

PLANTS NOT PILLS

Health, Herbls, All-Natural, Healing and Wellness

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Notes compiled by Lori Considine from sources in books, conversations, and all over the internet. If there was a source I named it. Some of this content is a direct voice to text translation from video sources so it may read a little weird. Other parts are just cut and pasted from whatever source I found it in..and a few are scanned from books in my collection.

Quick Links to herbal sections in this document: (Or use the search feature in Word to search by keyword.)

ACORNS					
ACTIVATED CHARCOAL			METHYLENE BLUE		
AIR QUALITY (Pets)					
ALOE VERA			MILK THISTLE		
APPLECIDER VINEGAR	CASTER OIL	FULVIC ACID		PTEROSTILBENE	
APPLEPECTIN	CATTAILS	GARLIC	MIMOSA		
ARTICHOKES	CAYENNE	GINGER	MORINGA	PUMPKIN SEEDS	
ASHWAGANDAH	CELERY	GOLDENSEAL	MULLEIN		
ASPIRIN	CELTIC SEA SALT		MUSHROOMS	QUERCETIN	
B-VITAMINS	CHARCOAL	GRAPES	NAC	RESVERATROL	
BAKING SODA					
BANANNA	CHIANCA PIEDRA	HERBALS	NUTS		SUNFLOWERSEEDS
BATANA OIL					
BAYLEAVES	CHIA SEEDS				
BEE POLLEN	CHICORY				
BEETS	CHLORELLA	HONEY	OATMEAL	ROSEMARY	
BENTONITE	CITRIC ACID	HYDROCHLORIC ACID	OILS		SUPERFOODS
BERBERINE	CLOVE			SAFFRON	
BLACK BEANS		HYDROGEN PEROXIDE	ONION	SAGE	THYME
BLACK SALVE	CLOVER		ORANGE	SALT	
BLACK SEED OIL	COCONUT OIL	ICEBATHS	ORGANIC FOODS	SEA MOSS	TURMERIC
BLADDERWRACK	COMFREY	IODINE	OREGANO	SEMEGLUTIDE	USNEA
BLUE LOTUS FLOWER			PAPAYA	SHILAJIT	WATER
BORIC ACID	COPPER	IRON	PECAN	SLIPPERY ELM	WATERMELON
BORON	CUCUMBERS	LAVENDAR	PEPPERMINT		
BREAD	D VITAMINS	LEMON	PEPPERS	SOURSOP	WHITE WILLOW
BROMELAIN	DANDELION	LIONSMANE	PICKLES		WILDYAM
BURDOCK ROOT	FIGS	MAGNESIUM	PINE	SPERMIDINE	WORMWOOD
CABBAGE	FISETIN	MCT OIL	PINEAPPLE	SUGAR	WORST FOODS
CACAO	FLAXSEEDS	MELATONIN	POTATO		
CALCIUM	FOOD COLOR				
CALENDULA	FRANKENCENSE				

Quick Links to sickness sections in this document: (Or use the search feature in Word to search by keyword.)

ACID REFLUX	CHOLESTEROL	DIGESTION	HEALTHY EATING	LYMPHATIC	
ADHD					
ADRENAL	CLOTHING	DNA	HEART	MIND CONTROL	REFLUX
ALKALINITY	COLD AND FLU	EAR ACHE	HEMEROIDS	MUCUS	REPRODUCTION
ALZHEIMERS	COLD SORES	EDEMA SWELLING	HORMONES	MUSCLE WEAKNESS	SCARS
ANEMIA		ELECTROMAGNETIC	ICEBATHS		SEMEGLUTIDE
ANTIBIOTICS	CONGESTION	EYES (VISION)	IMMUNITY	NEUROPATHY	SINUS ISSUES
ANXIETY & SLEEP	CONSTIPATION	FASTING	INFLAMATION	PAIN	SKIN CONDITIONS
AUTOIMMUNEDISEASE	COOKWARE	FEET	ITCHING	PARASITES	SKINFACIAL
BACK PAIN	D-DEFICIENCY	FEMININE CARE	KIDNEYS		SLEEP
					SUNGAZING
BLADDER	DEFICIENCIES	FEVERBLISTERS	KNEE PAIN	PNEUMONIA	THYROID
BLEEDING	DENTAL	FITNESS	LIVER & GUT		TATTOOS
BLOATING		FLU & COLD			TOXIC FOODS
					ULCERS
BLOODCLOTS	DEPRESSION	GALLBLADDER	LUNGS	POLTICES	UTI
BLOOD PRESSURE	DETOX-METALS	GOUT		POLYPS	VACCINES
BONES	DIABETES & SUGAR	GROUNDING		RADIATION	WARTS
CANCER	DIET	HAIR LOSS		REFERENCES	WEIGHT LOSS
		HEADACHES			WORMS

There are 2,000,000 Secondary Metabolites (Chemicals in plants that have therapeutic properties)
FIFTY PERCENT of ALL DRUGS are derived from chemical compounds in plants..
EAT RIGHT, BE HEALTHY. Get your nutrients from the source. **PLANTS NOT PILLS.**

Quick Links to Garden, Lawn and Pest Solutions:

ANTS				

[JUMP TO TOP OF DOCUMENT](#)

SECTION 1: HERBALS

ACTIVATED CHARCOAL:



[JUMP TO TOP OF DOCUMENT](#)

Can be purchased as a powder in a tub or in capsule form.

Good for: Accidental poisoning, diarrhea, bug stings and bug bites, boils, any lesion with puss and even chest congestion and teeth whitening.

Your backyard barbeque might be the first thing that comes to mind when you hear the word charcoal, but activated charcoal is actually quite different than what you use to cook a steak on a hot summer day. activated charcoal is considered to be a natural cure for a variety of ailments and is a great alternative to medications or products with a lot of artificial ingredients.

It can be made from a variety of sources, but typically the activated charcoal that comes from coconut shells is ideal. When the material it's made from is heated to a very high temperature, its composition changes and is similar to charcoal except that it's much more porous.

Many think that activated charcoal works like a sponge, absorbing everything in the body that it comes into contact with. After all, it's used when someone ingests poison, so it makes sense. However, activated charcoal is a bit more nuanced, and uses a negative charge to attract toxins to it. This process is called adsorption and is quite different than the process we all imagine. Because activated charcoal is so porous, it's able to carry unwanted elements straight out of your body as you eliminate it.

Using activated charcoal can provide a variety of benefits for both your health and even beauty. Here are the top 10 ways you can use this amazing substance:

Emergency toxin removal

This is the main reason we've all heard of activated charcoal at some point in our lives, as the substance is touted by Poison Control as an emergency treatment for toxins. (2) Not only is it beneficial for the accidental ingestion of substances like bleach or pesticides, but it can help to counteract the effects of a drug overdose as well.

Full body anti-aging

Rather than using products that claim anti-aging benefits which simply target your physical appearance, activated charcoal has the necessary components to keep your entire body fresh and alive! Working to eliminate toxins and chemicals that linger in our bodies, taking a few capsules of activated charcoal per day can flush your system. (3) This can help to improve mental clarity, support a healthy digestive system, and can even reduce kidney and [liver problems](#).

Cleaner drinking water

Sadly, most places in America are not fortunate to have healthy and delicious tap water. Many cities find their drinking water contains chemicals including fluoride, solvents, and toxins. Using an activated charcoal water filter to carbon filter your water will help to clean up your tap and provide you with great tasting water! (4)

Helping with a hangover

Activated charcoal is also reported to help reduce or even completely prevent a hangover if taken while drinking alcohol. The ability of this substance to adsorb toxins and prevent alcohol from getting into your bloodstream sounds like nothing short of a miracle. However, rather than using it as a cool party trick, medical professionals tend to rely on activated charcoal if someone has alcohol poisoning or is unconscious. (5)

Whitens your teeth

If you browse through social media you'll no doubt see people using activated charcoal to whiten their teeth. For the most part, it works wonderfully to latch onto the tiny particles that cause stains, yet it may not work if you have crowns or veneers. Remember, brushing with activated charcoal is not intended to replace your normal oral care routine and should only be done a few times a week to see results. (6)

Helps to relieve gas and bloating

Many individuals suffer from [digestive problems](#) including gas and bloating after meals. If this is a common occurrence and becomes problematic, try using activated charcoal after eating. It works to bind together the elements in your meal that cause gas and bloating and helps you to eliminate them in the bathroom. Make sure to drink plenty of water with the activated charcoal and right after taking it to help get it into your system for quick relief. (7)

Detoxing from mold

We tend to think of mold as a substance that lives outside of our bodies, but if we're frequently in an environment where mold is present, quite the opposite might be true. Older homes, especially ones that have flooded in the past or have poor ventilation systems, can be prone to mold, and as you live and breathe in that house, the mold can enter into your system. It can be quite toxic, causing depression, vomiting, or respiratory distress, and using activated charcoal will help to cleanse your body of it. (8)

Acting as a general beauty aid

It makes sense that activated charcoal can be used for a variety of treatments, as its powerful ability to eliminate toxins has been proven time and time again. Use it on your skin to tighten pores, treat acne, heal bug

bites and cuts, and balance oily skin. Rather than ingesting activated charcoal like so many other instances call for, using it as a skin mask or a topical treatment can yield fast results. (9)

Cleanse your digestive system

You don't need to be hungover or have bloating to take advantage of the benefits of activated charcoal in your system. Many people integrate it as part of their daily routine and couple it with plenty of water and a healthy diet. It works to remove toxins from your system that cause poor immune function and the plethora of symptoms that come along with it. Since activated charcoal can be quite dehydrating, drink plenty of water to keep things moving along. (10)

Lower your high cholesterol

Attaching itself to cholesterol and bile acids in our digestive system, activated charcoal can help prevent these compounds from moving into the bloodstream. As with all other instances of taking this amazing substance, the elements that it binds to will pass through your body when you defecate. (11)

Well, that's on my list is the C60 molecule and carbon 60 and charcoal in general. Charcoal are phenomenal blood purifier if you consistently take it. So let's just talk about charcoal and C 60 for a minute, because this is an area that has a nutritionist. It's really important for me. I take charcoal almost every single day. Once I found out the reality and the truth of it, it just was a mindbender. I was like, you got to be kidding me. This we should have learned this early on So charcoal is the leader in animal study research in longevity, which is such a shocker. I mean, we were never told this is 80 years of research, at least if you are like, let's say you're running an experiment on what mice for six weeks to claim those mice up for the next study. So they're going to use from us some other study. You just feed them charcoal and water charcoal and water cleans them up. And then six weeks later, use it in the next little experiment that you're doing. So charcoal extends life because it picks up and helps to filter off the things that our liver can't get to our kidneys can't get to our spleen can't get to our filtration organs. It takes the burden off, right. We're going to filter our water. We use charcoal. We're going to filter the air. I'm going to air filter right over here. What's he using? One of the batteries in there. One of the whole sections is charcoal. Whole battery of charcoal in there to filter the air. So I use charcoal in my garden. Massive amounts of charcoal been put around this property. I put charcoal out today Such an important way to filter the toxins away from your animals and plants and things of that nature. So what we do is we just start people on 1 400 milligram capsule of activated charcoal a day. And that might be his maximum for people. You know, that's a lot. And if you consistently do it, what ends up happening is is gradually you purify your blood. Because when you take charcoal in and the charcoal is working through your intestines, it filters your blood through a process called interstitial dialysis.


What are the benefits of activated charcoal?

It's most commonly used as an emergency overdose or anti-poison treatment. Significant amounts of research back this application. It may also help lower cholesterol levels, fight symptoms of fishy odor syndrome, improve kidney function, and reduce gas and diarrhea.

Are there side effects to activated charcoal?

Activated charcoal is safe for most adults when used short-term. Side effects of activated charcoal include constipation and black stools. More serious, but rare, side effects are a slowing or blockage of the intestinal tract, regurgitation into the lungs, and dehydration.

	<p>What to expect after taking activated charcoal? Activated charcoal will cause your stools to turn black. This is to be expected while you are taking this medicine. There have not been any other side effects reported with this medicine. However, if you notice any other effects, check with your doctor.</p> <p>What to avoid when taking activated charcoal? Do not take this medicine mixed with chocolate syrup, ice cream or sherbet, since they may prevent the medicine from working properly. If you are taking any other medicine, do not take it within 2 hours of the activated charcoal.</p> <p>Is activated charcoal good for bacterial infection? Truth: Activated charcoal has been shown to have antibacterial properties against E. coli and Staphylococcus aureus bacteria -- staph -- but only in its most granular form.</p> <p>iodinated activated charcoal surprisingly and significantly improved lung function of patients with moderate COPD.</p>
<p>ACORNS</p>	<p>They're one of the best survival foods that you're gonna find in the woods. They're loaded with fats, carbohydrates, protein, vitamins and minerals. The only problem with acorns is they contain a lot of tannic acid or tannins. So if you eat one, it's gonna be very bitter. Wow, that's bad. So you have to get that tannic acid out of the acorn. To do that, you have to leach the tannins out of the acorn with water. This is a white okay corn. They're still slightly bitter, but not nearly as bitter as the red okay corns. Much better. If you find acorns with a hole in them, they're no good because they're gonna have a worm in them called an acorn weevil larva. First thing I'll do with the rest of the ones I find is dump them in a pot of water. The bad ones will float, and I'll take those ones out. The good ones will sink. So I'll gather up all the good ones, put them in AT shirt and crack them open. Then I'll take the meat out of them and put them in a pot, fill it up with water, and I'll fill up a 2nd pot with water. I'll put them on my fire and bring both of them to a boil. Then I'll let the acorns boil for about 15 minutes. And you can see how brown the water is Acorns in it. That's all the tannins that I have boiled out of them. So I'll dump this water out and they're still going to have some tannins left in them. So I'm going to boil them again in the second part of water. So you just want to repeat this process over and over again several times until the water runs cleared or close to clear. So I boiled these and changed the water 8 times. Now they're about done. I roasted them a bit. Now I'll eat them. And you can salt them if you have salt. They still have a slight bitter taste to them, but not nearly as bad as before I boiled them They're one of the best survival foods that you're going to find in the woods. They're loaded with fats, carbohydrates, protein, vitamins and minerals. The only problem with acorns is they contain a lot of tannic acid or tannins. So if you eat one, it's going to be very bitter. Wow, that's bad. So you have to get that tannic acid out of the acorn.</p>
<p>AIR QUALITY ANIMALS IN THE HOME</p>	<p>Also something that can affect chronic fatigue syndrome is animals in the home, because animals are not giving off pure air, but especially when they are meat eaters. And most animals in the home are meat eaters. Isn't that right? Which is your cats and your dogs. Think about the air they produce and what they leave in the carpets, on the lounges. When we were looking at this ladies blood slide, this is about five years ago now, doing the live blood analysis. And we saw a little parasite. We actually saw 2 through the blood. And we're, we're zooming around on the microscope And we said to this lady, do do you have any animals in your home? She said, yes, I sleep with four cats every night and we said, well, look what they've done to you. Look at what they are giving you. So animals really should be kept outside, or they should be kept in in tiled areas that are cleaned daily, definitely not in the bedrooms, because that interfere with the air that you're breathing while you're sleeping. Please be in to</p>

