take as directed on the label)
Vitamin D (take as directed on the label)	Zinc (30 mg per day)
C Vitamin E (200-800 IU per day)	Be sure to take a good multivitamin, 1 capsule daily with food.
Thullium (take as directed on the label)	

8. Herbal Recommendations

When creating a tea, unless otherwise indicated, you should use 1 tsp. herb per cup of hot water. As a general rule of thumb, steep your covered teas for 5 to 10 minutes for leaf or flowers and 10 to 20 minutes for roots. The recommended dose is 2 to 4 cups per day.

- Agnus Castus assists the proper functioning of the pituitary gland and the thyroid.
- *Avena sativa* is helpful in boosting energy of fatigued individuals, and also helps those suffering with low libido.
- Bayberry (*Myrica Cerifera*) helps stimulate and balance your body's hormone levels, and Black Cohosh acts to balance hormone levels.
- Black Walnut is high in organic iodine and manganese that helps to support proper thyroid function, especially sluggish metabolism.
- Bladderwrack is high in iodine and helps balance individuals with an underactive thyroid.
- *Coleus forskohlii* helps stimulate the thyroid to naturally release more hormones.
- Essential fatty acids, such as Primrose Oil, assist in normalizing thyroid function (1,000 to 1,500 mg three times per day).
- Ginseng (*Panax Ginseng*) helps limit damage to the thyroid gland.
- Irish Moss helps support the overall health of the thyroid.
- Kelp Seaweed, with its source of iodine, can help assist thyroid function.
- L-Tyrosine helps build plasma levels, which can positively affect the thyroid (500 mg two or three times per day).
- Mullein (*Verbascum Densiflorum*) contains iron, magnesium, potassium, sulfur and calcium phosphate and helps reduce swelling due to autoimmune disorder attacks.
- Siberian Ginseng assists the adrenal and thymus glands, which in turn, help support the health of the thyroid.
- Spirulina is valuable for overall body health.

9. Bach Flower Remedies

- **Wild rose:** To treat the fatigue and depression, take 2 drops in water and sip in intervals throughout the day.
- **Crab Apple:** For overall body cleansing, take 2 drops in water and sip in intervals throughout the day.
- **Elm:** To balance the body and reduce damage to the affected systems, take 2 drops in water and sip in regular intervals throughout the day. Be sure to take this a minimum of 4 times per day.

10. Body Cleansing: Begin a cleansing program that includes a:

• Bowel cleanse	• Kidney cleanse
• Dental cleanse (e.g., teeth cleaning)	• Liver cleanse

12. Food and Diet

Foods to Eat:

• Cold water fish	• Omega-3 and Omega-6 fatty acids
• Flax seeds	• Oysters
• Foods high in fiber	• Pumpkin seeds
• Foods high in protein	• Sea vegetables
• Foods high in complex carbohydrates	• Sesame seeds
• Foods low in sugars and simple carbohydrates	• Shrimp
• Leafy greens	• Walnuts
• Non-fluoridated, non-chlorinated water	• Whole grains
• Non-starchy vegetables and fruits	

Foods to Avoid (or consume in moderation):

Alcohol	Maize	Rapeseed
Broccoli	Millet	Rice
Brussels sprouts	Mustard greens	Sodas
Cabbage	Pasta	Soy (e.g. tofu, soy milk)
Carrots	Peanuts	Strawberries
Cassava	Peaches	Sweet potatoes
Cauliflower	Pine nuts	Sugar
Caffeine	Radishes	Turnips
Dairy Products	Rutabaga	Wheat
Kale	Spinach	White bread
Lima Beans	Starchy foods	
Linseed	Turnips	

13. Health and Exercise Program

Suggested exercise programs could include stress reduction techniques, such as:

• Yoga*	• Tai Chi
• Meditation	• Light cardiovascular/aerobic work
• Pilates	• General conditioning and toning

As a starting point, a 30-minute walk is recommended.

*Yoga is particularly beneficial to hypothyroid sufferers, especially the shoulder stand:

1. Begin by lying on your back and bringing your legs together.	2. Tuck your chin into your chest.
3. With your legs together, slowly raise your legs until they are perpendicular to the floor.	4. The weight of your body should be resting on your shoulders.
5. Continue lifting your legs and rolling up on your lower back to support your hips with	6. You'll want to start with short pose times (e.g., 15-30 seconds).

The Complete Herpes Relief Guide

What is Herpes?

Humans are natural hosts for many different kinds of herpes viruses, ranging from cold sores, genital herpes, shingles, and mononucleosis as well as a chronic fatigue syndrome. However, in common usage, herpes is used to describe a viral infection in two main forms: oral herpes (cold sores or fever blisters) and genital herpes (genital sores or sores below the waist). The word "herpes" comes from the Greek adjective herpestes, meaning creeping, which refers to the serpent-like pattern that the blisters may form. The culprit is a virus known as the herpes simplex virus, of which there are two types:

1. The Herpes Simplex Virus Type 1 (HSV-1)
2. The Herpes Simplex Virus Type 2 (HSV-2)

These viruses are identical under the microscope and either of them can cause oral or genital sores. However, it has been found that HSV-1 generally attacks above the waist and HSV-2 attacks below the waist.

A human cell infected with the herpes virus releases thousands of new viruses before it is eventually killed. As many cells are killed, there is damage to the tissue and that is what causes the sores. The virus can remain latent for days, months, or even years. At some point in the future it "awakens" and causes the cell to produce thousands of new viruses, which cause an active infection. Recurrent attacks are apparently due to causes as diverse as:

• Illness	• Skin damage
• Fatigue	• Food allergy
• Exposure to sunlight	• Exposure to very hot or cold temperatures.
• Menstruation	

Symptoms of Genital Herpes in Women

Herpes blisters first appear on the labia majora (outer lips), labia minora (inner lips), and the entrance to the vagina.	Infection of the urethra makes passing urine painful. Other symptoms that occur in women are: swelling of the urinary tube, meningitis, and throat infection
Blisters also appear on the clitoris at the mouth of the urethra, around the anus, and on the buttocks and thighs. When due care is not taken, blisters can spread to the lips, breasts, fingers, and eyes.	Most women develop painful, swollen lymph nodes (lymphadenopathy) in the groin and pelvis.
Infection of the vagina and the cervix is usually certain, causing a watery discharge.	Infection weakens the immune response, making women susceptible to other infections in the area. Vaginal yeast infection is often a complication associated with the primary herpes infection.

Symptoms of Genital Herpes in Men

In men, the herpes blisters usually form on the penis but can also appear on the scrotum, thighs, and buttocks. These symptoms can last up to several weeks, varying from one person to another. Very few men experience the "constitutional symptoms" of fatigue, fever etc.

1. It has been observed that about a third of the men infected with herpes have discharges from the urinary tube.
2. Some men develop painful swollen lymph nodes (lymphadenopathy) in the groin and pelvis.
3. Although less frequently than women, men too may experience painful or difficult urination, swelling of the urinary tube, meningitis, and throat infection..

Natural and Alternative Remedies for Herpes

Powerful Healing Oils

Red Marine Algae: Dosage of red marine algae is generally four 500mg tablets a day, to be taken on an empty stomach to prevent herpes recurrence.

Oil of Oregano: A thin coating of the oil applied on the infected area at first signs of a cold sore often prevents the outbreak altogether.

- Oil of Oregano applied topically on the sores, offers great relief from the painful condition. However, as it creates heat in the area, Oil of Oregano should not be used on sensitive skin areas or mucous membranes. Do not use in vagina or anus unless it is well diluted, by adding a drop or two of the oil to a tablespoon of olive oil.
- A drop of Oil of Oregano internally for one week kills the herpes virus living inside the body. After the second week, take two drops internally. You can work your way up to 3 drops a day to help insure a healthy strong immune system.

Peppermint and Lavender Oils: Take two drops of peppermint essential oil and two drops of lavender oil, and dilute the mixture in some olive oil in the palm of the hand.

Lemon Balm: Like with other oils, applying strong lemon balm extracts to initial herpes outbreaks can prevent recurrence, or can speed healing.

Simple Home Remedies: Prepare tea by boiling one teaspoon of shredded licorice root per cup of water for 5 to 10 minutes. Drink four to five cups of licorice tea per day as soon as the itching or soreness stage starts, indicating that an outbreak is in the offing. A cloth soaked in the tea and applied to ulcers may speed healing.

Dietary Supplements

- The levels of vitamin C, selenium, zinc, vitamin A, betacarotene and vitamin E in a high-potency multivitamin can enhance immune function, which has been reported to suppress herpes outbreaks.
- 60 mg of reishi mushroom extract can reduce the frequency of canker-sore and cold-sores.
- A typical dose of L-lysine to maintain remission is 500-1,000 mg daily. Active herpes required 1-6 g, in divided doses, between meals.
- Anecdotal reports suggest supplementing with probiotics (acidophilus) might help to reduce outbreaks of canker sores and cold sores.
- Zinc supplementation in the form of 60-90 mg daily (taken in divided doses of 15- 30 mg at a time with food to prevent nausea from developing) enhances the immune system to identify and fight the virus. This large dose may be continued for a month or two, and then reduced to 30 mg daily as immune function improves and outbreaks decline.
- Vitamin A has shown strong ability to block the replication of herpes viruses. It is recommended that 50,000 IU of vitamin A be taken daily for the duration of a herpes outbreak.
- A compound of vitamin C with bioflavonoids taken 3-5 times daily was shown to be effective in the treatment of recurrent HSV-1, reducing blisters and preventing the breaking of vesicular membranes.
- Herpes patients have reported that puncturing a vitamin E soft gel and applying the contents directly to a lesion hastens healing of the sores, and reduces the painful symptoms. A suggested oral vitamin E dosage is 4000e600 IU per day.

Ointments and Oils

- Tetrasil should be applied to the affected area 2-3 times daily.
- Watkins Medicated Ointment
- When treated with a zinc oxide/glycine cream, patients reported a shortened duration of cold sore lesions (5.0 days) compared to placebo (6.5 days) when the ointment was applied within 24 hours of onset of signs and symptoms.
- Witch hazel oil – Using a cotton ball to dab witch hazel on to lesions at the first sign of tingling has been reported to block herpes outbreaks from advancing. Apply several times per day.
- Neem oil: Some people also report good success with blocking a herpes outbreak by ingesting up to 10 neem-leaf capsules (400 mg per capsule) at the first sign of tingling.
- Apple cider vinegar – Dab apple cider vinegar on lesions at the first sign of tingling has been reported to block herpes outbreaks from advancing.
- Earwax – Applying earwax to herpes lesions (lips or genitalia) at the first sign of tingling blocks the herpes outbreak from advancing.

Special Diets or Food

An imbalance in the level of the amino acids lysine and arginine is thought to be one of the factors that cause an outbreak of the herpes infection. Foods that are rich in lysine (and have good lysine to arginine ratio) are listed below:

• Yogurt (whether pail, low fat or fruit) has a very high lysine to arginine ratio of 2.97.	• Fruits like apples, pears, apricots, figs and avocados.
• Cheeses (Swiss, Edam and Gruyere have the best ratios, with Camembert and parmesan close behind)	• Most fish, including salmon, haddock, anchovies, tuna, mackerel, sardines.
• Milk and cream	• Legumes

The 72hr Home Remedy Action Plan

This three-day plan consists of following 4 main principles.

1. Reduce stress and foster an emotional well-being

- Exercise For 30 minutes Every Day..
- Get Social.
- Avoidance. If you know a certain event or activity is going to cause you stress, simply avoid it.