	investigate your bed. How old is your mattress? Do you have a mattress protector on it? Is that washed every few months? Does your pillow look where your pillow is? It's right where your face is. Every pillow should have a pillow protector on it. If you don't have a pillow protector on it, maybe you should buy a new pillow every year.
ALOE VERA	<p>Last but certainly not least is aloe vera. Most homes have aloe vera. If they don't, they should. Aloe Vera also contains a growth stimulant. So aloe vera can also be taken internally to coat and soothe and heal the gastrointestinal tract. Do you know that it will heal Crohn's, irritable bowel and ulcers? Do you know that these are the easiest things to heal? Because the the cells that line the gastrointestinal tract, they're remade every 3 to 5 days What you got to do is Stop irritating it. And the most common irritants are refined sugar. Your dairy products and gluten products put the person on slippery elm or aloe vera three times a day. And it's amazing how quickly they heal. But aloe vera can also be used externally. It can be used for all skin problems. Very simple way to take it is to just cut a leaf, peel it heavily, because that thick yellow slime just under the skin can be an irritant of the colon and cause someone to have diarrhea. And you can. It's just like eating nothing and just chew it up or put it in your in your juice. There's some quick ways to do it because the aloe vera can heal internally and it can heal externally.</p>
APPLE CIDER VINEGAR:  JUMP TO TOP OF DOCUMENT	<p>Apple Cider Vinegar (ACV) is renowned due to its ability to help control blood sugar levels. In addition, raw unfiltered Apple Cider Vinegar with The Mother has been praised since the mother is made up of strains of probiotics and enzymes that help keep your digestive system running smoothly.</p> <p>What is apple cider vinegar good for? The touted health benefits of apple cider vinegar include:</p> <ul style="list-style-type: none"> Losing weight Preventing type 2 diabetes Relieving heartburn Lowering cholesterol Reducing varicose veins Whitening teeth Reducing dandruff Improving acne Boosting energy <p>It would be an impressive list — if it were true.</p> <p>Starting at the top, there's no evidence to suggest that apple cider vinegar helps with weight loss unless it's paired with a calorie deficit — that is, unless you're also eating fewer calories than you're burning.</p> <p>"Drinking it and then eating a double cheeseburger and fries is not going to work," explains Dr. Kalakota. "There's also no data that it improves weight loss beyond what a calorie deficit already provides."</p> <p>The claim that apple cider vinegar can relieve heartburn — when stomach acid travels up your esophagus and causes burning pain — is particularly perplexing because, as Dr. Kalakota notes, apple cider vinegar contains acetic acid.</p>

"Consuming it just contributes to the acid in your stomach that's already causing issues," says Dr. Kalakota. "It can actually just worsen acid reflux."

(Related: Is Heartburn Inevitable or Preventable?)

Most of the other supposed benefits are either unstudied or have been debunked, but two areas where apple cider vinegar may play a small role are blood sugar regulation and cholesterol maintenance.

Compilation studies suggest apple cider vinegar may produce a slight decrease in fasting glucose (high fasting glucose is an indicator of type 2 diabetes.) In addition, a few studies showed small increases in high density lipoprotein (HDL), sometimes referred to as the "good" cholesterol — though they showed no effect on low density lipoprotein (LDL), or "bad" cholesterol.

At any rate, these effects are minimal.

"In other words, no, apple cider vinegar won't cure type 2 diabetes or even play a significant role in managing it," says Dr. Kalakota. "It's also not going to help lower your cholesterol or prevent either of these conditions."

Apple cider vinegar side effects: Could it actually be bad for you?

Regardless of whether you buy into its health claims, Dr. Kalakota says the most important thing to know about apple cider vinegar is that it should never be consumed without first diluting it with water.

That's because drinking undiluted apple cider vinegar can cause:

Erosive dental disease

Erosive esophageal disease

"I've had several patients come in who couldn't swallow, and diagnostic endoscopy uncovered that the lining of their entire esophagus was completely raw," says Dr. Kalakota. "When I ask about their diet, I then find out they're taking apple cider vinegar shots every day."

The highly acidic nature of apple cider vinegar is what leads to this damage. This quality is also what causes tooth erosion, which Dr. Kalakota notes is supported by case studies.

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"If you are going to drink apple cider vinegar, please always make sure it's diluted," says Dr. Kalakota.

"It's also important to drink diluted apple cider vinegar in moderation and, better yet, with a meal."

Otherwise, you risk experiencing not just unwanted but harmful side effects.

How much apple cider vinegar a day is OK?

To reiterate, say no to apple cider vinegar shots altogether.

But also know that diluted apple cider vinegar — one or two tablespoons mixed into a glass of water — should be consumed in moderation.

Dr. Kalakota says it's a good idea to limit yourself to a glass of it per day, though this amount isn't known to bring any health benefit. It's simply a safe upper limit to follow, since having more than this can increase the chances of unwanted side effects, like nausea or worsening heartburn in those who are prone to acid reflux.

"Drinking it in addition to a meal helps," adds Dr. Kalakota. "That way your stomach lining is a bit more shielded from the acid since there's other food there, too."

The case for just eating an apple instead

As Dr. Kalakota mentioned, she doesn't discourage people trying apple cider vinegar — so long as it's diluted and consumed in moderation.

She does point out, though, that there are better, proven ways to achieve its claimed benefits.

"Eating a healthy diet full of fiber and plant products can help with weight loss, managing diabetes, lowering cholesterol and more," says Dr. Kalakota. "If you still want to find a way to incorporate apple cider vinegar, you can certainly cook with it as part of your healthy diet, using it in sauces, marinades and seasonings."

Also, don't assume that drinking a glass of apple cider vinegar brings the same benefit as eating an apple. "With a whole apple you get fiber, antioxidants and vitamins," says Dr. Kalakota. "A lot of this is lost when juicing an apple to make cider — you lose the fiber, and many other nutrients get filtered out."

Fermenting the cider into vinegar doesn't bring back any of those beneficial nutrients.

And while fermented foods may help promote a healthy gut, Dr. Kalakota says there are much less acidic options you can try instead of apple cider vinegar, like kombucha, kimchi and sauerkraut. Another, if you can tolerate lactose, is kefir.

"At the end of the day, if you want to try apple cider vinegar to see if it helps things, try it. But please don't drink it undiluted," Dr. Kalakota reiterates. "And know that it should be paired with a healthy diet, ideally a plant-based one since that's the eating pattern that has the most data behind it."

If you get nothing else from this information, get this: JUST EAT AN APPLE.

APPLE PECTIN:




700 milligrams of apple pectin 2x daily will remove 40% of ionized radiation in just 4 weeks...imagine what it can do with even more time!

Apple pectin was used at Chernobyl and Fukushima Nuclear Power Plant Leak to minimize health hazards.

[JUMP TO TOP OF DOCUMENT](#)

ARTICHOKES:

The plant here is my number one survival food. This is the easiest crop in the world to grow, in my opinion. These plants are called sun chokes, sometimes called the Jerusalem artichoke, which is odd

<p>“SUNCHOKES” “JERUSALEM ARTICHOKES”</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>because it’s not from Jerusalem and it’s not an artichoke. There basically is sunflower that produces potatoes and not really potatoes, but they’re used very similar starchy and crisp, so you can slice them up and make fries, or slice them thin to make chips. You can boil them, mash them, stick them in a stew. So anything you can do with potatoes, you can substitute sun chokes instead. And each plant can produce between five and 10 pounds of these roots, making them higher yielding than potatoes and requiring less water and fertilizer. This crop is actually a North American native wildflower, and the Native Americans have been making great use of it for thousands of years. They cultivate it from its wild variety that had smaller roots into a variety that has roots much bigger than this, which was wildly popular with the first settlers. It was probably not the 1st Thanksgiving that was made very popular in Europe throughout the 1700s. Once you plant them in a spot, it’s hard to get rid of them. They can survive drought, flooding, and they’ll produce big yields on a soil at my house. Not only that, but year after year, they actually help improve the soil. Somehow groups will start sprouting when they’re stored. It’s a great crop to grow for your rabbits. They’ll eat the leaves, the stalks, the flowers and the roots. The way I grow these is I’ll dig a hole and place the root fairly deep, like 4 to 6 inches deep. Then I’ll fill up the hole.</p>
<p>ASHWAGANDHA:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Ashwagandha is a small shrub native to India and Asia that contains yellow flowers. When ashwagandha root is extracted or turned to powder form, it is used for many different purposes. Many people have historically taken the ashwagandha root as an ashwagandha supplement to assist with their mood levels. Ashwagandha capsules are also frequently taken to assist with cognitive function. Some people take alternative forms such as ashwagandha gummies, organic ashwagandha powder, ashwagandha tea, ashwagandha liquid but Clean Nutraceuticals has officially changed the game with this all-in-one ashwagandha capsules supplement</p>
<p>ASPIRIN</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>ASPIRIN: Some people take or were told to take aspirin for a headache or pain. In fact, I read where it is recommended that anyone over the age of 50 should be on half an aspirin a day. What the research you’re showing today is that aspirin causes stomach bleeds. It’s the number one cause of stomach ulcers. It causes brain bleeds and eye bleeds. Cayenne pepper will not cause that at all. But if cayenne peppers in your blood and it sees a bleed, it’ll constrict the blood vessels to stop the bleeding. Yes, it dilates the blood vessels when it’s in the blood. But if it sees a break, it’ll constrict that blood vessel. Psalm, 104 verse 14 that God gave herbs for the service of man.</p>
<p>B-VITAMINS:</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>B-12 if you take it daily (for better absorption) you need 5-100 micrograms, but if you take it weekly, you need 1000-2000 milligrams, due to non absorption in larger quantities. Lack of B-12 can cause strokes.</p> <p>Vitamin B complex is a group of B vitamins that play a role in your body’s functions, including cardiovascular and cell health. You typically get these vitamins from a nutritious diet.</p> <p>Vitamin B complex is composed of eight B vitamins:</p> <ul style="list-style-type: none"> B1 (thiamine) B2 (riboflavin) B3 (niacin) B5 (pantothenic acid) B6 (pyridoxine) B7 (biotin) B9 (folic acid)

B12 (cobalamin)

Each of these essential vitamins contributes to your overall bodily function. Read on to learn more about how these nutrients benefit you, how much you need, whether you should take supplements, and more.

What are the health benefits of B complex vitamins?

B vitamins play a vital role in maintaining good health and well-being. As the building blocks of a healthy body, B vitamins have a direct impact on your energy levels, brain function, and cell metabolism.

Vitamin B complex may help prevent infections and help support or promote:

- cell health
- growth of red blood cells
- energy levels
- eyesight
- brain function
- digestion
- appetite
- proper nerve function
- hormones and cholesterol production
- cardiovascular health
- muscle tone

For those who are pregnant

B vitamins are especially important for those who are pregnant or breastfeeding. These vitamins aid in fetal brain development, and they reduce the risk of birth defects.

For people who are expecting, B vitamins may help manage energy levels, ease nausea, and lower the risk of developing preeclampsia.

For boosting testosterone

B vitamins are sometimes included in “testosterone-boosting” supplements and are thought to increase testosterone levels in men, which naturally decrease with age. However, human studies confirming these claims are lacking.

In spite of the lack of evidence for any testosterone-boosting effects, because B vitamins are helpful in hormone regulation, it’s possible that B vitamins may help regulate male hormones as well as female hormones.

How much vitamin B complex do you need?

The recommended daily amount of each B vitamin varies.

According to the National Institutes of Health (NIH) Trusted Source, the recommended daily intake for women is:

B1: 1.1 milligrams (mg)

B2: 1.1 mg

B3: 14 mg NE

B5: 5 mg
B6: 1.3 mg
Biotin: 30 micrograms (mcg)
Folic acid: 400 mcg DFE
B12: 2.4 mcg

For men, the NIH recommends the following daily intake:

B1: 1.2 mg
B2: 1.3 mg
B3: 16 mg NE
B5: 5 mg
B6: 1.3 mg
Biotin: 30 mcg
Folic acid: 400 mcg DFE
B12: 2.4 mcg

Older adults^{Trusted Source} and those who are pregnant may require higher amounts of B vitamins. Your doctor can provide dosage information tailored to your individual needs.

Certain underlying health conditions can prevent your body from properly absorbing vitamin B. You should also talk with your doctor about your vitamin B intake if you have:

celiac disease
HIV
Crohn's disease
alcohol use disorder
kidney conditions
rheumatoid arthritis
ulcerative colitis
inflammatory bowel disease

What foods is it found in?

Lots of foods contain B vitamins, making it easy to get enough from your diet. It's best to get your B vitamins from a wide variety of food sources. This helps ensure you're getting enough of each type.

You can find vitamin B in:

milk
cheese
eggs
liver and kidney
meat, such as chicken and red meat
fish, such as tuna, mackerel, and salmon
shellfish, such as oysters and clams
dark green vegetables, such as spinach and kale
vegetables, such as beets, avocados, and potatoes
whole grains and cereals
beans, such as kidney beans, black beans, and chickpeas
nuts and seeds

fruits, such as citrus, banana, and watermelon
soy products, such as soy milk and tempeh
blackstrap molasses
wheat germ
yeast and nutritional yeast

How can you tell if you're deficient?

Most people get enough B vitamins by eating a balanced diet. However, it's still possible to be deficient, especially if you've been taking certain medications for a while, such as proton pump inhibitors, or if you follow a very strict vegan or vegetarian diet.

The following symptoms may signal you're not getting enough B vitamins:

skin rashes
cracks around the mouth
scaly skin on the lips
swollen tongue
fatigue
weakness
anemia
confusion
irritability or depression
nausea
abdominal cramps
diarrhea
constipation
numbness or tingling in the feet and hands

If you're experiencing any of these symptoms and aren't sure why, make an appointment to talk with your doctor.

Although it's possible that you're experiencing a vitamin B deficiency, these symptoms also overlap with many other underlying conditions. Your doctor can make a diagnosis and advise you on next steps.

Vitamin supplements: B-12 vitamin D are these necessary? Make sure you don't wash your whole body with soap and then go in the sun. You won't get any vitamin D and if you lie in the sun and then go wash your body with soap, you won't get any vitamin D. It takes about two hours for your body to make the vitamin D from the skin exposure to the sun. You will be low in vitamin D if you're on cholesterol lying medication because the vitamin D Like the Ultraviolet rays from the sun and hit the skin and they convert a form of cholesterol to vitamin D. So you see, it's a little bit of a complex issue as to why there are so many people with vitamin D deficiency. Do you need that layer of oil on the skin now? If you're lying in the sun and you're all hot and sweaty, you dive in the pool or have a cold shower, but don't you soap. You can wait a couple of hours and you can do so. B-12 is a bacteria. You'll get it in homegrown root vegetables. You'll get it in tank water. You'll get it on apples you get straight off the tree. It's an airborne bacteria. Most people with B-12 problems. It's because their hydrochloric acid, their stomach's not working properly because vegetarians and meat eaters alike can come down with vitamins. B-12 deficiency. Vitamin B-12 is constantly being recycled. So it's usually a gut problem. That is the cause of B 12 deficiency.

BAKING SODA	https://www.facebook.com/share/r/8uGVNFj4yj8ncskH/?mibextid=D5vuiiz For teeth kidneys and making alkaline water
BANANNA JUMP TO TOP OF DOCUMENT	<p>They may improve your digestion and heart health, thanks to their fiber and antioxidant content. Plus, they may support weight loss because they're relatively low in calories, nutrient-dense, and filling. Both ripe (yellow) bananas and unripe (green) bananas can satisfy your sweet tooth and help keep you healthy.</p> <p>Don't add banana to your berry smoothies. If you do, it'll destroy their nutritional value. Let's explore why. Welcome back to 30 studies to change your life. Nutrition. I live off of smoothies. Mine have dozens of ingredients with all sorts of potential health benefits. But the core 4 have always been frozen. Berries, banana, homemade yogurt and protein powder until I read this study. Quick review, one of the big categories of healthy compounds that you find in berries, greens and all sorts of other foods are called the polyphenols. They can help with heart health, brain function and a lot more, if they get a chance. Turns out some plants contain an enzyme called polyphenol oxidase, or PPO, that acts like a polyphenol hammer. It smashes them to useless pieces, fruits like avocado, peaches, pears contain some, apples contain a lot more, and bananas contain an insane amount. It's one of the main reasons why they brown so quickly. So researchers gave people either a berry smoothie or a banana smoothie, adding a set amount to polyphenols to each one. Then they measured the blood plasma concentrations of various polyphenol metabolites in the six hours following drinking the smoothie with the very smoothie. They went up and down as expected, but the banana 1 was bananas, almost. Nada. The PPO poo pooped all over it.</p> <p>When you eat fruit and when you drink fruit, it's two different things. When you eat fruit, there's a saliva in your mouth and it breaks the fruit down to digest the sugar in a different way. When you bypass that enzyme in your mouth, it affects how your body breaks down the fruit and affects things like the nutritional content and the break down of fats and oils.</p>
BEE POLLEN	<p>(See also "Honey")</p> <p>Bee pollen is claimed to lower cholesterol, reduce hardening of the arteries (atherosclerosis), improve metabolism, and increase hormone levels. It may also improve stamina and sexual strength, reduce depression, and ease bleeding problems.</p> <p>Top 11 Health Benefits of Bee Pollen</p> <p>Bee pollen may provide health benefits, as it may contain vitamins, minerals, antibiotics, and antioxidants. It may not be safe for people who are allergic to bees.</p> <p>Bee pollen is a mixture of flower pollen, nectar, enzymes, honey, wax and bee secretions. Foraging honey bees collect pollen from plants and transport it to the beehive, where it's stored and used as food for the colony .</p> <p>Bee pollen shouldn't be confused with other bee products such as honey, royal jelly or honeycomb. These products may not contain pollen or may contain other substances.</p> <p>2. Recently, bee pollen has gained traction in the health community because it's loaded with nutrients, amino acids, vitamins, lipids and over 250 active substances</p> <p>In fact, the Federal Ministry of Health in Germany recognizes bee pollen as a medicine . Many studies have examined the health effects of bee pollen and found promising results. Here are 11 health benefits of bee pollen, backed by science.</p> <p>1. Impressive nutritional profile with more than 250 active substances</p> <p>Bee pollen boasts an impressive nutritional profile. It contains over 250 biologically active substances, including proteins, carbs, lipids, fatty acids, vitamins, minerals, enzymes and antioxidants.</p> <p>Bee pollen granules consist of approximately:</p>

Carbs: 40%
Protein: 35%
Water: 4–10%
Fats: 5%
Other substances: 5–15%

The latter category includes vitamins, minerals, antibiotics and antioxidants. However, the pollen's nutritional content depends on the plant source and season collected. For instance, older studies have shown that bee pollen collected from pine plants has approximately 7% protein, while pollen collected from date palm packs closer to 35% protein. In addition, bee pollen harvested during springtime has a significantly different [amino acid composition](#) than pollen collected during the summer (1). Bee pollen contains over 250 biological substances, including protein, carbs, fats, vitamins, minerals, enzymes and antioxidants. The exact nutrient composition depends on the plant source and season collected.

2. High antioxidant content protects from free radicals and chronic diseases

Bee pollen is loaded with a wide variety of [antioxidants](#), among them flavonoids, carotenoids, quercetin, kaempferol and [agglutination](#).

Antioxidants protect your body against potentially harmful molecules called free radicals. Damage by free radicals is linked to chronic diseases such as cancer and type 2 diabetes.

Test-tube, animal and some human studies have shown that bee pollen antioxidants can reduce chronic inflammation, eliminate harmful bacteria, fight infections and combat the growth and spread of tumors.

However, bee pollen's antioxidant content also depends on its plant source.

Unless a plant source is specifically stated on the label, it can be difficult to determine where your bee pollen came from.

Bee pollen contains a wide variety of antioxidants, which may protect your cells from damage caused by free radicals that are linked to chronic diseases, including cancer and type 2 diabetes.

3. Bee pollen may help lower heart disease risk factors such as “bad” LDL cholesterol and lipid oxidation.

4. May protect your liver from toxic substances and disease

Your liver is a vital organ that breaks down and removes toxins from your blood.

Animal studies have found that bee pollen may be an effective treatment against hepatitis and non-alcoholic fatty liver disease.

Other animal studies show that bee pollen antioxidants safeguard the liver against damage from several toxic substances, including drug overdoses. Bee pollen promotes [liver](#) healing as well.

However, few human studies have assessed bee pollen's effects on liver function. More human studies are needed to establish health recommendations.

Animal studies suggest that bee pollen may boost liver function and protect this organ from harmful substances. However, more high-quality human studies are needed.

5. Packs several compounds with anti-inflammatory properties

Bee pollen has been used traditionally to [reduce inflammation](#) and swelling.

An animal study showed that bee pollen extract reduced swelling of rats' paws by 75%.

In fact, its anti-inflammatory effects have been compared to several nonsteroidal anti-inflammatory drugs, such as phenylbutazone, indomethacin, analgin and naproxen (9[Trusted Source](#)).

Bee pollen packs several compounds that can reduce inflammation and swelling, including the antioxidant quercetin, which lowers the production of inflammatory omega-6 fatty acids, such as arachidonic acid.

What's more, plant compounds in bee pollen may suppress biological processes that stimulate the production of inflammatory hormones such as tumor necrosis factor (TNF) (20[Trusted Source](#)).

According to animal and test-tube studies, bee pollen antioxidants may have powerful anti-inflammatory properties.

6. May help you avoid illness by boosting immunity and killing bacteria

Bee pollen may boost your immune system, helping you avoid illnesses and unwanted reactions. For one, research has shown that it may reduce the severity and onset of [allergies](#). In one study, bee pollen was shown to significantly reduce the activation of mast cells. Mast cells, when activated, release chemicals that trigger an allergic reaction. Also, several test-tube studies have confirmed that bee pollen has strong antimicrobial properties. Bee pollen extract was found to kill potentially harmful bacteria such as *E. coli*, *Salmonella*, *Pseudomonas aeruginosa*, as well as those that cause staph infections. Animal and test-tube studies show that bee pollen antioxidants may reduce the severity and onset of allergies and kill several harmful bacteria.

7. May aid wound healing and prevent infections

Bee pollen has anti-inflammatory and antioxidant properties, which may aid your body in wound healing. For instance, animal research found that bee pollen extract was similarly effective at treating burn wounds as silver sulfadiazine, a gold standard in burn treatment, and caused far fewer side effects ([24 Trusted Source](#)). Another animal study showed that applying a balm containing bee pollen onto a burn significantly accelerated healing over standard medicines. Bee pollen's antimicrobial properties may also prevent infections, a major risk factor that can compromise the healing process for scrapes, cuts, abrasions and burns.

Bee pollen has anti-inflammatory and antioxidant properties that may promote wound healing. Its antimicrobial properties may also prevent wound infections.

8. May have anticancer properties

Bee pollen may have applications for treating and [preventing cancers](#), which occur when cells proliferate abnormally.

Test-tube studies have found bee pollen extracts to inhibit tumor growth and stimulate apoptosis — the programmed death of cells — in prostate, colon and leukemic cancers ([26 Trusted Source](#), [27](#)).

Bee pollen from cistus (*Cistus incanus L.*) and white willow (*Salix alba L.*) may have anti-estrogen properties, which could lower the risk of breast, prostate and uterine cancers ([28](#), [29 Trusted Source](#)).

However, more human-based research is needed.

Test-tube studies suggest that bee pollen lowers your risk of several cancers, though more human studies are necessary.

9. May ease menopausal symptoms like hot flashes

Menopause, which marks the cessation of menstruation in women, is often accompanied by uncomfortable symptoms such as hot flashes, night sweats, mood changes and sleep disturbances.

Studies show that bee pollen may alleviate several [menopausal symptoms](#).

In one study of women with breast cancer, 71% of the participants felt that their menopausal symptoms improved while taking bee pollen.

In another study, 65% of women taking a pollen supplement experienced fewer hot flashes. These women indicated other health improvements as well, such as better sleep, reduced irritability, less joint pain and improved mood and energy.

Moreover, a three-month study showed that women taking bee pollen supplements experienced significantly fewer menopausal symptoms. In addition, these supplements helped lower “bad” LDL cholesterol and raise “good” HDL cholesterol.

Studies have shown that bee pollen may alleviate several menopausal discomforts, including hot flashes. It may also improve cholesterol levels.

10. May improve nutrient utilization, metabolism and longevity

Some evidence suggests bee pollen may improve your body's utilization of nutrients.

For instance, iron-deficient rats absorbed 66% more iron when pollen was added to their diet. This uptick is likely due to the fact that pollen contains [vitamin C](#) and bioflavonoids, which boost iron absorption ([33](#)).

Additionally, healthy rats fed pollen absorbed more calcium and phosphorus from their diet. Pollen contains high-quality proteins and amino acids that may aid such absorption ([33](#)).

Other animal studies have demonstrated that bee pollen may improve muscle growth, speed up the metabolism and promote longevity.

Although animal studies are promising, it's not clear if humans experience the same benefits. Animal studies have shown that bee pollen may enhance the absorption and utilization of nutrients like iron, calcium and phosphorus. It may also speed up metabolism and promote longevity, though human research is needed to confirm these benefits.

11. Safe for most people and easy to add to your diet
 Bee pollen comes in granule or supplement form and is safe for most people. You can purchase it at health stores or from your local beekeeper. The granules can be added to your favorite foods such as breakfast or smoothies. However, people with pollen or bee sting allergies should avoid pollen products, as they may cause symptoms such as itching, swelling, shortness of breath or anaphylaxis. These products may also interact negatively with blood thinners, such as warfarin. Pregnant or lactating women should avoid bee pollen products, as evidence is lacking that they're completely safe for babies.


Bee pollen supplements are generally safe to consume. However, people with pollen or bee sting allergies, pregnant or lactating women and people taking blood thinners, such as warfarin, should avoid it.

The bottom line
 Bee pollen contains many vitamins, minerals and antioxidants, making it incredibly healthy. Studies have linked bee pollen and its compounds to health benefits such as decreased inflammation, as well as improved immunity, menopausal symptoms and wound healing. However, most of the evidence surrounding bee pollen and its components stems from test-tube and animal studies. More human research is needed to clarify its health benefits. All told, bee pollen is a great addition to your diet and can be easily purchased from health stores or your local beekeeper.

Last medically reviewed on September 11, 2023

BATANA OIL For hair loss 3-6x regrowth with the use of batana oil

BAY LEAVES



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What Is Bay Leaf?
 Bay leaf can add something extra to most savory dishes and may have health benefits. Bay leaf can add something extra to most savory dishes and may have health benefits.

Bay leaf (also known as laurel) is a spice commonly used to flavor soups and meat dishes for its light, herbal flavor. It is sometimes sold in stores in a powder or as a fresh leaf, but it is most often found as a dry, whole leaf. You add the leaf during cooking and take it out before serving, since it's tough to chew and digest. Some people believe that bay leaves are poisonous, but that's not true.