2. Boost the immune system

- Start by following a simple rule. SLOW DOWN. Do not allow yourself to be hungry, angry, lonely or stressed
- Plan your day ahead of time. Making sure to eat a healthy diet, that starts with a good breakfast. Eating properly will not only reduce stress, but it will play a pivotal role in boosting your immune system.
- Be sure to follow the correct food recommendations listed in the above report. Certain foods can trigger outbreaks and actually fuel the virus.
- ****Most importantly, avoid foods rich in arginine.****

3. Use supplements and herbs

• Drink plenty of water	• Ginseng
• Take an olive leaf extract - daily	• Flavonoids
• Take a high quality multi-vitamin - daily	• Lysine - 500mg 3 times a day for 3 days (most effective)
• Take echinacea - daily	• Vitamin A – 25,000 iu 2 times a day for 3 days
• Consume probiotics - regularly	• Reishi mushroom – 350-500mg 2 times a day

	for 3 days
• B-Complex – daily	• Zinc – 25mg a day for 3 days

4. Apply Topical Treatments

- Apply products containing lemon balm, zinc sulfate, vitamin E, or witch hazel – several times a day to reduce pain and speed healing. Use coconut oil as needed.

Irritable Bowel Syndrome (IBS)

What is Irritable Bowel Syndrome (IBS?)

IBS is the lack of continuity and regularity of nerve impulses to the intestinal tract, which causes the movements of the tract to be uncoordinated and irregular. The result? Food that does not travel properly through the gut (either too fast or too slow) causes a buildup of waste material. The condition of IBS results from problems in functionality between the brain, autonomic nervous system, and intestines. In medical terminology, the disorder simply leads to a change in bowel motility and sensory function. There are 6 major theories as why IBS is present:

• An improper balance of gut microflora	• Stress
• Certain intestinal molecules such as CCK	• Diet
• Viral or bacterial etiology	• Hormones

Signs and Symptoms of IBS

As each case with IBS is unique, you may be experiencing some or all of these symptoms, worse with certain events, especially those that include an element of stress or anxiety.

• Constipation	• Mucus in stool
• Alternating episodes of diarrhea and constipation.	• Anorexia
• Strong urge to have a bowel movement.	• Vomiting
• The urge to defecate again even after you have already gone.	• Headaches
• Abdominal cramping and pains. These may subside after a bowel movement.	• Malnutrition
• Bloating	

A group of physicians at the 13th International Congress of Gastroenterology in Rome, Italy, in 1988, defined a set of criteria that more accurately aids a physician in diagnosing IBS.

<i>At least 12 weeks of continuous or recurrent symptoms of the following: Abdominal pain or discomfort:</i>	<i>Two or more of the following, at least on one fourth of occasions or days:</i>
<ul style="list-style-type: none"> • Relieved with defecation, or • Associated with a change in frequency of stool, or • Associated with a change in consistency of stool. 	<ul style="list-style-type: none"> • Altered stool frequency, or • Altered stool form, or • Altered stool passage, or • Passage of mucous, or • Bloating or feeling of abdominal distention.

Natural and Alternative Remedies for IBS

NUTRITION

Fiber: A high fiber diet would include plenty of fresh fruits and vegetables, whole grains (such as

oats, barley and brown rice), and legumes (beans, lentils). The RDA (Recommended Daily Allowance) for fiber is 38 grams for men and 25 grams for women (ages 50 years and younger), and 30 grams for men and 21 grams for women (51 years and older).

- There are two forms of fiber – soluble and insoluble. Soluble fiber can be found in citrus fruits, flax seeds, oat bran, and most all legumes, and happens to be the best form to use when treating IBS as it will help to bind excess water if the patient has diarrhea and will help to get the food moving through the tract if the patient is constipated. Always start by adding only small quantities of extra fiber to your diet.
- Various forms of fiber supplement exist, the most common for treating IBS with constipation are called bulking agents. These are wheat bran, corn fiber, Equalactin, and Fibercon (made from polycarbophil) and Psyllium (which can be found in Metamucil, Fiberall, Fybogel, and other bulking agents). Unfortunately, in most cases these bulking agents are only good for treating the constipation associated with IBS and not the other IBS symptoms.
- Some patients' IBS symptoms are caused from food intolerances or allergies. One of the most notorious is a wheat allergy. When patients try to calm their IBS symptoms by taking fiber supplement made from wheat bran or other parts of the wheat plant they could actually be making the symptoms worse rather than better.

Foods to Avoid: The following list of foods should be avoided. They have been found to be major culprits in the increased production of mucus in the gut (a symptom of IBS) and in inhibiting the uptake of necessary vitamins and minerals (leading to malabsorption and malnutrition). Stay away or limit your intake of:

- *Animal fats, butter, all carbonate beverages, coffee and all other substances containing caffeine, candy, chocolate, all dairy products, fried foods, ice cream, all junk foods, the additives mannitol and sorbitol, margarine, nuts, orange and grapefruit juices, pastries, all processed foods, seeds, spicy foods, sugar, sugar-free chewing gum, and wheat bran and wheat products.*
- It has been noted that diarrhea and stomach cramps are associated with the ingestion of foods that are high in fat or heavily spiced as well as by drinking coffee, other forms of caffeine, and alcohol.
- Avoid or reduce the intake of gas-producing foods such as beans, broccoli, cabbage, and other foods containing fermentable carbohydrates if your IBS symptoms include gas and bloating. Other foods, which are also known to cause a buildup of gas in the intestinal tract, are apple and grape juice, bananas, nuts, and raisins.

Small Meals: If you are currently eating three larger meals per day consider experimenting with 5-6 smaller meals during the same time frame. Space them out every 2-3 hours. Eat a small breakfast, snack, lunch, snack, dinner, and bedtime snack. Always include a protein source as well as a complex carbohydrate and a reasonable quantity of good fat in each small meal.

Water: When the bowels are dry and impacted, which is a sure sign that they are not receiving enough fluid, constipation is certain. Without proper quantities of water, the cells, tissues, and organs fail to function optimally as they are not receiving the nutrients that they require.

Protein: It's also crucial to realize that many patients will require extra protein. Studies have shown that people with IBS may need up to 30% more protein in their diet!

Multi-Vitamins: Malabsorption and malnutrition may result in people with severe cases of IBS. For this reason, it is imperative that persons with IBS supplement their diets with a good multivitamin.

Nutritional Supplements: Regardless if you decide to take a multi-vitamin or not, there are several nutrients that you should seriously consider adding to your diet if you have IBS. These include:

- **Essential fatty acids (EFA's).** Some of the best sources are flaxseed oil and primrose oil.
- **L-Glutamine.** Try taking 500 mg two times a day on an empty stomach. Be sure to take with water or juice but not milk. When taking L-Glutamine, take it along with 60 mg **Vitamin B6** and 100 mg **Vitamin C** to obtain optimal absorption of the amino acid.
- In addition to the B6 that you take with the L-Glutamine be sure to get between 50-100 mg of

each of the other B vitamins three times daily. Be sure to take the vitamins with meals.

- **Vitamin B12** is essential for the proper absorption of foods along with playing a major role in protein synthesis and the metabolism of carbohydrates as well, as fats in the diet.
- **Probiotics** are also known as acidophilus and can be found in supplement form as well as by adding unsweetened plain yogurt to your diet.

STRESS REDUCTION

Breathe Deeply: Rhythmic and regular movements of the intestinal tract require oxygen to perform correctly.

Visualization: Simply clear your mind of current thoughts and replace with some particular vision or picture that brings you into a state of relaxation and happiness to remove your worries, fears, and anxiety.

Professional Therapy: Several forms of therapy have been shown to help. They include progressive relaxation therapy, hypnosis, behavioral therapy, biofeedback, and traditional psychotherapy. Group therapy has also proven helpful for many patients.

Progressive Relaxation: The therapy consists of simply tightening and releasing muscle groups, one at a time. Most therapists recommend practicing it 15-20 minutes a day for eight weeks. You can start with any group of muscles. For example, start with the right fist, move to the right arm and shoulder. Repeat for the left arm. Then move to the right foot, leg and hip followed by the same sequence in the left leg. Groin, abdomen, chest, back, and neck are next. Finally, tighten and relax each feature of the face.

Yoga: Regular yoga practice will lower feelings of anxiety, and its gentle and slow yet aggressive movements and poses will facilitate regular movements of the digestive tract.

Exercise: Speaking of exercise, daily exercise can be as simple as a brisk 20 minute walk around the block will help to reduce constipation, help the body to absorb the nutrients from food better, and increases the strength of the immune system.

ALTERNATIVE TREATMENTS

Herbal Treatments

- **Peppermint oil** should be taken *between meals*. This herb can be taken 2-3 times per day, or as recommended by your health care provider. Most studies indicate that 2 enteric-coated capsules each containing 0.2 ml of peppermint oil has been effective. If the pills aren't your style, try peppermint leaf tea. Drink 1-2 cups 3-4 times per day, preferably between meals. As a side note – do not use if you are pregnant and do not give to children.
- **Chamomile** can be found in capsules, tablets, or tea form at most any natural food store.
- **Aloe Vera:** It is said that aloe vera, over time when taken regularly, will help to remove the impacted toxic matter and help the digestive tract to become balanced again.

Home Remedies

- **Colonic Hydrotherapy:** To carry out colon hydrotherapy you can visit a certified practitioner or consider purchasing a colon cleansing kit which can be used within the privacy of your own home.
- **Home Remedy #1:** A drink of freshly squeezed lime or lemon juice alone or mixed with a small amount of water, taken once a day in the morning has helped many people to “dry up” their diarrhea. No sugar or honey in this drink!
- **Home Remedy #2:** There once was a man who discovered that on those days that he consumed a few slices of this bread in the morning, his constant urge to defecate and the ensuing pains that would bring were gone!
 - One package of Pillsbury date nut bread. (Follow the directions on the package except for the oil (no oil). Replace the oil with three tablespoons of applesauce.)
 - Add to the mixture 1/2 cup of chopped walnuts and 1/2 cup of chopped dates.

- Bake as directed on package. Eat two 1/2 inch slices each morning.
- **Home Remedy #3:** The alternating constipation and diarrhea of IBS can be alleviated:

• 1 pound prunes	• 1 ounce Senna leaves
• 1/2 pound figs	• Remove pits from fruit and chop altogether, mold into bars or small sticks and dry
• 1/2 pound dates	Dose: Size of hickory nut for adult, less for child

- **Quick Fixes:** Switch to bland foods – think baby food flavors! – such as rice, sweet potatoes, well-steamed green and yellow vegetables, and bananas.

Kidney Stones

What are Kidney Stones?

Kidney stones, usually comprised of a compound called calcium oxalate, are the result of a build-up of dissolved minerals on the inner lining of the kidneys. These deposits can grow to the size of a golf ball while maintaining a sharp, crystalline structure. They may be small and pass unnoticed out of the urinary tract, but they may also cause extreme pain upon exiting. Kidney stones that remain inside the body can lead to many conditions, including severe pain and ureter (the tube connecting the kidney and bladder) blockage that obstructs the path urine uses to leave the body.

Signs and Symptoms of Kidney Stones

If the kidney stone is small enough, there may not be any symptoms at all. However, if the kidney stone starts to travel out of the body through the urinary tract tubes, they can cause severe pain in the back, side, abdomen, groin or genitals. This can be accompanied by vomiting and nausea. Whether the kidney stones move or stay in the kidney, there might be presence of blood in the urine, with frequent and painful urination.

Natural and Alternative Remedies for Kidney Stones

Coke and Asparagus Remedy

Over the course of 2 hours, drink 72 ounces of Coke (not Pepsi). Steam or quickly boil the 6-8 oz. asparagus. Process in the blender until well-puréed. Within 5 minutes from drinking the last 12 ounces, eat the asparagus purée. Rather than simply gulping it down, try to mix the purée well with your saliva. The remedy begins working immediately and, within a few hours, you'll begin to pass the stones through your urine as sand-like particles.

The remedy works best if done on an empty stomach during mid-morning time. This will allow you to have more time to expel the by-products of the cleanse. If the kidney stones are not all passed the first day, repeat the process within 3 days. If you have a scheduled surgery, repeat the next day!