There are many species in the bay leaf family, but all share a similar taste and nutrition profile. Varieties of the bay leaf can be grown everywhere from the Caribbean to India, and it is found in the spice aisles of grocery stores around the world.

The following are the varieties of bay leaves used to flavor food and the scientific names of the trees they come from:

- California bay leaf, *Umbellularia californica*
- Indian bay leaf, *Cinnamomum tamala*
- Indonesian bay leaf, *Syzygium polyanthum*
- Mexican bay leaf, *Litsea glaucescens*
- West Indian bay leaf, *Pimenta Racemosa*
- Turkish bay leaf, *Laurus nobilis*

Bay Leaf Benefits

It adds minimal calories to your food while boosting the amount of fiber, vitamins, minerals, and antioxidants.

Some notable health benefits of bay leaf include:

Immune system health. Bay leaf is a good source of vitamin A, vitamin B6, and vitamin C. These vitamins are all known to support a healthy immune system.

Digestive aid. Bay leaf tea can help ease bouts of upset stomach. The tea is also very aromatic, which can help relieve sinus pressure or stuffy nose.

Reduces type 2 diabetes risk factors. A pair of small studies suggested that taking ground bay leaf capsules or drinking tea brewed from Turkish bay leaf may lower your blood sugar levels. However, one of the studies was small and the other tested bay leaves on healthy volunteers, not people with diabetes.

Bay Leaf Nutrition

Bay leaf is a good source of vitamin A, vitamin C, vitamin B6, calcium, iron, and manganese.

A crumbled tablespoon of bay leaf contains:

5.5 calories

Protein: 0.1 g

Fat: 0.1 g

Carbohydrates: 1.3 g

Bay leaves also contain small amounts of many vitamins and minerals. The most prevalent are:

Calcium

Copper

Iron

Magnesium

Manganese

Vitamin A

Vitamin B6

Vitamin C

Riboflavin

Zinc

Bay leaf has a sharp and bitter taste. The difference in fragrance and aroma is due to the presence of essential oils in leaves and other parts of the plant. It has flavonoids, tannins, eugenol, citric acid, carbohydrate, steroids, alkaloids, triterpenoids, and essential oils. Antioxidant properties were discovered in the extract of bay leaf to have phenolic compounds. Each of these chemical constituents varies depending on the type of species. Tanine is a liquid glycoside derived from polypeptide and ester polymer that can be hydrolyzed by the secretion of bile (3, 4, 5–trinitrokside benzoic acid) and glucose (Sumono, 2008). Tanine or tanat acid isolated from some part of plants can be found in the market. It is a cream-colored powder, aromatic, with astringent taste (Sumono, 2008). Tanine is used

as an astringent for the gastrointestinal tract or skin and can cause precipitation of the cell membrane protein. It also has a little penetration activity, so it can influence the permeability of the cell membrane.

Bay leaf has traces of fats; (that is, a low amount is present) so it has low caloric value. It is also known as a good and main source of vitamin A and many minerals. One ounce of bay leaf gives 54 calories, 1–1.2 g protein, 12–13 g carbohydrates, a trace of fat, 1–1.5 mg of iron (Fe), 51–53 mg of calcium (Ca), 2000–3000 IU of vitamin A, 14–15 mg of vitamin C, and a small amount of potassium. Bay seeds are rich in dietary fibers. In bay leaf, compounds like eugenol (11%–12%), methyl eugenol (9%–12%), and elemicin (1%–12%) are significant for the spicy aroma of bay leaves, and for determining effective quality of bay leaf, these are used as significant influencers (Biondi et al., 1993). The essential oils in leaves vary from 0.8% to 3% and dry bay fruits from 0.6% to 10%. Structures of some active compounds found in bay leaf are given in Fig. 5.2 .

6. Uses

Many herbs and spices contribute significantly to health despite low amounts of consumption, as they are full of antioxidants and certain mineral compounds. Researchers do not have particular recommendations about the specific amount of use. Nevertheless, bay is full of antioxidants and is a good source of minerals and dietary fibers. It complements food flavor, and bay tea is used to treat stomachaches, clear up mucus in the lungs, colds, and sore throat. Poultice of bay leaves is used for the treatment of rheumatism and neuralgia (Goodrich et al., 1980). To treat headache, leaf of bay is kept in a nostril or under the headbands to relieve this pain. Traditionally, it has been used for the treatment of gastrointestinal problems such as impaired digestion, flatulence, eructation, and epigastric bloating and used as diuretic and has many analgesic effects (Elmastaş et al., 2006). Bay is great to add flavor and taste to food and many dishes with added health benefits.

Bay has many uses ranging from culinary to religious. There are number of curious beliefs associated with the historical use of bay leaf. The Temple of Delphi, dedicated to Apollo, used many bay leaves. The roof was made of bay leaves, and priestesses would have to eat bay before giving their oracles. This may have been aided by bay's slightly narcotic qualities. Israelite society consider the bay leaf as a symbol of victory over misfortune; they were very impressed by this tree. Ancient Mediterraneans said this tree radiates protective power and prevents them from misfortune, so it is planted near houses to keep lightning away. The Romans and Greeks used this as a head band mainly for their respected citizens, poets, heroes, and priests, and they consider sleeping with bay leaves to make a man a poet. Romans also believed that this tree protects from lightning, so Emperor Tiberius always kept a bay leaf hat because he had a fear of thunderstorms. The French sometimes call bay the “berries of bay,” and they crowned intelligent people with its berries and leaves, which are burned to increase the psychic powers and protect from evil and negativity.

Bay can also be an important ingredient in teas, oils, cheeses, and liquors, and its essential oil is used in the cosmetic industry for soaps, perfumes, prepared foods, beverages, and dental products. Bay has many traditional medical uses. Leaves are used for the treatment of skin rashes, earaches, and rheumatism. The leaves have aromatic fragrance, so they are kept in cloths and used to cover up bad mouth odor. The leaves of this plant, having a pepper odor and clove-like taste, are used in cooking. In addition to cooking, leaves and bark are used in treatment of rheumatism, nausea, vomiting, fever, anemia, body odor, diarrhea, and colic due to having astringent, aromatic, stimulant, and carminative qualities. Seeds mixed with honey or sugars are used in cough and dysentery in children.

	<p>Bay leaves having antidiarrheal, antiinflammatory, and antidiabetic activity are used for the improvement of the immune system. Antioxidants such as vitamin C, vitamin E, and carotenoids are used in many dietary sources and are used to lower blood cholesterol and uric acid level. Bay leaves have many sesquiterpene lactones that are responsible for inhibition of NO production, i.e., antiinflammatory, inhibition of alcohol absorption, and may improve liver glutathione S-transferase activity (Fang et al., 2005). Using bioassay-directed isolation study, different cytotoxic and apoptosis-induced compounds are identified in bay leaf. Many components of essential oil of bay leaf such as eugenol, methyl eugenol, and pinene have anticonvulsant activity, while eugenol, methyl eugenol, and cineole produce sedation and motor impairment (Sayyah et al., 2002). Essential oil of this leaf also has analgesic and many antiinflammatory activities (Barla et al., 2007). Many polar compounds such as flavones, flavonol, and phenols are present in the methanolic extract of bay leaf and show antioxidative activity.</p> <p>Traditionally, it has been used as herbal medicine against number of diseases such as rheumatism, sprains, indigestion, earaches, and to enhance perspiration (Fang et al., 2005). It was reported by different researches that bay leaf can also be used to treat diabetes and migraine (Fang et al., 2005). It is used with warm water for drinking to treat internal ailments; as a result, excess water is removed by body by urination and acts as an emetic to induce vomiting. Fresh, mature leaves are used to treat blood dysentery, inflammation, and congestion of kidney. Bay leaf is also used to treat arthritis, headache, fungal diseases, anorexia, colds, cataracts, diarrhea, colic ulcer, appetizer, neuralgia, and digestive stimulant traditionally (Parthasarathy et al., 2008). Bay is found effective against many infections from fungi, viruses, bacteria, and protozoa. Bay is also helpful in inhibiting growth of carcinogenic cells. The leaves of bay are specific for many fevers, cough, flu, bronchitis, asthma, influenza, cough, cold, lowering blood cholesterol level, chicken pox, diarrhea, and antistress agents. Bay juice is an effective medication for sore eyes and night blindness, which is generally caused by deficit of vitamin A. Bay seeds are mucilaginous and relieve indigestion, sore throat, constipation, and diarrhea.</p>
<p>BEE POLLEN</p>	<p>Celtic Sea Salt has 80 trace minerals but is not bio available. Bee Pollen IS BIO AVAILABLE and has 60 trace minerals. Bee Pollen will boost your immunity your stamina and your endurance. This one potentially could help you hydrate more if you drink a lot of water. Bee Pollen is better than Celtic Sea Salt.</p> <p>Bee pollen is also claimed to lower cholesterol, reduce hardening of the arteries (atherosclerosis), improve metabolism, and increase hormone levels. It may also improve stamina and sexual strength, reduce depression, and ease bleeding problems.</p> <p>The recommended daily dose of bee pollen is 1 teaspoon. You may want to start with 1/2 a teaspoon and work your way up to 1 tsp per day over time. If there are any seasonal allergies or allergies to pollen present, please consult your healthcare practitioner prior to trying the product.</p> <p>Bee pollen side effects Get emergency medical help if you have any of these signs of an allergic reaction: hives, itching; feeling light-headed; difficult breathing; swelling of your face, lips, tongue, or throat. Although not all side effects are known, bee pollen is thought to be possibly safe when taken for up to 30 days. Long-term use of bee pollen may cause serious side effects. Stop using bee pollen and call your healthcare provider at once if you have:</p>

skin [rash](#), bruising, severe tingling, numbness, pain, muscle weakness; trouble breathing; upper stomach pain, loss of appetite; or swelling, rapid weight gain.

Common side effects of bee pollen may include:

numbness, tingling; or [upset stomach](#).

BEETS:



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BEETS--Leaves AND ROOTS: supports liver function, brain health, regulates blood sugar, heart health, prevents stroke, antioxidant rich, (Make a smoothie with beets, carrots, apple, ginger and orange)

Beet Juice Recipe (Juicer or Blender)

Beets are one of those vegetables that are under appreciated. They can be consumed raw or cooked, and they have the most delicious, sweet flavor.

Beets are on my list of the **best liver cleansing foods**. They have also been studied for their role in increasing nitric oxide production which can help with blood flow through the blood vessels. The ingredients in this homemade Beetroot Juice recipe all support your health. Beets have been studied for their role in aiding detox, heart health, and athletic performance. See my full article with information about the potential health benefits of beet juice. Parsley, apple, ginger, and lemon are all great foods full of nutrition. I've included cucumber in this beetroot juice recipe to help dilute the strong beet flavor, and to add a neutral balancing effect to the overall juice.

Ingredients for making beet juice: Raw beets are the base of this beet juice. You can use red beets, orange beets, yellow beets, or striped beets. I also use raw beets in my Liver Cleanse Juice recipe. Beets are at the top of my list of the best vegetables to juice. Apple adds a sweet note to the beetroot juice and helps mask any of the "earthy" flavor from the beets. You can use a red apple or a green apple. Cucumber helps add more liquid to the juice overall. You can use whatever type of cucumber you can find in the market. Lemon or lime helps adds a bright flavor to the juice, plus vitamin C to help the immune system. Peel your citrus fruit before juicing them. Fresh ginger adds a spicy flavor to the juice, plus it has anti-inflammatory benefits. Parsley is a great ingredient to include. It is a great source of antioxidants. I recommend using flat-leaf parsley.

Recipe Steps for Juicer:

Step One: The most time-consuming step in making any kind of homemade vegetable juice is to wash and prep the vegetables. For this recipe, you just need to remove the beet greens, cut off the ends of the beets, and then chop them into pieces that will fit through the feeding tube of your juicer. You'll also need to cut the peel off your lemon and ginger. See how to pick the best juicer for your budget and needs. You can use centrifugal juicers, but I prefer cold press juicers, slow juicers, or a masticating juicer.

Step Two: You can also use a high-speed blender to make juice, but you'll have to strain the pulp out if you use a blender (see the notes below for full blender instructions). It's also interesting to note that even using just one large beet will turn the juice red, no matter what other vegetables are

included. So, once your veggies are prepped, you'll need to feed them through your juicer. Fresh beetroot red juice is just so pretty, don't you agree?

Step Three: The last step is to serve your fresh beet juice. Most fresh juices should be consumed right away, if possible. But, you can also store homemade green juices in a tightly sealed container for up to 2 days.

BLENDER:

Step One: Chop your vegetables into 1-inch pieces for easier blending.

Step Two: Combine them in a high-speed blender with 1/3 cup of filtered water.

Step Three: Blend on high until the ingredients are relatively smooth.

Step Four: Squeeze the juice through a nut milk bag or a fine mesh strainer over a large bowl. Discard the juice pulp or save it to use in muffins or crackers. Serve your juice immediately. I hope you agree that this recipe has the best taste of any beet juice you've tried. I recommend using about 1 pound for this juice. One pound of beets is equal to about 5 medium beets or 3 large beets. You do not need to peel or cook your beets before juicing them, just be sure to scrub and wash them well. You can easily double this recipe to make more juice. Beets are sometimes called Beetroot, but they are referring to the same root vegetable. See my guide on How to Dehydrate Beets.

Can I drink this beet juice everyday? Check with your doctor first, but you can likely drink beet juice everyday as long as you don't have any troublesome side effects, such as digestive distress. You may also want to monitor your blood pressure if you are drinking beet juice to lower blood pressure.

What are the benefits of beet juice? Most vegetable juices have the benefit of having a high antioxidant and vitamin content, especially when consumed immediately after making the juice. The benefit of juicing is that you don't have to digest all of the fiber from the juice.

Do I need to peel the beets before juicing them? No, just be sure to scrub and wash them well before juicing.

BENTONITE:



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Bentonite Clay Use in Calcium Form--NOT SODIUM FORM--removes fluoride, mercury and lead.

BERBERINE:



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Berberine Is Being Hailed as 'Nature's Ozempic' —But Does it Really Work for Weight Loss?

When you're looking to lose weight, quick results always seem the most ideal. You've likely heard increasingly more and more chatter surrounding Semaglutide drugs such as Wegovy and Ozempic and the celebs who are taking them to meet their weight loss goals. If you're not eligible for these types of weight loss drugs, you may have also heard about alternatives like berberine, which is being hailed on the internet as "nature's Ozempic." We spoke with Dr. NavNirat Nibber, senior medical advisor at AOR and a naturopathic doctor based in Canada, who shares everything there is to know about berberine, including if it really helps you lose weight, and of course, if it's safe. Keep reading to learn more, and when you're finished, don't miss [People Are Using a Diabetes Drug To Lose Weight—but Is It Safe?](#)



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What is berberine? Dr. Nibber describes berberine as an "active molecule" found in plants like barberry. It's been used for quite some time as a supplement and more recently gained traction as a natural alternative to Ozempic. But in reality, berberine is a lot more complex than that. While it could aid in your fat loss efforts, it goes about it differently than the popular prescribed weight loss drugs out there.

"Specifically, Ozempic and Wegovy, assist in rapid weight loss by three mechanisms: blood sugar regulation, appetite suppression, and decreasing gastric (stomach) emptying," Dr. Nibber explains. "Berberine has many actions, but the one being most talked about is that it actually activates an important gene pathway called AMPK which regulates energy balance in cells particularly important for determining how sensitive cells are to insulin (and therefore the ability to take sugars from circulation into cells). This pathway is the primary mechanism for the popular diabetes drug, Metformin."

In addition to weight loss, you can utilize berberine as an antimicrobial or to give your digestive system a boost. Berberine is also an underrated method to improve cardiovascular health; Dr. Nibber points out it can aid in reducing LDL (bad cholesterol) along with total cholesterol.

Is taking berberine a safe and effective way to lose weight? Finding quick ways to lose weight has become increasingly more popular over the past 10 years, Dr. Nibber tells us. She notes that berberine won't provide the extent of weight loss that you may receive from FDA-approved weight loss drugs. In addition, its effect will be more noticeable in individuals who are more insulin resistant, and it will have less of an impact on people who are insulin sensitive. It functions as a "baby Metformin," Dr. Nibber explains, "which is an anti-diabetic medication that can be used for weight loss depending on an individual's insulin resistance."

Again, it's important to stress that not all individuals who go down the road of taking berberine for weight loss will achieve their desired results. But it can certainly be helpful in starting the weight loss process for those with insulin dysregulation, which causes weight gain.

"For anyone looking to lose weight, you must first identify the source of weight gain or weight retention," Dr. Nibber says. "For example, if it is hormonal, you must correct the cause of the hormonal change. Additionally, the natural weight loss alternative can help avoid the destruction of your microbiome, which affects your mood and neurotransmitter function and can thus lead to hormonal dysregulation (cystic acne, anxiety, etc.). Another very important consideration given that it does have anti-microbial effects is the impact on your microbiome. Long-term use may not be ideal for individuals with GI conditions such as IBS and should be monitored by a qualified hcp."

How should berberine be taken for weight loss? If you're a suitable candidate, Dr. Nibber explains that taking 500mg of berberine two times daily can help kickstart your weight loss efforts. She does warn, though, that if you're coming off of Ozempic and switching over to berberine, you have the potential to experience rebound weight gain. "So to transition out, one must have a very clear plan as to how they will self-correct their metabolism from shooting back up," Dr. Nibber says. "Taking them together is not advisable as it increases the risk for hypoglycemia. That transition plan is usually a caloric restriction type diet, which can sometimes perpetuate ideas of disordered eating. This is something that we see frequently when we speak silver bullet approaches to weigh management."

Keep in mind that what works for someone else may not work for you. It's always a smart (and recommended) idea to chat with your healthcare provider before starting any kind of weight loss plan. They will help you curate an individualized routine for yourself rather than simply following the latest fad. As Dr. Nibber puts it, "Listen to your body and needs and check in with your motivations for weight loss. Also, be mindful of the toll it can have on your mental health."

	<p>DO NOT USE BERBERINE IF YOU ARE PREGNANT!</p> <p>Berberine is found in Barberry, Goldenseal, Goldthread, Oregon Grape and more.</p>
<p>BLACK BEANS</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>BLACK BEANS: What is the best single food you can eat for hormone balance? My opinion, it's not healthy. Fats are fish oil, and it's not cruciferous vegetables, although those are very helpful. The food I'm talking about is high in both soluble and insoluble fiber and about equal amounts, which means it gets rid of hormone metabolites like bad estrogen, so they don't build up in your body. It balances cortisol and insulin both of which are crucial for weight and energy, and both. Of which have tremendous impacts on your sex hormones, especially testosterone, and that helps move toxins out of your body in a regulated way. This food is very inexpensive and is consumed all around the world. It has 15 grams of plant based protein per cup. It is low on the glycemic index, so it doesn't spike your blood sugar. It is extremely nutrient dense and antioxidant dense and is high in magnesium and potassium. Two of the main electrolytes that most people don't get enough of. It is a superfood and most people don't eat enough of it. What Beans, specifically black beans, if they give you gas, you need to work on your gut health. So you can just get a can of organic black beans. You can even find some pre soap so that the phytic acid is already minimized. If you want to save even more money, buy them in bulk and then suck them yourself. You can start with a teaspoon a day just from your fridge to start or I even had people start with literally one bean and work their way up simply upping your black bean intake might just change your life.</p>
<p>BLACK SALVE:</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>Black Salve and Skin Cancer Brand Name: Cansema or Kansema</p> <p>Barbara Oneil says a tiny drop on a skin cancer sopt ONE TIME and let heal for 6 weeks will remove that cancer...and others agree it works but because SOME people took that to mean it was safe as a topical ointment they slathered it all over their body and developed very bad issues and as a result.. the FDA banned the use of black salve. Overall it is effective when used properly and monitored...but comes with heavy warnings as noted below:</p> <p>Black salve is a dark-colored herbal paste applied to the skin. It's an extremely harmful alternative skin cancer treatment.</p> <p>Use of this treatment isn't backed by scientific research. In fact, the Food and Drug Administration (FDA) has issued an urgent warningTrusted Source not to use it. It's illegal to sell this ointment as a cancer treatment. Still, it's available for sale via the internet and mail-order companies.</p> <p>Black salve also goes by names like:</p> <ul style="list-style-type: none"> drawing salve red salve Cansema bloodroot Indian Herb Hawk Dok Natural Salve Black Drawing Ointment

Some people apply this corrosive ointment to malignant tumors and moles with the intent of destroying cancerous skin cells.

However, there's absolutely no evidence that black salve is effective for treating any kind of cancer or other skin condition. Using black salve can result in serious and painful side effects.

What is black salve?

Black salve is a paste, poultice, or ointment made of various herbs. It's applied directly to areas of the body with the hope of burning away or "drawing out" cancer.

Black salve is commonly made with zinc chloride or the flowering North American plant, bloodroot (*Sanguinaria canadensis*). Bloodroot contains a powerfully corrosive alkaloid called sanguinarine.

Black salves are classified as escharotics because they destroy skin tissue and leave behind a thick scar called an eschar.

Black salve was commonly used during the 18th and 19th centuries to chemically burn off tumors that were isolated to the top layers of skin. Today, it's been promoted and used by naturopaths as an alternative cancer treatment, with dubious results.

Scientific studies^{Trusted Source} don't support the claims that black salve is an effective treatment for melanoma and other types of skin cancer. Some alternative medical practitioners believe black salve:

- reduces excess fluid

- enhances oxygen flow to the brain

- decreases all malignancies in the body

- strengthens enzyme structure

Every single one of these claims is unsubstantiated. The FDA^{Trusted Source} warns that the use of black salve can result in:

- permanent disfigurement

- cell death (necrosis)

- infections

Dangers of black salve for skin cancer

Using black salve and other products that contain sanguinarine, *Sanguinaria canadensis*, or bloodroot, alone or in combination with zinc chloride, is dangerous and potentially life threatening. These ingredients may lead to permanent disfigurement, cell death (necrosis), and infections.

The FDA has listed black salve as a "fake cancer cure" to avoid. Salves intended as an alternative cancer treatment are no longer legally allowed on the market.

The idea that black salve can be used to specifically draw out cancerous cells without affecting healthy cells is impossible. Black salve burns away both unhealthy and healthy tissue, leading to necrosis or tissue death. Other side effects include infection, scarring, and disfigurement.

Black salve is also an ineffective cancer treatment because it has no effect on cancer that has metastasized, or spread, to other parts of the body.

In one University of Utah study, people who used black salve said they sought out the treatment to avoid surgery. However, many people who use black salve need cosmetic surgery ^{Trusted Source} to fix the disfigurement the black salve causes.

Outlook

Skin cancer is a serious condition, but it's highly treatable with conventional methods. Only qualified and credentialed healthcare professionals should diagnose and recommend treatment for skin cancer.

Based on the FDA's recommendations, black salve isn't an acceptable form of skin cancer treatment. Doctors can't legally prescribe this treatment method because it's ineffective.

It's recommended you avoid using black salve to treat skin cancer, moles, warts, or other skin conditions. Not only is it ineffective at curing the condition, it can lead to pain and severe disfigurement.

BLACK SEED OIL:





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Black Seed Oil This native plant, Black Seed, is scientifically called *Nigella sativa* and it was used by the ancient Egyptians for many different remedies. Black Seed Oil is primarily renowned due to the phytochemical, thymoquinone which acts as an antioxidant and detoxifies the body. This is incredibly important for bolstering our immune systems and immune defense. Black Seed Oil has become one of the leaders in the immune support product lines because it is rich in alkaloids, saponins, unsaturated fatty acids because it can be used in various forms such as black seed oil capsules, black seed oil liquid, black seed oil pills, and black seed. However, the most convenient and readily available methods must be the black seed oil capsules.

Did you know black seed oil can help you expel excess mucus from the body? It can also help to increase metabolism, balance hormones and supports healthy liver function. It is also a great option to have on hand for cold and flu season. Many people even report increased energy and feeling more rejuvenated and rested after implementing black seed oil into their daily routine. If you want to give black seed oil a try to see what it can do for your health.

This is what would happen to a woman if she drank black seed oil every day for two weeks. After 24 hours, she would notice a flatter stomach due to the anti-inflammatory effects healing your digestive system. After a week, you'd notice clearer, glowing skin as it kills the bacteria that allows acne to survive on our skin. After 14 days, you'd notice longer and thicker hair as it increases blood circulation to the scalp.

I'm gonna tell you how to naturally remove cancer from your body, no matter what stage of cancer you're at now. What causes cancer are mainly carcinogens. Pesticides, herbicides, chemicals and your foods, chemicals and your products, chemicals and your cosmetics. What you smoke, what you eat, all these things that are causing you're your cancers. Now, many of the chemicals and pesticides and herbicides are actually carcinogenic that they use in the U. S and are banned in many other countries. Now, the first thing I want to tell you about is powdered black seeds. This this stuff works miracles in your body. They've done human and animal trials, and it has just destroyed cancer out of these peoples bodies. This is extracted oil from the Black Seed. And you know that one of the main ingredients of compounds that doesn't miracle is thymic quinone, which is primarily present in the oil. And like the powder black seed, there's hundreds of research articles on this with animal trials, human trials. And it's basically any cancer, it will get rid of, including the 1 that John McCain died from.

<p>BLADDERWRACK :</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Bladderwrack is a type of seaweed that is rich in vitamins, minerals, and antioxidants such as calcium, magnesium, potassium, sodium, and zinc. Bladderwrack Capsules are often taken for anti-inflammatory support, immune support, skin health, and digestive support. This brown seaweed thrives in the Atlantic and Pacific Oceans and is very high in phytochemicals such as phlorotannins and fucoxanthin. These compounds in Bladderwrack may help lower oxidative stress which is an imbalance between production and accumulation of reactive oxygen species. Bladderwrack can go by many names and various forms such as, Bladderwrack Powder, Bladderwrack Organic, Sea Moss and Bladderwrack herb.</p>
<p>BLUE LOTUS FLOWER</p>	<p>Blue Lotus Flower. This sacred flower was once used by the ancient Egyptians as a party. However, is now used as a sleep aid and anxiety relief. Whilst also some users have said to have had very vivid and even lucid dreams. For more information, click the link in my profile.</p>
<p>BORIC ACID:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Boric acid is a white powder derived from the element boron. It has antifungal, antibacterial, and antiviral properties and can be found in household cleaners, insecticides, and laundry stain removers. Boric Acid vaginal suppository. A boric acid vaginal suppository is a medication that helps promote a balance of acid in your vagina. It can also treat vaginal yeast infections by relieving symptoms like itching and burning. Follow the instructions on the label to safely use this medication.</p> <p>Boric acid can be harmful if swallowed, but it can be safely used in vaginal suppository form by women as a solution for vaginal odor. If you are pregnant, trying to conceive or breastfeeding, you should not use boric acid.</p> <p>Studies with workers breathing borax showed no long-term respiratory effects. However, long-term ingestion of boric acid has resulted in vomiting, nausea, diarrhea, and stomach pain. This is often followed by headaches, fever, tremors, twitching, a lack of energy, and weakness.</p> <p>Involves Careful Placement. Improper use in a home can also cause problems for residents. Avoid spreading boric acid on countertops or any food prep surface. While it's not usually lethal for adults, consuming this substance or getting it in the eyes causes irritation.</p> <p>They are merely different formulations of one compound. Borax is a form of boron and is taken straight from the ground as a mineral; you will find it in cleaning products. Boric acid is more refined and processed and is used in chemical products. Both borax and boric acid are toxic to people and animals when ingested.</p> <p>Skin exposure to boric acid has proven fatal in some cases, and the range of toxicity effects include abdominal as well as local effects on the skin. Fatalities from boric acid also have occurred after oral ingestion, and the endpoints in animals are weight loss and reproductive toxicity.</p>
<p>BORON: JUMP TO TOP OF DOCUMENT</p>	<p>Should you take boron every day? The World Health Organization estimates that an acceptable safe range of boron intakes for adults is 1–13 mg/day</p> <p>The symptoms of too much boron include nausea, vomiting, diarrhea, rashes, headaches, and convulsions. Very high amounts of boron can cause death.</p>

Boron is a trace element occurring in many plant foods. People can also take boron as a supplement. Although experts do not currently consider boron essential for human health, it may have health benefits for females going through menopause and postmenopause.