Continue to drink a large quantity of distilled water immediately after taking the asparagus. The water will serve to re-hydrate your body. The qualities of Coke will begin to dehydrate you, so the water helps to prevent this from happening.

Celery Seed Tea Remedy

Bring 2 cups water to boil. Add 2 Tablespoons celery seed and cook until soft. Remove mixture from heat and strain seeds to remove from water. Drink the tea in 1/2 cup measurements once every hour over the course of 1.5 hours. Try to keep from urinating for as long as possible. If you have the same results as our writer, you'll notice your kidney stones eliminated quickly and easily.

Watermelon Cleanse

For prevention and elimination of kidney stones, we've found that one of the easiest ways to cleanse the kidney is with a watermelon cleanse.

Fill a bath with warm water. Enter your tub and eat 20-100 kg of watermelon. It's that simple! Your goal is to eat as much watermelon as you can throughout the day. You will continually empty your urinary bladder into the water. We know that sounds gross, but you can do it—especially since you're looking to improve your health and eliminate kidney stones, right? Using this simple technique, people have dissolved big stones and then passed small kidney stones (sand) out of their body for years.

Lemon Juice and Oil

Pour 3 ounces of the extra virgin light olive oil and 3 ounces of lemon juice (fresh squeezed or bottled) into a glass. Mix together with a spoon. Preferably, right before bedtime, drink the mixture. Repeat every day until the stones pass. Be sure to drink no less than 10 glasses of water throughout each of the next 3 days, especially when you wake and right before bedtime.

Olive oil acts as a lubricant in your body, making your kidney stones pass easier through your urinary tract. The lemon juice is highly acidic, thus helps break down the stones, making passage much easier. The combination of both ingredients will work well to get rid of your kidney stones.

One Cherry Remedy

CHERRIES! Black, sweet yellow, or red cherries have all shown to be effective. Frozen or canned cherries can also be used. Blueberries, strawberries, and other red-blue berries have also been shown beneficial.

We recommend eating 20-30 cherries immediately at the onset of an attack. For addressing uric kidney stones, a daily regimen of eating one-half pound of cherries a day for 3–5 days is suggested.

Kidney Cleanse

Ingredients

- You can purchase the following items at an herbal supply house.
 - 1/4 cup dried Hydrangea root
 - 1/4 cup Gravel root
 - 1/4 cup Marshmallow root
 - 1/4 cup Cleaver's herb
 - 1/4 cup Uva Ursi leaves
- You can purchase the following items in a local health food store.
 - Vegetable glycerin
 - Goldenrod tincture (leave this out of the recipe if you are allergic to it)
 - Ginger capsules (if unavailable in capsules, buy crystallized ginger root and eat a couple of pieces when capsules are indicated).
 - Vitamin B6 (250 mg)
 - Magnesium oxide tablets (300 mg)
- You can purchase the following item at your local fruit and/or vegetable store.
 - 1 large bunch of fresh parsley

Procedure

1. Measure and set the roots to soak together in 10 cups of cold tap water. Use a non-metal

- container and a non-metal lid (a dinner plate will do).
2. After soaking for four (4) hours (overnight is better), heat this mixture to boiling and simmer it for 20 minutes.
 3. Drink a 1/4 cup as soon as it is cool enough.
 4. Pour the rest through a bamboo strainer (non-metal) into a sterile pint jar (glass container) and several freezable containers.
 5. Refrigerate the glass jar.
 6. After rinsing, boil the fresh parsley in 1 quart of water for three minutes.
 7. Drink 1/4 cup of this mixture when cool enough.
 8. Note: Because parsley spoils more rapidly than the root mixture, refrigerate a pint and freeze 1 pint. Discard the rest of the parsley.

Dosage

- Each morning, pour together 3/4 cup of the root mixture and 1/2 cup parsley water in a large mug.
- Add 20 drops of Goldenrod tincture and 1 tablespoon of glycerin.
- Drink this mixture in divided doses throughout the day. Keep cold. Do not drink it all at once or you will get a stomach ache and feel pressure in your bladder. If your stomach is very sensitive, or you know that you have kidney stones, are over 70 years old, or sense pressure in the bladder, do only half this dose or less (see below for caution notice).
- Save the roots after the first boiling; storing them in the freezer. When your supply runs low, boil them a second time, but add only six (6) cups water and simmer for only 10 minutes.
- You may cook the roots a third time if you wish, but the recipe gets less potent. If your problem is severe, only cook the roots twice.
- Also take:
 1. Ginger (capsules): one with each meal - three (3) per day
 2. Vitamin B6 (250 mg): one per day
 3. Magnesium oxide (300 mg): one per day
 4. Beyond their natural benefits, taking these supplements just before your meal will help you to avoid burping.

Normal Cleanse Duration: 3 weeks

Caution: Elderly persons, those suffering from the eliminative process of cancer, and other special cases should do only half of a kidney cleansing regimen.

Such a regimen would include:

- 1/2 dosage of kidney herbs for first five days
- Full dosage for two weeks
- Half dosage for three months

Kidney Stone Prevention

Drink Distilled Water with a Twist of Lemon

It is very important that you drink at least 8 full glasses of water every day. A good guideline is 16 ounces of water every two hours that you are awake. Also, there is even more encouraging benefits to your health when the water you drink is distilled.

Change Your Diet

1. Spicy foods increase the chance of kidney stone formation, so modify your diet to eat more bland food.
2. Reduce your dairy food intake.

3. Avoid drinking any kind of beverage with caffeine in it.
4. Other foods to avoid in excess include: apple juice, grapefruit juice, excess Vitamins C and D, chocolate, rhubarb, spinach, wheat bran, nuts, cranberries, and beans.

Ladybugs

What are Multicolored Asian Ladybug Beetles (MALB)?

The multicolored Asian lady beetle made its way into the United States through a number of accidental and planned releases. Several reports suggest the prevalent species was accidentally brought on ships to various ports, notably New Orleans, in the late 1980's, and has since spread throughout the country and parts of Canada.

However, earlier attempts imported this biological control agent from Russia, Japan, Korea, and elsewhere in the Orient to the United States as part of a Federal effort to naturally control insect pests in trees.

The name "multicolored" refers to the varying color forms of the adult lady beetles. This insect has a wider range of colors and spot numbers than other lady beetle species. They range in color from pale yellow-orange to dark orange-red. The most common form of the multicolored Asian lady beetle in the United States is mustard to red in color with 16 or more black spots. Adult multicolored Asian lady beetles are approximately 0.2 to 0.3 inches long.

Multicolored Asian lady beetles often seek hibernation sites in and around buildings, whereas native lady beetle species typically overwinter in sheltered sites outdoors. The multicolored Asian lady beetles appear to orient toward light-colored, conspicuous objects, such as white buildings. Large numbers collect on outside walls warmed by the sun, especially on the south and southwest sides. Homes or buildings that are not brightly illuminated by sun, especially if shaded on the southwest side, are less likely to attract lady beetles.

Problems with Multicolored Asian Ladybug Beetles

Homeowners often express concern and aggravation with these nuisance pests. During late autumn, homeowners complain that multicolored Asian lady beetles cluster on the sides of houses; "crunch" under foot; get into food and drinks; alight on hands, arms, and other parts of the body; and sometimes enter the ears and mouth. The lady beetles can be so numerous that they appear to be "raining" outdoors or swarming like bees.

Home Invasion

Unlike our native species of lady beetles, the multicolored Asian lady beetle seeks protected hibernation (overwintering) sites in and around buildings. Multicolored Asian lady beetles may overwinter underneath siding, roof shingles, landscaping timbers, or leaf litter. During warm days of late winter and early spring, overwintering beetles in a wall space may become active. In their search for an exit, they may enter the home's living areas and become a nuisance. Since multicolored Asian lady beetles are attracted to light, they are often drawn toward windows and light fixtures

Stains and Odor

When lady beetles are disturbed, they defend themselves by exuding a yellow-orange body fluid, which is their blood. This defense mechanism is termed reflex bleeding and generally prevents predators, such as birds, from eating the lady beetles. The blood has a foul odor and can permanently

stain walls, drapes, carpeting, etc

"Bites"

Multicolored Asian lady beetles do not sting or bite, but infrequently pinch exposed skin.

Allergic Reactions

Some individuals report an allergenic response to lady beetles. Although published reports are uncommon, multicolored Asian lady beetles apparently can cause inhalant allergies.

Removing Multicolored Asian Lady Beetles from Your Home

Because the readers of this report are primarily concerned with how to rid their homes of the multicolored Asian lady beetle, following is a short summary of the most effective natural solutions.

Vacuuming: An effective way to minimize problems with large numbers of multicolored Asian lady beetles is to use a vacuum cleaner or shop-vac to "bag" the beetles.

Repelling: Camphor oil is an all-natural oil that repels multicolored Asian lady beetles when vaporized or diffused in your home. Multicolored Asian lady beetles find their wintering places by sensing warmth, seeing light, and smell. If they smell camphor oil, they will fly away! Purchase camphor oil (repellant) online at <http://www.kalyx.com/store/prodpage.cfm?AffiliateID=2004029553> Search for "camphor" and then order the products you need. Below are some alternative methods for using camphor to repel multicolored Asian lady beetles:

- Place camphor cakes or crystallized camphor in knee-hi nylon stockings and hang them on the outside of the house near a known entry point.
- Place camphor crystals directly in window sills. The multicolored Asian lady beetles will make haste in the opposite direction and leave within hours.
- Place cotton balls containing a few drops of camphor essential oil in the corner of the windows. Re-apply the oil often.

If you have a ladybug problem, the first thing you'll want to do is try burning white sage bundles inside your house. Start in the center of the house with a bundle of white sage. Let the smoke infuse a bit around the house but mainly concentrate on getting the smell by the windows & foundation. One gentleman said he did this in his house 3 years ago & said "I haven't had a single lady bug in my house since!" There are a number of internet sources that sell white sage bundles, just do a search on Google. We purchased ours at www.Matoska.com

Trapping: The other possibility to get rid of multicolored Asian lady beetles is to use lures and traps. You can make a trap yourself according to the directions outlined in this report. The Kit includes 2 brand new traps – and extra lures. One of the traps is commercial strength and includes a special black-light and container that is great at trapping and killing multicolored Asian lady beetles.

Preventing Multicolored Asian Lady Beetles From Your Home

The best management recommendation is to prevent multicolored Asian lady beetles from entering the home or building. Preventive measures should include a variety of non-chemical pest-proofing tactics. Take measures to exclude these lady beetles **before late autumn** when they begin to seek overwintering sites in structures.

Exclusion Methods

Seal, Caulk and Screen

- Seal cracks around windows, doors, siding, utility pipes, and other openings. Use weather stripping or a good quality silicone or silicone-latex caulk. Larger gaps can be sealed with urethane foam, glass wool or stainless steel wool, etc.
- Install tight-fitting door sweeps or thresholds at all exterior entry doors.
- Around garage doors, install a rubber seal rather than vinyl, which seals poorly in cold weather.
- Install insect screening (20-mesh maximum) over attic and exhaust vents to prevent lady beetle entry.
- Replace and repair damaged door and window screens. Leave screens on windows instead of storing them.
- Long-term relief may come from planting trees that will grow up to shade the south and west sides of the house.

Exterior Pesticide Application

While sealing openings is the more permanent way to deny beetle entry, comprehensive pest proofing is time-consuming and sometimes impractical. For large infestations with intolerable numbers of beetles, spraying pyrethroid insecticides such as permethrin or esfenvalerate to the outside of buildings no more than two weeks before the beetles appear may help prevent pest entry. Timing is very important, and outdoor preventive treatments should be done prior to overwintering attempts by the lady beetles. If the chemical is applied after the first cold snap of autumn, lady beetles that already have congregated indoors will be unaffected. If applied too early, the chemical may degrade and lose its effectiveness against the lady beetles.

Wettable powder and microencapsulated formulations of residual pyrethroid pesticides appear to be most effective against multicolored Asian lady beetles. Residual pyrethroids include a variety of active ingredients, such as bifenthrin, cyfluthrin, cypermethrin, deltamethrin, lambda-cyhalothrin, or tralomethrin. Pesticides that contain the active ingredients carbaryl or chlorpyrifos appear to be less effective against these lady beetles. Examine the pesticide label to determine what chemical is listed as the active ingredient.

Lyme Disease

What is Lyme Disease?

Lyme disease (LD) is a bacterial infection caused by *Borrelia burgdorferi*, a type of bacterium called a spirochete that is carried by the common black-legged, or deer, tick. Infected ticks transmit the spirochete to the humans and animals it bites. If left untreated, the bacterium will travel through the host body's bloodstream and situate itself within a variety of body tissues. The results are many and varied, including such things as rashes, flu-like symptoms, and aching joints that mimic arthritis. Without treatment, Lyme disease can cause serious, long-term health problems, but Lyme disease can often be treated with antibiotics.

Only two species of ticks, both belonging to the "Ixode" genus, are carriers: Deer Ticks (*Ixodes scapularis*), and Black-Legged Ticks (*Ixode pacificus*). Ixode ticks are found mainly on deer, although field mice, rabbits, sheep, and cattle may also pick them up. After a tick has become infected, it can infect any animal it bites. If you are the unlucky recipient of a tick bite from an infected tick, you still might not get the disease. In fact, a tick typically has to stay attached to its host body for more than 36 hours before it transmits the infection to the host's bloodstream.

What Are The Most Common Symptoms of Lyme Disease?

• Intense fatigue	• Sore throat
• Diminished or absent reflexes	• Swollen glands
• Brain fog	• Nausea/vomiting
• Insomnia or excessive sleep	• Anorexia
• Memory loss (short & long term)	• Cough
• Joint pain/swelling/stiffness	• Vasculitis
• Poor coordination/ataxia	• Muscle pain or cramps
• Difficulty reading	• Loss of muscle tone
• Slow or slurred speech	• Changes in taste or smell
• Unexplained chills & fevers	• Twitching of muscles (face or other)
• Rash	• Obsessive-Compulsive symptoms
• Sudden abrupt mood swings	• Panic attacks
• Continual infections	• Changes in cerebral blood flow/brain waves
• Poor concentration	• Peripheral neuropathy/tingling/numbness
• Decreased ability to spell correctly	• Number reversal
• Unusual depression	• Change in hearing/buzzing/tinnitus
• Tremors	• Trigeminal neuralgia (TMJ)
• Disorientation	• Unexplained hair loss
• Burning/stabbing pain	• Dilated cardiomyopathy
• Facial paralysis (Bell's Palsy)	• Visual disturbance
• GI distress/abdominal pain	• Loss of temperature control
• Poor word retrieval/Aphasia	• Weight changes (loss or gain)
• Shortness of breath	• Difficulty swallowing
• Anxiety	• Heart palpitations/chest pain

One of the most common symptoms is a red rash known as erythema migrans. This rash presents

itself as a red circular patch approximately 2 inches in diameter that appears and grows around the place where the tick originally bit. The rash typically appears between three and 30 days after being bit. Often the center of the bite will clear and present itself as a bull's eye. Typically, however, while the rash may be warm, it is neither painful nor itchy.

However, if the infection is left untreated, it may spread to other parts of the body within days or weeks. Additional complications such as Bell's palsy, intense headaches and stiffness due to meningitis heart palpitations and dizziness and shooting pains. Eventually up to 60% of patients with untreated infections also have arthritis symptoms with intense joint pain and swelling, most often in the knees. For a small percentage of infected victims, chronic neurological issues occur, including numbness in the hands or feet and short term memory loss. Even with treatment, some victims of Lyme disease have ongoing symptoms that last months and years and include fatigue, ongoing muscle and joint pain, and arthritis.

Natural and Alternative Remedies to Lyme Disease

The 72 Hour Remedy: Salt and Vitamin C Never Tasted So Good!

Dosage

- 12-one gram tablets of salt. One brand of salt pill is CMC (Consolidated Midland Corporation), NDC#0223-1760-01, ordered through a pharmacy (no prescription required)
- 12-1,000 mg tablets of Vitamin C
- Water

Usage

- The treatment requires that you take 1 of each every hour throughout the day with ample amounts of water.
- Taking each dosage with food is advised to help in absorption and to reduce side effects. Avoid large doses at the outset. If you can tough it out, do so. However, the effects are sometimes immediate and powerful if the infection is of long duration and the bacteria has had a chance to establish a strong foothold in your system.
- We have found a better approach is to gradually increasing the dosage and "working with" the Herxheimer reactions as they occur with the protocol. A gradual-dosage protocol, even at the initial lower quantities, can have a notable effect depending upon bacterial load, body weight, etc. In fact, a smaller person often does not have to use the entire 12 grams per hour of salt and Vitamin C; 6 to 8 grams often is enough for a full effect.
- In any case, indications that the body is 'flushing' toxins and attendant phenomena referred to as 'Herxheimer' reactions should suggest that the current dosage level in a gradual-dose protocol should be maintained. Once the body becomes acclimated to that level of dosage, the next higher level can be attempted. Should the Herxheimer reaction be especially arduous, return to the lower dosage until the reaction passes, then resume a gradual increase once again.
- An example of a gradual-dose protocol would begin with a dose of 1 gram each of salt and Vitamin C at 10 am and again at 2 PM. If you experience fatigue or have a mild feeling of malaise, omit a 6 PM dose. Instead, drink plenty of water through the rest of the day and evening. Maintain a schedule of just 2 doses per day until there is no reaction--this may take 1 or 2 days--then move on to 3 doses per day with the addition of a dose at 6 PM.
- Continue a gradual increase until reaching the 8 -12g of both salt and Vitamin C. Though 12 grams a day is what the protocol asks for, there is usually a notable effect after reaching 8 grams per day. Higher doses have an increased effect where there is a "stubborn" area in the body. Once you've attained the prescribed dosage, you will begin noticing immediate results.
- Remember to drink large quantities of water--no less than 12-8 ounce glasses. This will not only serve to keep you hydrated as your body flushes itself, but also help to make sure the remedy is delivered throughout the body as needed. If after 72 hours you do not feel better,

repeat the remedy once every 3-5 days until you notice.

Supplements

- Omega-3 fatty acids, at a dose of 2 to 6 grams per day.
- Bromelain acts much like an NSAID. Suggested dose: 2 x 500 mg daily.
- Proper protein synthesis can only be achieved with MSM monomers. Daily dosages of 2,000 to 4,000 mg are recommended.
- CoQ10 functions as a powerful antioxidant. Suggested dose: 200-300 mg daily.
- L-glutamine: Suggested dose: 4 x 500 mg daily on an empty stomach.
- L-glycine: Suggested dose: 4 x 500 mg daily on an empty stomach.
- Shark cartilage. Suggested dose: Take 3-6 capsules daily until pain subsides.
- Vitamin C is the wonder vitamin. Suggested doses: During intense joint pain, 1,000 mg per hour until you reach bowel tolerance indicated by diarrhea. For maintenance, 500-3,000 mg daily.

Herbs

Acting as super-boosters, herbs help give your immune system that extra "get up and go" it needs to stay strong and vital. Following is a list of some of the most effective herbs for treating your symptoms.

• Reishi Mushroom	• Oregano Oil
• BoswelliaTurmeric	• Olive Leaf
• Grapefruit Seed Extract	

Hot or Cold? Pack It On for Relief!

For many, the symptoms of Lyme disease can show up as swelling and inflammation. For immediate relief of these painful symptoms, pack it on with an ice or castor oil pack. To determine which is right for you, hot packs (castor oil) are usually used to relieve dull pain whereas sharper pain tends to respond best to cold packs (ice).

<p>Ice Pack</p> <p>What you'll need:</p> <ul style="list-style-type: none"> • Ice • Secure plastic bag (e.g., Ziploc®) • Towel or hand cloth, moistened <p>What you'll do:</p> <p>Simply put the ice in a secure, plastic bag wrapped in a moistened towel or hand cloth and apply directly to the affected area. Hold on the area for 15 to 20 minutes at a time. This can be repeated every hour for as long as symptoms and swelling persists. For additional relief, try massaging the affected area in between ice treatments.</p>	<p>Castor Oil Pack</p> <p>What you'll need:</p> <ul style="list-style-type: none"> • Castor oil • Towel or hand cloth, moistened • Heating pad (if you don't have a heating pad, you can heat up the towel/hand cloth in the microwave or use a hot water bottle. Be sure to make sure it's not too hot for your skin.) <p>What you'll do: Simply rub the oil directly on your skin around and over the affected area including the bite. Cover with your towel and apply heat. For best results, keep the pack on the affected area for between 30 and 60 minutes at a time. Use for up to 3 days at a time.</p>
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Water: For Lyme disease sufferers it is critical that a minimum of 10 to 12 eight-ounce glasses of water be consumed every day. A simple equation determines how much water an individual should drink daily: body weight divided by two equals the minimum number of ounces of water recommended. For example, if you weigh 150 pounds, you need to drink a minimum of 75 ounces of purified water or reverse-osmosis water per day on an empty stomach. If alkaline water with a pH of

greater than 7 is available, then it will greatly help your body's ability to flush the toxins and infection from your body. Baking soda can be added to the water to alkalize it, as well.

The Prostrate Secrets Report

What is the prostrate?

The prostate is a gland surrounding the urethra and is located in front of the rectum below the bladder. A healthy prostate is approximately the size and shape of a chestnut and plays a vital role in the male reproductive system. Its purpose is to produce and release a fluid that makes up a significant portion of seminal fluid. The remaining fluid is produced by seminal vesicles. These fluids combine, transport sperm through the urethra (the same tube that passes urine) during ejaculation, and are meant to neutralize the vagina's naturally acidic environment, making it easier for fertilization to occur as it ensures the sperm's survival. Without the prostate, fertility is lost and erectile dysfunction is common. There Are Three Main Problems that Affect the Prostate...

- Infection
- Enlargement
- And Cancer

Symptoms of Prostrate Problems

All three common problems of the prostrate can cause the following symptoms due to the close proximity to the urethra and bladder; however, some men who develop prostate cancer will be asymptomatic:

• Frequent and/or urgent need to urinate	• Difficulty urinating
• Painful urination	• Weak urinary stream
• Blood in urine	• Loss of urinary control
• Waking repeatedly at night to urinate	

Other Symptoms:

• Sexual dysfunction	• Fever
• Pain located in the testicles, perineum, lower abdomen, lower back, and during intercourse	

There Are Two Important Tests to Determine if You Are at Risk for Developing Prostate Cancer...

1. The first is a digital rectal exam.
2. The second is the prostate-specific antigen test or PSA test.

Natural and Alternative Remedies for Prostrate Problems Prostate and Diet

The evidence points to diets high in saturated fat as the largest contributor to prostate cancer. Saturated fats are found in foods such as red meat, which may raise the risk of prostate cancer by 30-40%, dairy produce, deep fried foods, and others. These foods also lead to obesity, which can affect the accuracy of the PSA test, delaying diagnosis and treatment. PSA levels are frequently lower in

overweight patients even when disease is present. As you set the goal to add healthier foods to your diet consider the following:

<ul style="list-style-type: none"> • Five servings of fruits and vegetables per day. Many of these are rich in vitamins, minerals, antioxidants (which fight cancer) and fiber. Remember, when you add fiber, you also need to drink more water to avoid constipation. 	<ul style="list-style-type: none"> • Cold water fish and fish oils (Though found less in cold water fish, be aware of mercury levels as this is becoming a growing problem with pollution. Smaller varieties may be a better choice and you can take a Selenium supplement to counteract the possible effects of the mercury.)
<ul style="list-style-type: none"> • Seeds and nuts such as pumpkin seeds and almonds that still contain the skin – raw, unsalted is your best choice Flax seed (not the oil as it may promote tumor growth) 	<ul style="list-style-type: none"> • Broccoli sprouts
<ul style="list-style-type: none"> • Whole grain foods (including breads and fortified cereals) 	<ul style="list-style-type: none"> • Olive oil
<ul style="list-style-type: none"> • Soy products 	<ul style="list-style-type: none"> • Low fat dairy and other calcium rich foods
<ul style="list-style-type: none"> • Green tea 	

Vitamins

Vitamin A: Found in apricots, lettuce, spinach, chicken livers, and other foods, this vitamin has many health benefits including immune function and cell growth support. It is also important to the reproductive systems in men and women, and is most known for the role it plays in vision.