Does boron cause weight gain? Boron is Good for Weight Loss Boron-rich food plays a crucial role in regulating the body's metabolism. Even very low amounts of Boron can induce significant body weight loss. Boron appears to be important in burning body fat for energy. It also regulates carbohydrate metabolism.

Does boron interact with medications or other dietary supplements? Boron is not known to interact or interfere with any medicines or dietary supplements. Tell your doctor, pharmacist, and other health care providers about any dietary supplements and prescription or over-the-counter medicines you take.

The connection between healthy strong teeth, gums, and rest of the body is the first thing I discuss with patients. One thing I always try and help people understand, the way your feed your body, is what it uses to make strong bones and teeth.

Boron is a nutrient you may never have considered to prevent tooth decay naturally.

Who doesn't want healthy bones and joints for the rest of their life? What about better nutrient absorption and improved hormone balance? That sounds good too right? All of these and more are benefits of the mineral boron.

Though it gets little attention, boron is essential to the human body through a variety of supporting functions. Boron also reduces inflammation and oxidative stress – two things anyone trying to stay healthy should care about.

Researchers have found a number of health benefits for boron.

How Boron Works In Your Body

The roles boron plays in your body are diverse and important, especially in your metabolism and other functions that involve maintaining homeostasis. You might be surprised to hear that your sex hormones are closely linked to gingivitis. These hormones can change your oral microbiome balance and affect your immune system. In fact, it's one reason women should be more concerned about bleeding gums during pregnancy. Your body needs boron to create and maintain a good balance of sex hormones, estrogen and testosterone. Although if you take too much boron, you can quickly throw these off. With boron, there is such thing as too much of a good thing.

An important role of boron includes how it helps your body absorb magnesium better. Magnesium is an important mineral for hundreds of functions in your body. Fortunately, these two minerals work hand-in-hand to keep you feeling your best. Boron also impacts how your body uses calcium and phosphorous.

Of all the functions boron has in your body, it is by far the most famous for its role in your joints and bones. Boron induces the mineralization activity of what's called your osteoblasts. Osteoblasts are a type of cell that creates new material to rebuild bones. Boron activates these cells through regulating gene expression.

This is only the beginning – there are many other surprising health benefits of boron.

5 Surprising Health Benefits of Boron

Speeds up wound healing

Boron is great for speeding up and improving wound healing. A 1990 study that is still widely cited today found that a 3 percent boric acid treatment on deep wounds reduced the overall healing time by two-thirds.

Since then we've seen that boron helps wounds through specific action on the most common enzymes in animal tissues – collagenase, alkaline phosphatase, and elastase. Similar to how boron activates the osteoblasts in the bones, it also activates fibroblasts of the skin and tissues.

Improves gum and teeth health

Boron helps keep your teeth and gums healthy through reducing inflammation and improving bone and tissue repair. There's an interesting study that came out in 2013 that found boron would help the tooth building cells in such a way it's believed that boron could be used in bone and tooth tissue engineering. This is a long way off from becoming a reality but a fascinating possibility nonetheless. A healthy dose of boron could help to prevent gum disease naturally.

Prevents vitamin D deficiency

First of all, you need to know that vitamin D is essential to your overall health. Vitamin D is so important I wrote a four part series on it. The fact that boron is so good at preventing vitamin D deficiency is worth discussing. And the way in which boron prevents vitamin D is fascinating. It actually increases the biological half life of vitamin D levels in your body. Meaning, it prolongs the amount of time vitamin D stays in your body in a useful form.

You may have noticed a theme when it comes to boron and other minerals and vitamins – it's great at improving your natural absorption of many.

Reduces inflammation

Boron is effective at reducing certain inflammatory markers called cytokines – specifically, hs-CRP and TNF- α . These two cytokines have been associated with breast cancer, obesity, insulin resistance, lung cancer, heart disease, depression, and more.

In fact, because of its role in both reducing inflammation and activating healing cells of bones and joints, boron is considered an effective natural treatment for osteoarthritis.

Balances hormones

We've touched on this briefly, but boron's influence over our hormones is worth a deeper look. Boron is important in both men and women. Studies indicate that boron supplements cause an increase in estradiol and testosterone.

Due to this, you'll come across a lot of advice, especially in men's health forums, recommending boron supplementation. This advice usually points out that boron does indeed boost testosterone levels. However, what these usually fail to mention is that boron also increases estrogen levels, which isn't great for men in general. This is one nutrient I believe is best to mostly get from your diet and forgo supplementation unless you're doing so under the supervision of a doctor.

Boron supplements and dosage

In a few cases, a doctor might prescribe a boron supplement as a medication. Always ask your doctor before taking a boron supplement. Boron is a supplement where I recommend you use caution. For a high-quality boron supplement, I recommend this brand.

Boron may not be needed in the supplemental form, it's only needed only in trace amounts. Sufficient boron can be found good food sources of boron. Also, it's rare that you would have a boron deficiency. Of the trace minerals your body needs, selenium deficiency is far more common. Selenium supplementation makes a lot more sense for your health and yet, so take this into consideration before taking a boron supplement.

Boron is generally safe but it can cause toxicity symptoms and issues at high levels. If you take boron supplements you can experience heart palpitations, vomiting, and diarrhea. You can get plenty through your food but be sure you're getting enough.

Best food sources of boron

Instead of supplementation with this important mineral, opt for foods high in boron. These include:

- Almonds
- Beans
- Chickpeas
- Brazil nuts
- Bananas

My new book The Dental Diet is a guide to eating better for oral and overall health. The dental issues we are seeing today are a direct result of our poor diets – it's time we fixed this. You can order your copy here today! To your best health.

Now we want to hear from you. Please leave your questions in the comments below.

For more information on Dr. Lin's clinical protocol that highlights the steps parents can take to prevent dental problems in their children.

In addition, boron has anti-inflammatory effects that can help alleviate arthritis and improve brain function and has demonstrated such significant anticancer effects that boronated compounds are now being used in the treatment of several types of cancer.

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**BREAD:
(WHEATS)**
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BREAD MADE IN THE USA IS TOO HIGH IN GLUTEN-WHICH IS THE REASON FOR SO MANY GLUTEN ALLERGIES!!!
BREAD MADE IN THE USA IS TOO HUGH IN SUGAR-OTHER COUNTRIES DO NOT ADD SUGAR TO BREAD!!!
BREAD MADE IN THE USA IS TOXIC DUE TO THE PROCESS USED TO MAKE IT.

Bread sold in the states contains **potassium bromate**. Potassium bromate is used in the bread making process in the states because it helps bread rise faster, higher and makes bread manufacturers a lot of

dough. **But it's also heavily linked to cancer, nervous system damage and kidney damage**, and in the states it's in pretty much all food stuff. Bagels, bread rolls, breadcrumbs, you name it. While it is completely banned in the UK and EU, all bread products in the states contain potassium bromate. For those products that don't contain it, there are worse things. For instance, like Pillsbury breadsticks, a lot of the nice little fun things you can get in the freezer is at Walmart, like Jimmy Dean sandwiches, breakfast rolls and such. They contain a **azodi carbonomide**, which is a chemical compound in yoga mats as well as shoe soles. So why do so many US manufacturers use a **azodi carbonomide** instead? It makes the bread stuff look a lot lighter. In bread and cereal flour this is used as a whitening agent and dough conditioner. While the FDA thinks it's totally fine to add this chemical pop out to basically any bread product of the sun, it is banned in Europe, Singapore and many other countries for its heavy link to respiratory problems, as well as other health issues. And in Singapore specifically, if your caught using this substance in any of your manufacturing process, you are jailed for 15 years and a fine of up to \$450,000 bucks! It's that bad!

One reason that American supermarket bread tastes so bad is that each loaf contains a relatively large amount of yeast and goes through a very fast fermentation process. Traditionally-made artisan bread is slowly fermented with a small amount of yeast or sourdough starter.

Manufacturers use enzymes on bread to make the dough hold more gas, thereby becoming lighter, and to make bread stay soft for the longest possible time. Another critical group of preservatives is antimicrobials, which prevent mold from growing on the bread.

The majority of wheat grown in the U.S. (about 60%) tends to be hard red wheat which is high in protein content (mostly in the form of gluten). In Europe, the majority of wheat grown is soft wheat, lower in proteins and thus lower in gluten content.

The reasons why supermarket bread is bad are the poor flour quality, lack of freshness, fast fermentation times, added additives, and excessive use of sugar, and the overall poor quality of the ingredients used while making the bread.

The 7 Healthiest Types of Bread

Bread made from whole grains, including whole wheat and sprouted whole grain, typically offers the most nutrients. Dozens of varieties of bread line store shelves and fill cookbooks, though some are more nutrient-dense than others. Certain types are naturally high in fiber, vitamins, and minerals. Others are made from refined grains and typically contain added vitamins and minerals.

Top 7 choices for wholesome, nutrient-dense breads.

1. Sprouted whole grain-Sprouted bread is made from whole grains that have started to sprout from exposure to heat and moisture. Sprouting has been shown to increase the amount and availability of certain nutrients. One study found that pita bread made with 50% sprouted wheat flour had over 3 times as much folate, a vitamin critical for converting food into energy, than pita made without sprouted wheat flour. Studies reveal that sprouting also increases grains' antioxidants while decreasing antinutrients, or compounds that bind to minerals like iron and block their absorption. What's more, this process breaks down some of the starch in grains and decreases carb content. Therefore, sprouted grains may not increase blood sugar as much as other grains, and may be a good choice for people with diabetes or reduced blood sugar control. Plus, most sprouted breads are high in fiber and protein. As such, they're more filling than more refined breads.

One slice (34 grams) of Ezekiel 4:9 Sprouted Whole-Grain Bread offers (7): Calories: 80 Protein: 4 grams Fat: 0.5 grams Carbs: 15 grams Fiber: 3 grams

Sprouting helps increase the amount and availability of certain nutrients. Breads made from sprouted whole grains are high in fiber, vitamins, and minerals, and may have less of an impact on blood sugar than other breads.

2. **Sourdough:** Sourdough is made through a fermentation process that relies on naturally occurring yeast and bacteria to make the bread rise. Fermentation helps reduce the number of phytates, also known as phytic acid, that bind to certain minerals and impair their absorption. One older study found that sourdough fermentation helped to lower phytate content by over 50% compared to using conventional yeast. Sourdough may also be easier to digest than other breads. The fermentation process breaks down some of the carbohydrates and proteins found in grains, including gluten. However, this doesn't mean that sourdough is gluten-free. People with celiac disease or a gluten sensitivity still need to avoid any breads made with gluten-containing grains such as wheat. Finally, sourdough bread is thought to have a low glycemic index (GI), a measure of the impact a food has on blood sugar. The fermentation process converts some of the carbs in sourdough into a form called resistant starch. Resistant starch takes a long time to digest, making this bread less likely to cause a big spike in blood sugar. Sourdough can be made with both whole-wheat and white flours. Whole wheat sourdough has more fiber, while sourdough made with enriched white flour may contain more iron and B vitamins.

One slice (56 grams) of whole-wheat sourdough gives: Calories: 100 Protein: 4 grams Fat: 0.5 grams Carbs: 21 grams Fiber: 4 grams Sourdough bread is made through a fermentation process that boosts its digestibility, improves the availability of certain nutrients, and lowers its blood sugar effects.

We have had this question a lot about fermented foods Again, some of our doctors will say that it's not good because it's a result of sin fermentation as a result of sin. I think class kimchi sourdough miso in the same category as apple cider vinegar or wine. So what are your thoughts on that, Barbara? And are there any differences between wine and apple cider vinegar and kimchi and all this other fermented or cultured foods? Well, we know that wine must be. Touched. We know that the alcohol kills brain cells and God has said not to touch it. And I don't. And I certainly appreciate what the Bible says about that. Apple cider vinegar. I don't have either. It is one stage short of alcohol. And we all. Have the illustration when the vinegar was given to Jesus, he he refused. Now let me give you the sides behind that. The apple cider is something that's called acetaldehyde. Acetaldehyde is a neurotoxin. And there are five places we can be exposed to acetaldehyde. 1 is vinegar. Another is alcohol. Alcohol breaks down in the liver to acetaldehyde. The neurotoxin. Also, we can be exposed to a acetaldehyde from cigarette smoke, from calfumes And if someone has a yeast presence in their body and they're eating a lot of lot of glucose, even a lot of fruit then as the yeast feeds on the glue case, it gives off a acidic, lactic acid, uric acid and alcohol, which breaks down in the liver tube and settled the hide. So let's. have a look for a moment at things like sauerkraut. Um kinchy sauda mesa. These are cultured foods and there's a big difference between cultured foods and fermented foods. Aluminight said bread should be light and sweet, not heavy and sour, and a lot of people have read that and think she's talking about sourdough bread, but not so. Yes, bread was only used from the Industrial Revolution. What's that late 1800s early 1920s 1900s Get off their means. Tell them what probably hate sourdough bread. Let's have a look what the Bible says about the sourdough bread. And I think it's first Corinthians 5 verse 6 where the Bible says no, you're not. That a little 1111 th the whole lump. That's your sourdough. You can have a little sourdough culture. Put it into a big mix of plow mortar and it will leaven the whole lump and also. You can find this in Luke in one of Jesus parables the Kingdom of heaven is like unto a woman that took a little Levin and put it in the meal till at 11 the whole lump. Let's look in the Old Testament and let's have a look at their children of Israel in the desert for 40 years and they were celebrate. The Passover once a year and for 1 week they had to put the 11 out of their homes. I asked you, what was the Levin? The Levin was the sourdough culture. I can imagine all these Israelite women with their little sound I started in a little clay bowl going and putting it under a bush for a week. And then after a week they'd come back and put a little bit of flour and water in and revise their culture. Let's have a look at the sourdough bread nutritionally What it does the sourdough. It breaks down the protein or the gluten in the grain,

making it more digestible. So we knew it's sour dough bread. You're eating almost like you're eating predigested grain That's really the only bread that I eat as a whole. If I do eat bread, it's the sour don't say. So what about sauerkraut Well, let's have a look at nutrition label. Sauerkraut is a way of preserving cabbage. And when you have a look at where its most popular would be in Germany. So in Germany in those cold winter months of snow where they can't grow any cabbages, I'm sure that by the end of summer and they're harvesting a lot of their cabbages and some. Of them can be kept in the basement, but some of them are made into sound crowds where they finally slice it and they rub it and get the juice out. They put a lot of salt on it and little by little it begins to culture. So nutritionally, the sauerkraut is a is a form of cabbage that has been cultured. And in that culturing process you've got a production of lactobacillus acidophilus and ambitious bacterium. And they are very important for the. Healthy function of the gastrointestinal tract. Also in the process of culturing the cabbage, the B vitamins are produced. So it's a you get more B vitamins available in that. And so let's go over to Japan, where Miso has been made for centuries and they they would culture the soybean, the rice, the barley and again in that miso it's a cultured food. So when you eat these cultured foods, you're getting some healthy bacteria for your for your gut. Now, if you let go too long, if it's put into maybe a wall environment too warm, then fermentation begins. And when fermentation begins, alcohols produce. And whenever the person smells or tastes that they know they they must discard it That's very true. Sorry. You wouldn't recommend apple cider vinegar or wine or cheese, obviously, or pickles. Pickles can be classed in the same category, right? Well, depends what the pickles are mine with. If you make pickles myself and water, they can be quite good if they're made with spinning or not. So yes, very good. I hope that will answer a lot of other people's question as well about culture and foods.