Vitamin B6: This vitamin is essential for a healthy nervous system and has anti-inflammatory properties, specifically of the skin. It is found in fortified cereals, chickpeas (otherwise known as garbanzo beans), and nuts.

Vitamin C: Consuming foods such as strawberries, cauliflower, grape juice, red peppers, citrus fruits and juices will help you receive the multiple health benefits of this vitamin. It promotes healing, a stronger immune system, iron absorption, and it blocks free radicals from damaging cells.

Vitamin D: It is needed for healthy bones and teeth, cell growth, and it aids in reducing inflammation. Sunlight is an important source of Vitamin D. Skin cancer is a concern, but mild exposure to the sun's rays is healthy. It is also found in foods such as fortified milk, salmon, sardines, shrimp, cod, and eggs.

Vitamin E: This is another protector against free radicals, it promotes effective cell communication, and it gives your skin added protection from ultra-violet rays. Take advantage of this effective prostate cancer fighter through fortified cereals, nuts, spinach, and tomato products.

Beta-Carotene: When you consume foods such as spinach, sweet potatoes, carrots, and pumpkin, you protect your cells from free radicals, and improve your immune and reproductive systems. Foods rich in Beta-Carotene are also another source of Vitamin A.

Calcium: This mineral is found in dairy products, many leafy greens, sardines with bones, sesame seeds, and even blackstrap molasses. Calcium promotes strong, healthy bones; proper nerve and muscle function, and affects the clotting of the blood.

Lycopene: Its health benefits include prevention of cholesterol oxidation, which slows the progression of arteriosclerosis, and it is another free-radical fighter. When tomatoes are cooked, Lycopene is enhanced. Consider adding a little olive oil for enhancement to your favorite spaghetti sauce. Other foods containing Lycopene are papaya, pink grapefruit, watermelon, and guava.

Selenium: This mineral enables thyroid hormone production, fights free radicals, and prevents joint inflammation. Nuts, fish, whole-grain wheat flour, mushrooms, and garlic are all excellent sources of Selenium.

Zinc: Blood sugar regulation, metabolic rate stabilization, and strengthened immune system are some of the benefits of this micro mineral. It also improves your sense of taste and smell. Lean beef,

oysters, and crab contain a healthy dose of Zinc.

The Benefits of Soy: In a study done on Japanese men, those who ate tofu five times a week, their chances of getting prostate cancer decreased by 65% compared to those who ate it once a week. For those who drank soymilk once a day, they were 70% less likely to develop prostate cancer than those who drank none.

Foods to Eliminate

· Alcohol and caffeine	· Sugar and sugar substitutes
· Animal products	· Hydrogenated oil found in margarine, doughnuts, potato chips, cakes, and deep fried foods
· Foods high in saturated fat	· Processed foods
· Processed food and sugars	· Pasteurized dairy foods (you may even consider cutting out dairy)

Prostate and Supplements

The Importance of Medical Supervision and Supplements

- If you are on blood thinners, do not take Vitamin E supplements.
- Those with heart or kidney conditions should not take Magnesium without doctor permission.
- Vitamin C taken in excess of 1,200 mg may cause diarrhea.
- Your physician should carefully monitor zinc taken beyond 15 mg.

The Best Source of Cancer Fighting Nutrients

- **Zinc** is considered by many doctors to be helpful in treating BPH. Too much Zinc leads to anemia, immune system problems, and can be toxic. Take between 11 and 40 mg per day.
- **Omega - 3 Fatty Acids:** Studies have shown that some vegetable oils, fish, and nuts containing this substance are beneficial for your heart and may have the ability to prevent advanced prostate cancer. Adding a few servings per week should make a significant difference.

Vitamins and Minerals.

- **Vitamin A:** Between 3,000 and 10,000 IU per day
- **Vitamin B6:** Between 1.7 and 100 mg per day
- **Vitamin C:** Between 90 and 1,800 mg per day
- **Vitamin D:** Between 400 and 2,000 IU per day
- **Vitamin E:** Between 22.5 and 1,500 IU per day
- **Calcium:** Between 1,200 and 2,500 mg per day
- **Selenium:** Between 55 and 2,500 mg per day

The Shocking Truth About Your Body Weight And Your Prostate Health

Shrink That Waistline: For men whose waistlines measure 43 inches or more, they have a 50% increased likelihood of experiencing symptoms of prostate enlargement and undergoing surgery.

Below are some strategies for controlling your weight:

• Drink about 2 or 3 quarts of water per day	• Exercise
• Increase your fiber intake	• Eliminate alcohol
• Reduce the fat and sugar in your diet	

Water and Weight Loss: Increased water also helps prevent conditions that are connected to prostate enlargement including bladder infections, kidney problems, and cystitis.

The Importance of Fiber: A diet high in fiber is a diet high in healthy foods such as fruits and vegetables, beans, and whole grains. Increasing the fiber in your diet has many health benefits, including weight loss.

Lose the Bad. Lose the Fat: Saturated and hydrogenated fats, alcohol, and sugar not only have no

nutritional value, they are harmful. As you eliminate or reduce your intake of these, your body will lose the pounds with more ease.

Get Moving! Whether you choose biking, swimming, running, or walking, you will burn those calories. Try alternating your exercise routine for variety. You can also do simple things like using the stairs when given the opportunity or parking a little further away.

Scabies

What is Scabies?

Scabies is an infestation of the skin with the microscopic mite known by the Latin name *Sarcoptes scabiei*. Scabies spreads rapidly under crowded conditions where there is frequent skin-to-skin contact between people, such as in hospitals, institutions, child-care facilities, and nursing homes.

Scabies mites burrow into the skin using their mouths and front legs. They don't actually carry disease, but their presence in the body creates an immune system response that we call scabies. Scabies is caused by direct, prolonged contact with an infested person. It's also possible to get scabies from clothing or linens used by an infested person. If you sleep in the same bed someone with scabies has slept in, for instance, or wear clothes after them or share a towel, you could pick up the mites.

Signs and Symptoms of Scabies

Scabies usually manifests as a rash or pimple-like irritation at the site of infestation. The spots are itchy and you can also get infected sores from scratching the affected areas. Some places you are likely to discover this irritation include:

<ul style="list-style-type: none">• In between the fingers	<ul style="list-style-type: none">• In the groin area
<ul style="list-style-type: none">• Around the wrist	<ul style="list-style-type: none">• Under the arms
<ul style="list-style-type: none">• Around the waist or belt line	<ul style="list-style-type: none">• In the folds of the elbows and knees
<ul style="list-style-type: none">• On the abdomen	

Children commonly show scabies irritation on their faces and the palms of the hands and soles of the feet as well. Other symptoms include red rashes that may be bumpy. Pus-filled lesions are also possible. Burrows of one eighth to one half inch may be visible, but they are often hard to see. The rashes and irritation spots are not necessarily the locations of the mite burrows.

Natural and Alternative Remedies for Scabies

Sulfur Ointment: A five to ten percent ointment of sulfur mixed with petroleum jelly or cold cream is effective at eliminating scabies when applied for three nights and washed off 24 hours after the last treatment. This is a good option for children especially, but it should not be used by people sensitive to sulfur. Side effects may include irritation and dry skin. Sulfur also has a strong odor, of course, and can stain bedding and clothing. The treatment should be supervised by a doctor or naturopath because of the potential for sensitivity in large doses in small children.

Tea Tree Oil: To use Tea Tree oil to treat your scabies, draw a warm bath and add 10 to 20 drops of tea tree oil to the water. Soak all infected areas, being careful to avoid getting it in your eyes or mouth. Rinse and dry thoroughly. You may also apply pure Tea Tree oil directly to the affected areas with a cotton ball. Repeat this procedure once or twice a day for two or three weeks, or until the rash and discomfort disappears. Tea Tree oil is especially helpful if you have sores on your face and scalp,

because it is much more gentle than pharmaceutical methods of treatment that patients are often advised not to use on their faces.

Aloe Vera: Aloe has been used to treat skin conditions such as eczema, psoriasis and poison ivy, so it makes sense that it could help clear up the sores brought about by scabies as well. To use aloe, simply break off a small bit of one of the fronds, squeeze the gel out and apply it to the scabies spots. This should ease itching and help clear up the sore spots.

Zinc Oxide: Zinc oxide is most commonly used as an ingredient in sunscreens. It is helpful at blocking out harmful ultraviolet rays of the sun. It is also protective of the skin in other ways. It can help clear up rashes and thus might be useful in combination with other remedies for healing your scabies.

Vitamin E: Creams and lotions containing vitamin E are the best choice for those with scabies. Using a cream with vitamin E can reduce itching and promote healing. Such creams are easy to find in most drug stores, or you can break open a gel cap of vitamin E and rub the gel on affected areas.

Balsam of Peru: The Balsam of Peru (or Peru Balsam) oil has been used to treat eczema and arthritis. It can kill scabies because of its anti-parasitic properties. Ten to 30 drops should be given daily in a syrup solution (castor oil is a good choice) with an egg yolk added.

Goldenseal: When used as a topical treatment, goldenseal can help fight infection. This is especially helpful when treating scabies because it is common to pick up an infection when you scratch your itchy sores. It won't kill the mites but can help if you have infected sores.

Tamanu Oil: Indigenous to Southeast Asia and Polynesia, the tamanu tree is known by many different names including ati, kamani and foraha. The oil is pressed and bottled. It is wonderful for all sorts of skin ailments including the healing of wounds and scars. The oil can be applied pure or in a mixture with olive oil (which is also great for the skin) as needed.

Garlic: Garlic taken internally will help kill the scabies mites (and it's delicious, of course, so you'll want to eat a lot) but you can also pound a clove of garlic alone or with olive oil and rub the oil on any sores you may have. You can also take garlic in pill form, but it is best to use real cloves rubbed on the skin for the best anti-bacterial and anti-parasitic power. You should not rub garlic on the rest of your body as it may produce dermatitis in some people.

Colloidal Silver: Colloidal silver should be applied directly to scabies sores and burrows. It can be used undiluted a couple of times a day. It does not sting or burn. It is especially helpful at preventing a secondary infection that might be caused from scratching scabies sores.

Black walnut and Wormwood: Black Walnut and wormwood are two herbal remedies that help the body fight parasitic infections. They're often found together in prepared tinctures and remedies for parasitic infections. Black walnut hulls have long been used as a treatment for worms. They are full of iodine and tannins, which are antiseptic. They can help cleanse the blood and are used to help a variety of skin problems. Wormwood is so named because it is a powerful defense against parasitic worms.

Neem Tree Leaf: Neem oil is a popular treatment for head lice and dandruff. The oil can be combined (10 percent to 90 percent) with another oil such as coconut or sesame oil and applied to the hair as a treatment for lice or dandruff. If you have scabies sores on your face or at the hairline, this treatment may also be helpful for you.

Other Useful Herbs

As a sort of lightning round, here are some other herbal supplements that might be useful to you as you clear up your scabies and the itching and bumps associated with it.

- Ginkgo biloba is said to be helpful as an anti-oxidant and can be used as a cream to soothe scabies sores. You shouldn't use it if you are on blood thinners.

- Kelp can be useful when getting over an outbreak of scabies to bring needed balance to your mineral intake.
- Vitamin A is needed by the body to heal and reconstruct skin tissue once your scabies sores have been eliminated.
- Evening primrose oil, which provides an essential fatty acid, is seen as helpful for all sorts of skin disorders. Take by pill, 1,000 milligrams three times a day, with food. Vitamin E helps slow the breakdown of the acid, so if you can find primrose oil with E, you'll be doing double good.
- Sheep sorrel is an anti-parasitic that may be found in anti-parasite tinctures along with wormwood and black walnut.
- Cloves are great for detoxifying the body and are one of the few natural remedies known to kill parasite eggs in the body

Number One Recommended Natural Remedy Procedure

When you are diagnosed with scabies, here is the procedure that we recommend you follow for the best natural results for healing you and your family of scabies quickly and easily.

1. Take a bath using warm water and 10 to 20 drops of Tea Tree essential oil. Stay in the bath as long as you like, but 20 or 30 minutes is ideal. Make sure that your whole body from the neck down is immersed in the water.
2. Towel dry and apply pure Tea Tree oil to your scabies sores, using a cotton ball. You should apply Tea Tree oil to the sores two or three times a day until they are healed. Tea Tree oil is an antiseptic that will kill the mites, so you want to be diligent with this. Continue to take baths daily.
3. If you have uncomfortable itching, apply a lotion containing Aloe vera or use Aloe vera directly from your own plant. You can apply this as often as you need to soothe the itching. If you are buying a prepared Aloe vera lotion, look for one with other healing properties such as Vitamin E, Vitamin A, Evening primrose oil, zinc oxide or goldenseal.
4. For extra anti-parasitic power, crush a glove of fresh garlic in a tablespoon of olive oil and rub the mixture just on your sores. You could also increase your consumption of fresh garlic to help heal your body from the inside out.
5. Wash all clothing and linens that everyone in the household has been in contact with over the past week. Wash items for each family member separately and in hot water. Dry in a hot dryer. Repeat this process once you have finished your treatment for extra insurance against re-infestation.
6. Items that cannot be washed or will not fit in the washer or dryer may be sealed in a plastic bag and kept in a place where people will not touch it for a week.
7. Use a lotion containing Vitamin E to reduce itching and heal the skin. Adding Vitamin E to your diet through supplements or foods (wheat germ and other whole grains) can also be helpful at speeding the healing of sores. Vitamin E is helpful at metabolizing Evening primrose oil, so if you want to take Evening primrose oil (1,000 milligrams taken with food three times a day), take Vitamin E as well to make it even more effective at healing your skin.

Sinus Infection Cures

What is a sinus infection?

When the membranes lining your sinus cavities become inflamed or infected, it is probably sinusitis. Allergies, fungal infections, structural deviations in the nose, or unresolved bacterial infections can all lead to this condition. Sinusitis can last for a few weeks (acute) or months (chronic).

Symptoms of Sinus Infections include:

• Congestion	• Headache
• Runny nose -- usually with a thick, discolored discharge	• Nighttime coughing
• Pain or pressure around your eyes and nose	• Fever

Common Causes of Sinus Infection

- 1. Nasal Allergies:** Your immune system gets confused and tries to protect you against something that's not really harmful, like pollen or pet dander. Part of this protective response involves pumping out histamine (a chemical produced by the body that triggers sneezing, a runny nose, and other allergy symptoms).
- 2. Vasomotor Rhinitis:** Although it's not an allergic response, Vasomotor Rhinitis is similar in the way that it is an overreaction of the immune system. The blood vessels in the nose constrict and dilate in response to an irritant (smoke, spicy foods, changes in temperature, or certain aromas) and as a result, your nose starts to run.
- 3. Common Cold:** There are over 200 strains of the cold-causing virus, and although you can catch one anytime of the year, colds occur most frequently in the winter months.
- 4. Sinusitis:** The sinus inflammation that characterizes sinusitis can be brought on by another nasal problem, such as a cold, nasal polyps, or an infection.

Natural and Alternative Remedies for Sinus Infections

1. The Apple Cider Vinegar (ACV) Cure:

Mix 1-2 tablespoon Apple Cider Vinegar in a glass of water and swallow the mixture all at once. Drink this mixture 3-4 times a day. Another way to drink the ACV mixture is to put 1/8 cup to 1/4 cup ACV in 16oz of water and sip it throughout the day.

2. The Mucus Cleanse and Rinse Cure:

<p>You will need to gather the following items:</p> <ul style="list-style-type: none"> • Alkalol (<i>nasal wash and mucus solvent</i>) • Liquid glycerin • Baking soda • Coarse sea salt • Filtered or spring water • An opaque container (does not allow light in) • And empty nasal spray bottle 	<p>Instructions:</p> <p>Mix 8oz of Alkalol with 8oz of filtered or spring water and pour the mixture into the opaque container. Next, add 2 caps full of glycerin, 1/4 teaspoon of baking soda, and 1 level teaspoon of coarse sea salt. Stir or shake the mixture until the salt has been completely dissolved. Fill the nasal spray bottle with solution. Leave the remaining solution tightly sealed in the opaque container.</p>
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How To Correctly Use A Nasal Spray:

- Remove any mucus in the nasal passages by blowing your nose.
- Shake the nasal spray bottle of solution and remove the cap.
- Tilt your head down (Bend forward to your comfort level and look towards the floor).
- Hold the spray bottle in the palm of one hand and place the tip of the nozzle in the opposite nostril. (Pointing the nozzle to the outer part of the nostril.)
- Spray the solution, sniffing gently as if smelling food or a flower. (Do not inhale the spray. This can cause the solution to go into the throat instead of the nasal cavity.)
- Repeat sprays as needed until each nostril is thoroughly wet.

Use the Mucus Rinse spray in the morning and again before you go to bed.

3. The Simple Saline Solution Cure:

Method One: Nasal Spray

If you wish, you may add one of the following to the above saline rinse:

<ul style="list-style-type: none">• 1/2 tsp of Sodium Bicarbonate (baking soda)	<ul style="list-style-type: none">• A few drops of Grapefruit Seed Extract
<ul style="list-style-type: none">• 1/8 tsp of crushed garlic	<ul style="list-style-type: none">• 7-8 drops of 3% Hydrogen Peroxide to 500ml of the solution

Method Two: Neti Pot - A Neti Pot looks like a teapot and the technique literally means *nasal cleansing with water*.

Instructions:

- Follow the instructions for the Simple Saline Solution.
- Pour enough solution to fill your Neti pot into the hole at the top.
- Stand over your sink basin or in the shower.
- (Apply tip/nozzle of the Neti pot snugly into nasal passage.) Put the nozzle of the Neti pot to one of your nostrils (This is easy to identify because your Neti pot looks just like a tea pot). Tilt your head down to one side, bending slightly forward.
- Now allow the solution to flow through one of your nostrils, out the opposite nostril and drain into your sink basin.
- Switch nostrils and repeat this process.

4. The Steam and Apple Cider Vinegar Cure:

Boil 1 cup of water with 1 cup of ACV and remove from heat. With eyes and mouth closed, inhale the vapors. You can also inhale the vapors directly from an open ACV bottle. Repeat 2 to 3 times a day for a few days.

5. Diet and Nutrition: Avoid the following foods:

<ul style="list-style-type: none">• Dairy (worst of them all)	<ul style="list-style-type: none">• Fried foods
<ul style="list-style-type: none">• Ice cream	<ul style="list-style-type: none">• Processed foods
<ul style="list-style-type: none">• Refined flour	<ul style="list-style-type: none">• Sugar
<ul style="list-style-type: none">• Chocolate	<ul style="list-style-type: none">• Fruit juice
<ul style="list-style-type: none">• Eggs	<ul style="list-style-type: none">• Any individual food allergies
<ul style="list-style-type: none">• Severe intake of salt	<ul style="list-style-type: none">• Alcohol

Link Between Ice Cream and Sinus Infection: Within 24 hours of consuming a scoop of ice cream from brands that contain artificial flavors, flu-like symptoms will manifest: fever, headache, congestion, general malaise.

6. Herbal Supplementation

Echinacea and Goldenseal: This herbal combination works well for acute sinusitis by enhancing immune function and reducing mucus congestion. **Suggested Dosage:** 5 ml or 500 mg 4x daily.

Oregano Oil: Has potent antibacterial and antifungal properties. **Suggested Dosage:** 500 mg or 0.5 ml four times daily.

N-acetylcysteine: Thins mucus secretions so that the sinuses can drain more effectively. **Suggested Dosage:** 500 mg three time daily.

Bromelain: A natural anti-inflammatory and has been shown to improve acute sinusitis. **Suggested Dosage:** 500 mg three times daily. [Look for products standardized to 2,000 M.C.U. (milk-clotting units) per 1,000 mg or 1,200 G.D.U. (gelatin dissolving units) per 1,00 mg.]

Vitamin C: Has anti-allergy and immunity enhancing properties. **Suggested Dosage:** 1,000 mg four times daily.

Bioflavonoids: Helpful for allergy sufferers and common allergy symptoms. **Suggested Dosage:** 500 mg three times daily.

Grape Seed Extract: Reducing inflammation of the sinuses. **Suggested Dosage:** For chronic sinusitis take up to 300 mg daily.

Garlic: Fights infection and helps drain sinuses. **Suggested Dosage:** 250 to 500 mg twice daily.

Turmeric: Anti-inflammatory agent and relieves sinus pressure. **Suggested Dosage:** 400 to 600 mg three times daily [find standardized for 400 to 600 mg of curcumin.

Astragalus: Has immunity strengthening properties. **Suggested Dosage:** 200 mg twice daily.

Cat's Claw: Anti-inflammatory and immune boosting properties. **Suggested Dosage:** 500 mg three times daily.

Olive Leaf: Beneficial antibacterial properties and helps heal infection. **Suggested Dosage:** 500 mg twice daily.

Shiitake: Has immunity boosting properties. **Suggested Dosage:** 500 mg extract or tables twice daily.

Feverfew: Prevent migraines and eases headaches. **Suggested Dosage:** 300 to 400 mg once daily.

Ginger: Anti-inflammatory, pain reliever and adds in aiding chills. **Suggested Dosage:** 500 to 600 mg once daily or 1/2 to 1 teaspoon fresh chopped root.

Meadowsweet and Willow Bark: Pain reliever **Suggested Dosage:** 400 mg up to six times daily

7. Aromatherapy and Essential Oils

Here is a list of some the Essential Oils you can used to treat Sinusitis:

• Eucalyptus	• Myrtle	• Lavender	• Pine	• Menthol and Peppermint
• Tea Tree	• Rosemary	• Oregano	• Lemon	• Thyme

Organic Oregano Oil or Wild Oregano Oil is said to be a very powerful tool combating sinus infection. A 10-day period should be enough to cure a sinus infection. Place 4 drops into a capsule and follow:

1. Every 2 hours the first day
2. Every 4 hours the next two days
3. Every 6 hours the next three days
4. Every 8 hours for the next four days

8. Hydrotherapy

Bath: Run a warm full bath, add 4 drops of lavender, 2 drops of thyme and 1 drop of tea-tree essential oils and stir well. Soak in the bath and inhale the steam deeply for at least 10 minutes, giving time to oils to penetrate.

Hot Steam Inhalation

1. Place hot water (500 ml-1 liter) into a bowl and set the bowl on a steady surface. Fill the bowl about one third full with hot water.
2. Add one or all of the following essential oils, 2-3 drops each, to the steam-water:
 - a. Lavender and thyme are the most effective, especially when much pain is present.
 - b. Eucalyptus, peppermint, rosemary and pine are very good at relieving blockage and congestion.
 - c. Tea-tree is the most powerful antiseptic - very important in eradicating infection. Frequent (up to 5 or 6 times a day) steam inhalations help decongesting sinuses effectively.
 - d. Add 2 drops of eucalyptus oil, 2 drops of peppermint oil and 2 drops pine oil to the hot water and inhale the aromatic vapors deeply, for about 1-2 minutes. Repeat several times a day.
3. Put a towel over your head and over the bowl, lean forward, close your eyes and inhale the steam deeply through your nose for about a minute.
4. Be careful to not get too close to the steam, as this could burn your skin.
5. Repeat this inhalation several times a day if required.