3. 100% whole wheat: Whole grains keep the entire grain intact, including the germ, endosperm, and bran. The bran, which is the hard, outer layer, is high in fiber. The bran and germ also contain protein, fat, vitamins, minerals, and beneficial plant compounds, while the endosperm is mostly starch. That's why whole grains, including whole wheat, are higher in fiber and considered more nutritious than refined grains, which have been processed to remove the bran and germ. However, white flour is typically fortified with iron and B vitamins and may actually contain more of certain nutrients than whole wheat flour. Whole grains have been linked to numerous health benefits, including a decreased risk of type 2 diabetes, heart disease, and certain cancers. However, it's important to note that many manufacturers label breads "whole wheat" so that they appear healthier, even when they mostly consist of refined flour. Look for breads that have 100% whole-wheat or whole-grain flour listed as their first ingredient and do not sneak unnecessary ingredients, such as large amounts of added sugars or vegetable oils.

One slice (46 grams) of whole-wheat bread contains (18Trusted Source): Calories: 110 Protein: 4 grams Fat: 0.5 grams Carbs: 23 grams Fiber: 4 grams Whole-wheat bread made from 100% whole-wheat flour is higher in fiber, while bread made from refined wheat may be fortified with iron and B vitamins.

4. Oat bread: Oat bread is typically made from a combination of oats, whole-wheat flour, yeast, water, and salt. Since oats are highly nutritious and linked to a number of health benefits, oat bread can be a healthy choice. In particular, oats are high in fiber and beneficial nutrients, including magnesium, vitamin B1 (thiamine), iron, and zinc. The fiber in oats, known as beta-glucan, may help lower cholesterol levels, regulate blood sugar, and decrease high blood pressure. A review of 28 studies found that eating 3 grams or more of oat beta-glucan per day significantly decreased LDL (bad) and total cholesterol levels compared to not eating oats. The study also found that the cholesterol-lowering effects of beta-glucan in oats were greater in people with higher baseline cholesterol levels,

However, just because a bread has "oats" or "oatmeal" on its label doesn't mean that it contains a high amount of oats. Some oat breads only have a small amount of oats and are mostly made of refined flours, added sugars, and oils. To find a more nutritious oat bread, look for one that lists oats and whole-wheat flour as the first two ingredients.

One slice (49 grams) of whole-grain oatmeal bread contains: Calories: 130 Protein: 6 grams Fat: 1.5 grams Carbs: 23 grams Fiber: 3 grams Oat bread made from oats and whole-grain flour boasts the fiber beta-glucan, which may help lower cholesterol and has been linked to a number of health benefits.

5. Flax bread: Flax bread, which is made primarily from whole-grain flours and flax seeds, is one of the healthiest breads you can eat. This is because flax seeds are highly nutritious and offer a number of health benefits. Particularly, they are an excellent source of alpha-linolenic acid (ALA), an omega-3 fatty acid found in plant foods. A large review of 27 studies found that a high intake of dietary ALA was associated with a lower risk of heart disease. What's more, flax seeds boast compounds called lignans that can act as antioxidants in your body and may help protect against certain cancers. In fact, one study in 6,000 postmenopausal women suggested that those who regularly ate flax seeds had an 18% lower chance of developing breast cancer compared to those who did not eat them. Interestingly, those who ate flax bread were 23% less likely to get breast cancer than those who didn't eat it. However, it's important to note that this study was observational. More research is needed to understand the connection between flax seeds and cancer risk. Nevertheless, eating flax bread and other foods with flax seeds may have additional benefits, such as improved digestive health. Be sure to look for flax breads made with minimal ingredients, such as whole-wheat and/or sprouted whole-grain flours, yeast, water, salt, and flax seeds.

One slice (34 grams) of Ezekiel Sprouted Whole-Grain Flax Bread contains (29): Calories: 80 Protein: 5 grams Fat: 1 gram Carbs: 14 grams Fiber: 3 grams Flax bread contains plant-based omega-3 fatty acids that promote good heart health, as well as compounds called lignans that may help protect against certain cancers.

6. 100% sprouted rye bread: Rye closely resembles wheat but is usually darker and denser. Traditional rye bread is only made from rye flour and does not contain any wheat flour, whereas most modern rye breads are made from a combination of the two. Rye loaves also typically have caraway seeds baked into them.

When compared to wheat, rye is often considered more nutritious. In fact, some studies suggest that rye bread may lead to greater fullness and have less of an impact on blood sugar than wheat bread. One older study in 12 healthy adults found that those who ate whole-grain rye bread released significantly less insulin, a hormone that regulates blood sugar, than those who ate white-wheat bread. Having too much insulin in your blood is associated with obesity and may increase your risk of type 2 diabetes. Rye's ability to lower your body's insulin response is likely due to its high soluble fiber content. Soluble fiber is a non-digestible carbohydrate that dissolves in water and becomes gel-like in your gut. Eating foods with soluble fiber helps slow your digestion of carbs, which decreases insulin release and reduces blood sugar spikes. The healthiest rye breads are made from 100% whole-grain sprouted rye flour, in addition to other sprouted grain flours. Since sprouting increases grains' fiber content, sprouted rye is higher in fiber and healthier than non-sprouted rye.

One slice (28 grams) of sprouted rye bread provides: Calories: 60 Protein: 4 grams Fat: 1 gram Carbs: 12 grams Fiber: 3 grams Sprouted rye bread is high in soluble fiber, which helps slow your digestion of carbs and decrease your body's insulin response.

7. Healthy gluten-free bread: Gluten-free breads are made without gluten-containing grains like wheat, rye, or barley. They are safe options for people who need to avoid gluten, such as those with celiac disease or gluten sensitivity. While the exact ingredients in gluten-free loaves depend on the type, they are typically made from a mix of gluten-free flours, such as brown rice, almond, coconut, tapioca, potato, or corn flours. Many people wrongly assume that gluten-free breads are healthier than those that contain gluten. In fact, most gluten-free varieties are made from refined flours and high in added sugars. However, those made from almond or coconut flours, such as Barely Bread, tend to be lower in carbs but higher in fiber and protein than loaves made from wheat or other grains. The higher fiber and protein content in these products may help fill you up more than other breads in a small portion size.

One slice (26 grams) of Barely Bread 100% Grain-Free bread gives you: Calories: 90 Protein: 3 grams Fat: 5 grams Carbs: 6 grams Fiber: 5 grams Some gluten-free breads may be high in sugar and use refined flours that are high in starch. Consider choosing options that are a good source of protein and fiber.

How to choose a healthy bread

To choose a nutrient-dense bread, look for brands that have: 100% whole-grain or sprouted flours listed as the first ingredient, with limited other ingredients 3–5 grams of fiber and 3–6 grams of protein per slice. Low in added sweeteners

One of the best ways to ensure that you're choosing a healthy bread is to make it yourself. This way, you can control the ingredients. Hundreds of recipes for homemade breads are available online to suit most every dietary need.

What's more, many breads are made with added sugars, though the amount can vary depending on the type of bread you choose. The American Heart Association recommends limiting your added sugar intake to less than 9 teaspoons (36 grams) per day for men and less than 6 teaspoons (25 grams) per day for women (41Trusted Source).

High intake of added sugar has been linked to chronic inflammation that may lead to illnesses, including heart disease. In addition, some people may need to reduce their carb intake and thus limit bread consumption, such as those with type 2 diabetes or prediabetes, as well as anyone on a low-carb diet.

To choose a beneficial bread, look for varieties made from 100% whole-grain and/or sprouted-grain flours. Make sure your bread is low in added sweeteners. A few good options include sourdough, rye, flax, and oat breads.

The main difference between whole grain and whole wheat is the type of grain being used.

Both whole grain and whole wheat products contain all three components of a grain kernel, also known as a caryopsis. These include:

Bran. This is the fibrous outer layer of the kernel that's rich in B vitamins and other minerals.

Germ. This reproductive part of the kernel is rich in a variety of nutrients, such as healthy fats, vitamin E, B vitamins, and antioxidants.

Endosperm. The largest component of the grain kernel consists of starchy carbs. In most cases, white flours are mostly composed of the endosperm.

When the entire kernel is used, a manufacturer can legally use the term whole grain or whole wheat depending on the type of grain used.

The term whole wheat is exclusively used for products that only use the entire wheat kernel in their product. For example, whole wheat bread would only contain whole wheat flour, which uses the entire wheat kernel. Contrarily, whole grain is used when other grains are added to the product, such as amaranth, barley, corn, millet, quinoa, rice, rye, sorghum, teff, triticale, and even wheat. In all cases, the entire kernels of these grains

are used. Since wheat is a type of grain, it also falls under the definition of whole grain. Essentially, all whole wheat products are whole grain, but not all whole grain products are whole wheat.

SUMMARY

Both whole grain and whole wheat contain all three parts of the grain kernel — the bran, endosperm, and germ. However, whole wheat exclusively refers to wheat kernels, while whole grain includes other grains, such as barley, corn, and rye.

Is one healthier? Considering that both whole grain and whole wheat products contain the entire kernel, they're equally nutritious. When it comes to grain products, it's important to eat mostly whole grain or whole wheat products, as they contain the most nutrients. Unlike whole grains, refined flours have had their germ and bran removed, which takes away many nutrients and fiber. Most research pointing to the health benefits of grains comes from the fiber, healthy fats, and nutrients found within the germ and bran of the grain kernel. For example, a 2019 review study including 137,807 people found a significant inverse relationship between whole grain consumption and weight. This suggests that whole grains can aid weight management, likely due to the filling effects of fiber.

What's more, many studies have linked a diet rich in whole grains to a lower risk of heart disease, type 2 diabetes, certain types of cancer, and premature death. In contrast, refined grains, which have had their bran and germ removed, are not linked to the same health benefits due to their low nutrient and fiber contents. Therefore, try to mostly eat whole grain or whole wheat products whenever possible.

SUMMARY

Since both whole grain and whole wheat contain the entire kernel, they're equally nutritious. In fact, diets high in both whole wheat and whole grains are linked to a lower risk of chronic conditions like heart disease, diabetes, and cancer.

How to purchase the best product: Not all products that contain whole wheat or whole grains are inherently healthy. For example, some white flour and bread products have small amounts of whole wheat added to them to increase their nutrient content. Despite having some whole wheat flour added, it wouldn't be considered 100% whole wheat, as it contains other flours that don't contain the entire kernel. It's important to note that wheat bread isn't the same as whole wheat bread. Wheat bread simply implies that the flour comes from wheat, and it's usually highly processed. Unless the product label states the term whole, it's not whole wheat or whole grain. By looking for "100% whole grain" or "100% whole wheat" on the label and in the ingredient list, you can be assured that you're purchasing the healthiest product for you and your family.

SUMMARY

To ensure you're getting the entire grain kernel, and therefore, the healthiest nutritional profile, be sure to look for "100% whole grain" or "100% whole wheat" when purchasing grain products. Both whole wheat and whole grains contain all three components of the grain kernel and are equally nutritious. The main difference between the two is that whole wheat is reserved for products using the entire wheat kernel, while whole grain is an umbrella term for all types of grains in their whole form. Refined grain products usually have the nutritious bran and germ removed during processing, making them less nutritious options. For the most health benefits, choose products that are labeled "100% whole grain" or "100% whole wheat" and contain no refined grains in the ingredient list.

Why can I eat bread in Europe but not the US? Fact: American wheat is higher in gluten. The majority of wheat grown in the U.S. (about 60%) tends to be hard red wheat which is high in protein content

(mostly in the form of gluten). In Europe, the majority of wheat grown is soft wheat, lower in proteins and thus lower in gluten content.

The biggest difference between American breads versus European breads is the quality of the ingredients used in each bread. Standard, store-bought American bread contains many preservatives and fillers that are banned in European countries.

British bread cannot be made with bleached flour, but American white bread almost always is made with bleached flour. The main difference is that American bread tastes like cake, and British bread tastes like bread.

The result is usually softer, heartier, and tastier bread than can be found in other parts of the world. French flour tends to be made with a lower ash content than the flour from other countries.

Local bakeries, cafes and restaurants use spring water and/or glacial water, giving everything they cook or bake a clean, true taste and aroma. As well, European's use much less or organic pesticides in their farming, giving their wheat, barley, flour, butter, milk, salt, etc.

Unfortunately, the preservatives and fillers found in American breads have been found to be detrimental to human health, which is why we do not use these ingredients at Wildgrain. Another unnecessary ingredient found in bread in America, but not in European bread, is sugar.