9. Hot Compresses and Poultices

Hot Compress with Ginger: Start by making a strong ginger tea.

- Put 2 teaspoonfuls ginger root powder or finely chopped fresh root into a cup of water,
 - Bring it to the boil and
 - Simmer for 10 minutes.
1. Soak a thick cotton washcloth in the hot ginger tea and place it over sinuses, being careful not to burn yourself.
 2. Rewet the cloth when it cools and reapply for a total of ten minutes.
 3. Repeat the treatment several times a day as desired.

Poultice with Ginger:

- Make a paste by mixing 140 g dried ginger powder with a little hot water.
- Sandwich the paste between two layers of gauze or spread on a handkerchief.
- Place the poultice over the sinus, being careful not to burn yourself.
- Leave on for a few minutes, but no longer than 5 minutes. Remove if uncomfortable.

Poultice with Black Mustard: Black mustard has a stronger effect than ginger, stimulating local blood circulation and mildly irritating the skin. Be careful not to over stimulate and burn your skin!

- Make a past by mixing 120g freshly ground black mustard seeds with warm water.
- Sandwich the paste between two layers of gauze or spread on a handkerchief.
- Place the poultice over the sinus, s being careful not to burn yourself.
- Remove after 1 minute.
- Repeat 2 times a day.

10. Facial and Nasal Area Massage:

Massaging the face, with special attention to the areas around the nose and over the sinuses, will help to drain away excessive mucus. Use the following synergistic blend in 15 ml carrier oil (sunflower oil):

- 1 drop Immortelle (*Helichrysum angustifolia*)
- 2 drops Lemon (*Citrus limon*)
- 3 drops Myrtle (*Myrtus communis*)

Work around the nose and cheeks with circular movements. Using smaller circles around the nose, and larger circles around the eyes and cheeks. You can also use Lavender, Tea-tree and/or Eucalyptus oils outlined earlier. Simply dilute in sunflower oil with the exception of Lavender oil.

11. Herbal Teas for Sinusitis

Try Elderflower and Chamomile herbal tea with a pinch of powdered cayenne pepper.

12. Reflexology and Acupressure

For sinus, the specific pressure points are the tip of the toes. For sinus sufferers the best points to work are B2 and LI4. Both of these points will help ease headaches, and pain in the front of the head and sinus cavities. B2 (bladder 2) is located on the inside of the left and right eyebrow. LI4 (large intestine 4) is located on the meaty section of the hand between the thumb and index finger. Use your thumb and use a rotating movement or direct pressure. Work the points on both corresponding positions (left and right side). Work area for 10 to 30 seconds, five times. For acute sinusitis, massage points for a shorter period of time 2-3X daily. For chronic sinusitis, apply pressure 1X daily for a long period of time.

What is an Ulcer?

An ulcer is an open sore that develops on the inside lining of the stomach, esophagus or duodenum. If the sore becomes deep enough it will cause an erosion or small hole in the lining of the stomach region. If the sore heals and the scar tissue is large, further problems are possible such as obstructing the pathway of food from the stomach into the intestines.

Symptoms of an Ulcer

A burning pain in the region of the stomach or gut (basically anywhere from the breastbone down to the belly button).

- The stomach region may be tender to touch.
- The internal pain may be dull and aching, or sharp and abrupt.
- The pain will wane and then return over a period of several days or weeks.
- Most commonly, the pain returns within several hours of eating and will go away after eating. The pain sometimes will remain for only a few short minutes, while other times it may last for hours.
- The pain usually returns at night or when the stomach is empty.
- A feeling of not wanting to eat.
- Associated pain while eating.
- Antacids or other acid-buffers will sometimes alleviate the pain temporarily.

Severe signs and symptoms, which should be investigated by a physician immediately include:

- Vomiting blood (can be red or black, resembling coffee grounds).
- Black or tarry substance in the stool – dried blood.
- Chest pain.
- Vomiting or feeling nauseous while eating.
- Unexplained weight loss (from obstruction of the intestines if the ulcer is large).

Natural and Alternative Remedies for Ulcers

Get Rid of the Bacteria. Get rid of *H. pylori* with the antibiotic properties of garlic.

Lower the Acid Level Production. Vitamin E is not only a great antioxidant helping in keeping the entire body healthy, it also works to keep stomach acids at an acceptable level. Avoid those foods that tend to be overly acidic or acid-producing. These include: processed and fried foods, alcohol, caffeine, and many wheat-based products. Add grains that are less acidifying, such as millet, to your diet. Incorporate more vegetables and fruits, raw or lightly steamed. Drink plenty of water!

Avoid Aggravating the Situation. Foods that are probably better to avoid include: whole milk, butter, cream, and egg yolks – these forms of fat tend to digest quickly and leave the stomach empty allowing the acid of the stomach to begin attacking the lining again. Stay away from alcohol and any form of caffeine, give up smoking, and cut out spicy and concentrated foods from your diet. Finally, if possible, avoid the use of NSAIDs and other stomach-irritating drugs.

Heal the Damaged Tissue! Aloe vera provides a large dose of nutrients that aid the healing of the ulcer. Try a food grade aloe vera gel. It usually comes in a gel or juice form, so drink 4 ounces each day. Licorice promotes the healing of all forms of peptic ulcers. The DGL form of licorice is the one to use. Eat foods high in Vitamin K, green vegetables such as chard, broccoli, spinach, kale, collards, mustard greens, etc., and don't forget to throw in a supplement of alfalfa.

Healing Foods. Foods that are OK to incorporate into your diet while your ulcers are healing (and, in fact, these foods will give you some beneficial nutrients to help the healing process!) are: avocados,

bananas, potatoes, squash, and yams.

Healing Herbs. White oak bark and yarrow are used to slow down and put a stop to any ulcer bleeding as well as help in the soothing of any the inflammation that occurs on the lining of the digestive tract. Marshmallow root and slippery elm bark are known for their mucus-like products. Taking these herbs internally as a tea or supplement will coat the lining of the stomach and ward off further attack by bacteria.

New Lifestyle Choices. Rather than eating three large meals a day, choose smaller meals scattered throughout your day. Don't overfill the stomach, eat slowly and chew thoroughly. If you stopped smoking, drinking alcohol, and reduced your intake of caffeine while you were allowing the ulcers to heal, consider keeping this habit as part of a new lifestyle. If you must, engage in these activities only occasionally rather than on a daily basis. Continue to practice stress-relieving exercises and activities.

Home Remedies for Ulcers

Bananas: A banana has the ability to neutralize the excess acid found in the stomach by coating the stomach lining and blocking the path of the acid to the mucosal layer. Bananas can be eaten alone on a daily basis or can be mixed into a shake consisting of milk and bananas blended together.

Lime: A food's acid- or alkaline-forming tendency in the stomach has nothing to do with the actual pH of the food itself. The end-products of limes and apple cider produced after digestion and assimilation are very alkaline ... so apples, apple cider (see below), and limes actually end up causing alkalization in the body. It begins by helping to balance the pH in the stomach, thereby allowing the inflammation of gastritis and peptic ulcers to subside and the healing to start. So, when your ulcer is acting up, suck on a lime for a few minutes.

Apple Cider Vinegar (ACV): To use apple cider vinegar as a home remedy for ulcers: mix 1 tablespoon honey with 1 tablespoon apple cider vinegar in a glass of water. Drink this approximately one half hour before meals.

Vegetable Juice: This home remedy uses the juice of raw vegetables – be sure to include carrots and cabbages – to help heal ulcers as well as decreasing the pain associated with them. The juices of vegetables are healthy for the entire body and also help to speed the process of recovery while adding some pain relief. To obtain the juice from these vegetables use a juicing machine. If you have trouble obtaining or making juices from these vegetables, simply eat the vegetables raw and whole instead. There are quite a few different recipes that have been suggested but the following seem to show the most promise:

1. Mix 1/2 glass carrot juice with 1/2 glass cabbage juice and drink
2. Mix approximately 1/2 glass carrot juice with 1/2 glass spinach juice
3. Mix approximately 1/2 glass carrot juice with 1/4 glass beet juice and 1/4 glass cucumber juice.
4. Cabbage juice alone

Goat's Milk: Will actually help to heal the ulcer. Try drinking a glass of this wonder beverage three times a day until the ulcer is healed.

Almond Milk: The nutrients from the almond are an added bonus along with its excellent source of protein and its ability to bind extra stomach acid and neutralize it. The milk should be made from blended blanched almonds.

Fenugreek Seed (Tea): When the sticky, mucus-like substance of fenugreek seed tea hits the stomach it forms a protective layer over the mucosal lining of the stomach and digestive tract.

Drumstick: The leaves of the kalyana murangal tree ground into a paste, mixed with a half cup of yogurt and ingested daily, they help heal peptic ulcers.

Urinary Tract Infection (UTI)

What is a urinary tract infection?

UTIs are a result of bacteria, such as E. Coli, that get into the bladder or other areas of your urinary tract and begin multiplying. Your urinary tract typically can fight off the “bad” bacteria, but at certain times— when immunity is lower—the bacteria can proliferate and a UTI is the result.

Signs and Symptoms of a UTI

There are a number of common symptoms that UTI sufferers experience. The most frequent symptoms include an urgent need to urinate— whether or not the bladder is full—and pain and extreme soreness upon urination. Other symptoms may include:

• Diarrhea	• Painful urination
• Fever	• Cloudy urination
• Nausea	• Blood in urine
• Lower back pain	• Chills
• Small amounts of urine despite urge to urinate	• Pain in upper abdomen

****Note:** If you notice blood in your urine, have excessive pain in your lower back or side, or have extended fever, nausea, or vomiting, contact your primary care physician immediately.

Natural and Alternative Remedies for UTI

Step-By-Step 12-Hour Emergency Action Plan

GROCERY ITEMS YOU WILL NEED

Before starting the 12-Hour Emergency Action Plan you will need to gather the following items. They help by restoring your body’s natural pH, digestive and urinary tract bacteria as well as relieve the pain from urination.

- Baking Soda
- Apple Cider Vinegar
- Alka-Seltzer Tablets

You will also need to gather the following items.

• Cranberry tablets	• Onion
• Unsweetened cranberry juice	• Spinach
• Fresh parsley	• 2 hot peppers
• Potato	• Acidophilus with bifidus (digestive bacteria)
• Carrot	• Olive oil
• Beets	• Garlic juice

HOURLY ONE

- Begin your 12-hour journey to health by taking two (2) cranberry tablets with one 8-ounce glass of water. In most cases, you should be able to find a bottle of cranberry tablets at your local grocery or health food store for less than \$10.
- Wait 30 minutes. Then, mix 1 Tsp. baking soda with 8-ounces of water and drink.

HOURLY TWO

- Boil 1 cup of water
- Add 1 Tsp. parsley (can be fresh or dried leaves)
- Allow mixture to steep for 10 minutes
- Strain parsley from water. Then, drink.

HOURLY THREE

- Drink 1 glass of unsweetened cranberry juice
- Take two capsules of acidophilus with bifidus. These capsules can be found at most local grocery stores, too; at a cost of between \$8-20 per bottle.

HOURLY FOUR

Begin by drinking 1 8-ounce glass of water mixed with a packet of Alka-Seltzer. Then, combine the ingredients below in a large container to create a detoxifying flush.

• 1/4 cup potato peelings	• 1/4 cup chopped spinach
• 1/4 cup carrot peelings	• 1/4 cup parsley
• 1/3 cup chopped beets	• 2 hot peppers
• 1/4 cup chopped onion	• 1 gallon water

Simmer on low for 2 hours. Then, strain vegetables and drink the broth. You will likely be unable to drink the entire gallon in one hour, and that’s perfectly fine. Drink as much as you feel able, and continue sipping the broth for the remainder of the day.

HOURLY FIVE

- Combine 1 Tbs. apple cider vinegar with one 8-ounce glass of warm water.
- Stir well. Then, drink.
- Wait 30 minutes and take 2 cranberry tablets.

HOURLY SIX

- Combine 1 Tsp. olive oil with 1 Tsp. pure garlic juice
- Mix with 1 glass warm water and drink

HOURLY SEVEN

If the garlic juice was a little difficult for you to swallow, be thankful. In Hour Seven you simply need to drink a cup of juice.

- Drink 1 8-ounce glass of unsweetened cranberry juice

HOURLY EIGHT

If you were missing the taste of apple cider vinegar, it’s your lucky hour.

- Combine 1 Tbs. apple cider vinegar with 1 8-ounce glass of warm water. Drink.

HOURLY NINE

- Mix 1 Tsp. baking soda with 8 ounces of water. Drink.

HOURLY TEN

- Combine 1 Tsp. olive oil with 1 Tsp. pure garlic juice
- Mix with 1 8-ounce glass of warm water and drink

HOURLY ELEVEN

- Drink 1 8-ounce glass of unsweetened cranberry juice

HOURLY TWELVE

- Take 1 8-ounce glass of water with 1 packet Alka-Seltzer
- Drink another bowl of detoxifying flush remedy (see Hour Four)

Foods That Can Irritate Urinary Infections

Foods that have a high acid content will often make your symptoms worse, so you need to cut these foods out of your diet immediately when you discover you have a UTI.

• Coffee	• Tomatoes
• Tea	• Wine, particularly red
• Chocolate	• Carbonated beverages
• Cola	• Chicken livers
• Guava	• Corned beef
• Oranges	• Chicken
• Pineapples	• Steak
• Strawberries	• Corn
• Sour cream	• Eggs

Foods that Can Help Restore Bodily Health

After you've been sure to eliminate any potentially toxic foods from your diet, you'll want to invest in some foods that will help restore a healthy pH in your urinary tract and that help your body flush the "bad" bacteria away.

• Kale	• Mineral water
• Spinach	• Broccoli
• Potatoes	• Mustard greens
• Yams	• Beet greens
• Zucchini	• Eggplant
• Carrot	• Green beans
• Squash	• Avocado
• Onion	• Grape
• Pear	• Apple

Additional Ways to Cure and Prevent Urinary Tract Infections

Taken alone or in combination with recommended others, these herbs and vitamins have been shown to have a tremendously positive impact on urinary tract health, as well as your entire body.

Alfalfa: An alfalfa juice concentrate can dramatically improve the kidney function. Increase kidney function helps to rid the body of toxins and increases the flow of urine.

Blueberry (Bilberry): Acting as an anti-inflammatory, blueberry extracts can eliminate and/or inhibit the spread of UTI bacteria.

Echinacea: when you take Echinacea combined with goldenseal, you actually can super charge your immune system to fight off your UTI! If you take as a tea, you will simultaneously increase your fluid intake and output—which helps flush your system of harmful bacteria.

Goldenseal Root: This herb has antimicrobial and anti-viral properties and will help soothe inflamed tissues and allow your body to quickly start fighting the bacteria causing your UTI.

Nettle: It helps reduce bloating.

Uva Ursi (Bearberry): Uva ursi is an herb with antiseptic and diuretic properties that helps soothe the urinary tract as well as strengthens it.

Zinc: Zinc helps boost your immune system and, when combined with vitamin C, can help you fight off a UTI infection quickly and efficiently

Yeast Infection

There are different types of infections that can attack the vagina and the vulva (area around the opening to the vagina) in women and the penis and surrounding areas in men. A yeast infection is one of them. A yeast infection is known by various names: Candida, Monilia, and Thrush being the most common. "Vaginitis" is the medical term used for vaginal infections caused by germs or certain conditions. There are three types of vaginitis:

- Trichomoniasis: caused by a parasitic protozoa.
- Bacterial vaginosis: caused by bacteria or may be a symptom of sexually transmitted venereal warts or another sexually transmitted disease (STD).
- Yeast infection, also called candidiasis: caused by a type of yeast-like fungus called Candida albicans.

Types of Yeast Infections

Though vaginal yeast infections are the most commonly known and solutions for it the most commonly advertised, there are other types of yeast infections, as well, including yeast infections of the skin, eyes, mouth and throat, deep organ tissues, urethra bladder and kidney and joints and bones. Though yeast infection is thought of primarily as a women’s disease, it can affect men and women of all ages. Men who suspect they have a yeast infection should consult their physician for diagnosis and treatment.

What Causes Yeast Infection?

Small numbers of *Candida albicans* are always present in everyone’s bodies—in the mouth, the intestinal tract, on the skin, and in the case of women, in the vagina. Normally, these areas have the right acidity, with the right balance of bacteria and other factors, to keep them from growing too much. Sometimes, as when acidity decreases, these yeast-like fungi can multiply and grow too much. This heralds the start of the infection, candidiasis. These infections usually occur in warm, moist parts of the body, such as the mouth and moist areas of skin. These and other hormonal changes affect the acidity of the vagina and lead to yeast overgrowth. Many women find that yeast infections tend to show up right before they get their periods because of the hormonal changes that come with the menstrual cycle. Here are some of the factors that contribute to yeast infections:

• Wearing clothes (especially underwear) that are too tight or are made of synthetic materials like nylon that are non-porous and trap heat and moisture might lead to yeast infections because yeast can thrive in this type of environment.	• Not drying off immediately after a swim
• Using scented sanitary products or leaving a tampon in place for too long can cause changes in the delicate pH level of the vaginal environment.	• Taking regular hot baths
• Douching or taking a bubble bath can also upset the balance of yeast in the vagina and increase the likelihood of infections. The vagina has a natural acidity level that your body regulates on its own—you do not have to “cleanse” it using douches or feminine sprays	• Failing to take action before and after menstruation to counteract alkalinity
• Maintaining elevated body temperatures for a long time, as from exercising	• Engaging in sexual activity (including oral sex)
• Heavy intake of sugar	• Maintaining poor hygiene
• Heavy intake of all alcohol	• Having long pubic hair
• Not having well-balanced meals, which contribute to nutritional deficiencies	• Always sitting with legs crossed or on the edge of a chair
• Swimming in chlorinated or antiseptic pools	• Not cleaning or changing toothbrushes or dentures frequently and properly
• Failing to disinfect teats of feeding bottles for babies	

Signs and Symptoms of Yeast Infections - In Women

Symptoms of Localized Vaginal Yeast Infection:

• Itching, burning, and irritation of the vagina	• Variable levels of anal irritation (Pruritis Ani)
• Itching, redness, and irritation of the vulva	• Low pelvic aching

• Painful urination and/or intercourse	• Spreading inflammatory redness along the perineum; sometimes even down the thighs
• Abnormal vaginal discharge, usually described as looking like cottage cheese. Discharge may vary in amount and appearance. It may or may not have an odor. If it does, it might smell like yeast or bread.	• Extreme irritation of the pubic hair follicles
• Pain during sexual intercourse	• Possibly painful urination
• Any attempts to scratch or rub may produce sexual orgasm	

Symptoms of Systemic Yeast Infection:

• Severe swelling: a red to almost purple color of the vulva, whose two entrances (urethra and vagina) appear almost closed up. The anus too will be swollen.	• General lethargy
• Vaginal and vulval dryness rather than discharge. This leads to skin cracks, which can be very painful.	• The pubic area will be scabby and very sensitive and itchy
• Micturition (passing urine) may be painful and hesitant	• Scratching may cause clear or bloody exudation
• Walking may be painful and exercise impossible	• Orgasm can result from rubbing or scratching
• Sexual intercourse will be impossible	• Hemorrhoidal (rectal) veins can swell and itch and possibly even bleed.

Symptoms of Yeast Infection - In Men

Men may not experience any symptoms of the infection. However, if symptoms are present they may include:

- Burning sensation during and after intercourse if condoms are not used
- Burning sensation of the penis and existence of a red rash or white lesions
- A drop or two of white discharge

The Yeast Infection 12-Hour Cure

This 12-hour cure can be used in the case of a localized yeast infection in both men and women. The Yeast Infection At-Home Remedy consists of a 4-step process. It is a 12-hour course of action that has helped hundreds to relieve the pain and cure the yeast infection.

Hour 1: Items Needed - Bottle Of Honey

Instructions: Squeeze a very liberal amount of honey into your hand and spread it over the infected area and SATURATE for at least 5 minutes or as long as you can (it is recommended to do this in the bathroom on the toilet to minimize messes). Take a nice bath afterwards to clean up.

Hour 4: Items Needed

- | | |
|--------------------|----------------|
| • Tampon for women | • Plain yogurt |
|--------------------|----------------|

Instructions: 1. Go to the store and buy a small carton of "plain" yogurt. But make sure it is PLAIN with NO fruit, NO added sugar and NO flavoring in it of ANY type. You should make sure that whatever type of yogurt you buy has "ACTIVE CULTURE" listed on its container.

2. For women: At home, dip the tampon into the yogurt and insert it into the vagina.

For men: Apply the yogurt with a spatula and then spread it evenly with your fingers over the penis and surrounding affected areas if any. Allow it to stay in place for at least an hour or so—longer certainly won't hurt you.

Hour 7: Items Needed - Baking soda

Instructions: Add one-half cup of baking soda to lukewarm bath water. Soak the infected area for about fifteen or twenty minutes in the lukewarm water. This will release the bacteria and fungi into the yeast infection and offer fast relief and get rid of the infection.

Hour 10: Items Needed:

• Raw garlic	• Cheesecloth
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Instructions: Cut garlic. For women: Place the cut garlic in a corner of the cheesecloth and tie it up so that it is small enough to insert into the vagina. Leave cheesecloth hanging out.

For men: Place the cut garlic along the length of one edge of the cheesecloth. Fold the cheesecloth from the edge over the garlic strip and then roll over and fold again. Wrap this folded edge around the penis, starting from the tip, and then spiral it down if required so as to cover additional surrounding areas that are also affected. Leave the garlic in place for 15 minutes. You will feel a slight burning sensation for about 5 minutes. Then you will feel great relief.

By **Hour 12**, you should feel much, much better.

Natural Remedies for Candida

Aloe Vera: Before consumption, mix it according to instructions on the label or in the packaging.

Biotin: Take this as 500mg tablets or capsules with food. Follow the instructions carefully.

Caprylic Acid: Take three capsules at each meal.

Cinnamon Bark: The essential oil of cinnamon contains cinnamaldehyde, which acts as potent antifungal agents. It's particularly effective against oral candidiasis.

Clove Bud: The clove bud has antifungal properties.

Echinacea: Taken as tablet or tincture, this is a strongly anti-fungal herb.

Garlic Bulb: Garlic triggers cell death in yeast organisms.

Germanium: The dosage must only be between 1 mg and 300 mg daily.

Grapefruit Seed Extract: This is a very powerful broad-spectrum anti-fungal.

Neem Leaf: Contains anti-fungal properties.

Olive Leaf: Olive leaf extract fights *Candida albicans*.

Olive Oil: Take one teaspoon a day for its oleic acid content.

Orange Peel: The peel is effective against 12 different types of fungi.

Oregano Leaf: Oregano leaf has antiviral, antibacterial, and antifungal properties.

Pau D'Arco Root Bark: This is also called Lapacho or Taheebo or Ipe Roxo. Make sure that the inner lining (phloem) of the root of either the red or purple lapacho tree is used. The outer bark has no health benefits and is in fact bitter.

Peppermint: Peppermint can be used to destroy 11 types of fungi.

Uva Ursi: This herb has antimicrobial properties, which can fight infection.