The key difference lies in the dough's chemistry: Western-style bread has zero fat – its main [components] are flour, salt and water while Asian-style bread contains 15 per cent fat and 25 per cent sugar to give that soft texture.

Basically in Europe, soft wheat is used to produce flour and bread, whereas durum wheat is used to produce semolina and pasta.

No list of the world's most delicious bread can ever be complete without mentioning the baguette. Meaning “wand” or “stick” in French, this iconic French bread known for its elongated shape and crisp chewy crust is an icon of French cuisine and an important symbol of French culture.

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When considering what types of bread to eat, know that wheat has been genetically altered so that it is difficult for your stomach to digest **KAMUT** and **SPELT** have the same structure as it had in the 1950s, while wheat will never be the same. Sourdough is made in such a way that your body can still process it while white bread and wheat bread is not processed that way is not healthy and is not good for your body.

BROMELAIN:

See: [“Pineapple”](#)

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BURDOCK ROOT:




[JUMP TO TOP OF DOCUMENT](#)

Burdock Root: for gallstones and kidney stones, lowers blood sugar, increases perspiration, fights infections, soothes eczema, anticoagulant, cleanses the blood, diuretic.
(BillionaireShirley72.com)(TikTok)

Burdock Root Multi-Mineral contains the highly desired plant that is native to Europe and Asia, Burdock Root. This is because it is essentially mandatory to combine seamoss bladderwrack burdock capsules all together to make sure you have the trio of health benefits. Burdock Root is packed with antioxidants and helps remove toxins from the blood as well. In addition, Burdock Root can help support the purification of your blood, possesses anti-inflammatory characteristics, and aids in immune support and immune defense. Burdock Root can go by many names and various forms such as, Burdock Root Tea, Burdock Root Capsules, Burdock Root Organic, Burdock Root Powder, and Burdock Root Extract.

Burdock root can save your life. Here's Why: It acts as a natural insulin, so it lowers your blood sugar. It detoxes the liver, kidneys and purifies the blood, high and iron, magnesium, calcium, phosphorus and 104 other minerals reduces acne, makes your bones strong, strengthens hair follicles and reduces excess water in the body. Even the great healers like Dr Sebi use it.

<p>CABBAGE JUMP TO TOP OF DOCUMENT</p>	<p>Every mother knows who's had a baby in the hospital, the midwives give cabbage leaves to new mothers. When the milk comes in and the breasts are very swollen, putting a cabbage leaf inside the bra is very, very soothing for the swollen breast. So you can use cabbage for swollen knees for sprained ankles and more. What you do is you dip the cabbage, leaf into boiling water just for about a minute, or you mash it up a little bit with a meat tenderizer, and then you can put it around the ankle, and then you might cover it with a cloth. So that's one of the wonders of cabbage. You can use it as a anti inflammatory for all tissue inflammation.</p>
<p>CACAO Jump to top</p>	<p>CACAO: This is what would happen to your body if you ate the world's purest chocolate every day for two weeks. This right here is grade a ceremonial cacao. It was known as the food of the gods by ancient Mayan civilizations, who used it as a physical and spiritual healer. Within 24 hours of first taking it, you would feel a massive boost of energy as it starts to take effect after a week. Your skin would completely clear as cacao has 40 times the antioxidants of blueberries. After 14 days, you'd notice looser fitting clothes Metabolism is boosted by the three 100 vital nutrients it contains. Cacao is good for the heart.</p>
<p>CALCIUM JUMP TO TOP OF DOCUMENT</p>	<p>CALCIUM: (Barbara Oneil) If anyone's on calcium supplements don't take them. Let me show you why. Bones are not made of calcium. They're made of 12 minerals, which is boron, calcium, chromium, iron, magnesium, manganese, potassium, phosphorus, selenium, sulfur, silica and zinc. There's your 12 minerals. That's what your bones are made up of. And 64 trace minerals. When you take calcium supplements into your body, you get an overload of calcium. The body goes "whoa", and it shuts down the adrenal glands to hold onto magnesium to try and get the balance. And the effect of that is to cause the kidneys to release potassium and sodium. You get this huge imbalance. What is the best way to strengthen your bones? Take the minerals that your bones are made up of. How do we find that? Where do you find it in the most perfect proportion? Sea water. All you need to do is take the two salts that have the minerals in their right balance, which is Celtic salt and Himalayan salt. You've been on a no salt diet. I would have a very tiny crystal twice a day after a couple of days So that you gotta ease your body back into it. There is another place that you will get minerals in this proportion, and it's dark green, leafy vegetables. Every day we should have them.</p> <p>COW MILK: Barbara O'Neil says: If we stopped eating dairy products like cheeses, creams, yogurt & Milk, How are we gonna get our calcium? Let's have a look at the glass of cows milk. It's high in protein and high in calcium But this protein this animal protein is very dirty burning fuel. Only 58% is burned. Is burnt as fuel. So what? That does is it leaves a 42% waste. Now that is a sulfur waste. It's very acid. And do you remember what the body uses to negate acidity? Calcium. So the calcium from that glass of cow's milk is used to negate that acid residue. How much calcium is left for our body? None...its actually a negative number.</p>
<p>CALENDULA JUMP TO TOP OF DOCUMENT</p>	<p>Calendula can help with skin issues.</p>
<p>CASTER OIL</p> 	<p>When used as a compress can relieve constipation, diarrhea, Polyps, Kidney Stones and Gallstones.</p> <p>Oil Pulling</p> <p>Caster Oil Pack—"Queen of Thrones Caster Oil" good for a poltice soak for an hour or for all night.</p>

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Make sure whatever casteroil you get it does not have hexthane in it

You can use it to clear your glands..use packs under your arms and on your chest or abdomen...to clear cancer cells.

Casteroil penetrates deeper than any other oil.

Will also regrow hair and reduce inflammation.

Casteroil poultice-scar tissue, bone spurs, inflammation, pain, constipation, diarrhea It will also dissipate cysts or gallstones or kidney stones or bone spurs. You just need to apply a compressor. Directly to the affected area. (Be careful it will make a mess of the sheets if you sleep with the compress all night) “

Mix Caster Oil and Baking Soda to remove dark spots on the face or body and to reduce or prevent stretchmarks during pregnancy or strength training.

Caster Oil will Prevent and treat PILONIDAL cysts

A couple drops of Caster Oil in your ear will enhance hearing.

6-8 drops orally, every day for 4 months will cure tinnitus.

Use of a caster oil compress applied to injury will treat ankle injury, knee injury, shoulder injury and more.

Take 5 drops of Caster Oil daily to prevent allergies.

Caster Oil compress will help relieve pain in the back.

Regular massage of the feet with Caster Oil will eliminate calcium deposit and bone spurs on the feet.

Rub Caster Oil on the eyelids before bed to improve eyesight, remove floaters AND relieve eye allergies.

Carter Oil applied directly to affected area will cure mouth sores.

Massage Caster Oil into the scalp daily to stimulate hair growth.

Rub Caster Oil on Warts for 30 days to remove them completely.

Rub Caster Oil to the stomach of hyperactive children to help them calm down and reduce hyperactivity.

Caster Oil works on cuts, burns and bruises. And works on bug bites to remove swelling and itching.

Caster Oil works to relive diarrhea.

Treat fungal infections like athletes foot with Caster Oil.

SKIN CONDITIONS: Castor oil penetrates Very deep, and it penetrates deeper than any other oil So it can be used externally. And What it does, wherever Castrol penetrates, it breaks up lumps, bumps, congestions, adhesions. It can even break up a bone spurs. It can break up tumors. I have known women have told me this that's breaking up lumps in the breast, and those lumps may be systs or other maladies. (Credit Barabara Oneil)

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Because of a high acid diet that many people are living today with a lot of sugars, a lot of caffienes, a lot of starches, cereals, breads, the body releases Calcium phosphate to neutralize the acidity. And that calcium phosphate can build up as crystals in the kidneys, in the gallbladder, on the eyes, cataracts, And there is a way that you can get rid of cataracts And that is one drop of Castor Oil wiped over the eye lid. It will go through the lashes, the caster Oil will penetrate in through the eyelid, and also into the eye through the lashes. Caster Oil penetrates deeper than any other oil. And wherever it penetrates, it breaks up unnatural formations which are what cataracts are. I've had several people get back to me and testify that their cataracts are gone by doing the Castor oil.

Are you prone to getting urinary tract infections, yeast infections, itching, bladder infections, bad odor, itching? These are things as a woman we deal with, right? Well, as most of us know, Castro oil is a antifungal, antibacterial, anti-inflammatory. And it can actually inhibit the growth of yeast and kill it off. Because Castro oil is anti-inflammatory, anti-microbial, antibacterial. It's going to help with these infections. It's going to help with itching and odor as well. And another way you can use the panty liner if you have a thicker pantyliner, our thicker pad, you can actually use the pantyliner if you don't have a castor oil pack, and you can actually use it in an area on your belly, or you can actually just use it on your arm if you have an aged spot. But you can also use this as a diy caster pack as well. So if you do try this on your pantyliner, because you have itching odor, yeast infection, bladder infection, UTI, and you try it, and it works, let me know.

Naval Oiling: Castor oil has been used for centuries to help with ailments and just various body issues. So why the belly button? It's called naval oiling. Your belly button is connected to every single organ in your body Like, 72,000 veins are connected to your belly button. So when you add that Caster oil in and massage it, you are stimulating nerves throughout your entire body that are going to help with issues. Castor oil naval oiling can help with. Digestion, joint pain, inflammation, menstrual cramps, fibroids, cysts. Castro oil for eyebrow growth.

Barbara Oneil: And there is a way that you can get rid of cataracts. And that is one drop of Castor oil wiped over the eyelid. It'll go through the lashes, the Caster Oil will penetrate in through the eye there and also into the eye through the lashes. Castrol penetrates deeper than any other oil. And wherever it penetrates, it breaks up unnatural formation, which are cataract is.

Naval oiling is dangerous if you do not washer naval after you're done. I saw a few comments that said I got an infection because I left in there and they didn't wash their really wasn't after. Wherever you are using oil to pull any type of toxin out, you have to wash it after whether that is using coconut oil in your mouth, pushing it around, you have to brush your teeth after same with your belly button. If you're going to let cash your oil sit in your belly button, you have to wash your belly button after. I love this caster oil because it's cold pressed, hexane free, and chemical free.

CATTAILS:



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Think of cattails as more of a survivalist nutrition and medicinal source rather than a holistic food to add to your menu routine.

In early spring, the base of the new shoots is cut off and the outer leaves are removed, revealing tender white to light green leaves that resemble leeks. These cattail hearts can be eaten fresh or lightly cooked and added to stir-fry. In late spring to summer, immature flower spikes are ready for harvest.

The jelly-like substance that is found between young leaves can be used on wounds and other areas of the body where foreign agents, pathogens, or microbes might do damage in order to protect our system.

Directly applying the gel produces an amazing numbing sensation in the affected area. To this end, boils, blisters, and sores benefit greatly from this application.

The healing properties of cattail gel are:

- Astringent
- Coagulant (stops blood flow)
- Pain relief
- Antiseptic

In essence, cattail numbing gel works in two ways: first and foremost, the excretions from the leaf base clean the wound. Secondly, pain is addressed, providing immediate relief.

Cattails are also a culinary delicacy and all parts of the plant can be eaten. The sweet fiber in cattail roots provides an abundance of starchy carbohydrates; the new stalk shoots can be eaten to obtain Vitamins A, B, and C, potassium, and phosphorous; and the seeds can be ground and used as a flour substitute.

Basically, cattail harvesting can provide water, food, shelter, and fuel for fire, almost everything needed to survive in the wild. The brown, tight heads can be used as a torch when dipped in oil or fat. The gel found within the leaves can be used medicinally as a topical anesthetic.

Can you eat cattails from a pond? Cattail leaves can be eaten but are more commonly dried and used to make baskets. In addition to using cattails as a fuel source and weaving material, Native Americans have cultivated cattails for cooking. This wild food source is incredibly resilient and a source of vitamins and minerals. When grown in water cut above the water line and try to avoid stagnant murky water cattails.

The young stems can be eaten raw or boiled. The lower parts of the leaves can be used in salads. The young flowers can be boiled, covered in butter, and eaten like corn on the cob. In mid-summer, the yellow pollen from the male flowers can be added to pancakes, or mixed with flour to make delicious bread.

What does cattail stalk taste like? Cattail tastes like a bitter cucumber and leaves a little bit of aftertaste for a while. When you break open the pod of the cat tail the stuff that you see is called cattail FLUFF. You can literally add this by the handfull to things like muffin mix or cookies.. to add bulk and nutrition..but dont expect it to add flavor and the texture is not going to be as expected. This is more of a survival food rather than a cool unknown hack.

Cattail Shoots – raw young shoots taste like cucumber and can also be made into pickles. When the young shoots are steamed they taste like cabbage. Base or Stem – where it attaches to the rhizome can be boiled or roasted like potatoes. The shoot is the green part of the cat tail right before it starts to turn into the seed pod (the seed pod is the thing that looks likbrown sausage)

The lower part of the stem is white and, when eaten raw, tastes like cucumber. If you cook it, it tastes like corn. The pollen can be removed from the stalk simply by shaking into a paper bag. It can be used as a thickener for soups and stews. In late summer, the green flower heads can be eaten like corn on the cob. In autumn, the roots can be harvested by soaking in water until a gel forms. You can use the gel in bread making and soups.

The brown, tight heads can be used as a torch when dipped in oil or fat. The gel found within the leaves can be used medicinally as a topical anesthetic. The heads provide puffy wool-like material that can be used for insulation of clothing, mattresses, and padding when sleeping out in the woods. The leaves, when cut, dried, and resoaked, can be used for mats, baskets, hats, or ponchos.

Is Cattail Edible Raw? Yes, certain parts of the cattail plant are edible raw, but it's important to know which parts are safe to consume and how to properly prepare them.

Here are the edible parts of the cattail plant that can be consumed raw:

Young Shoots: The young cattail shoots are tender and edible when consumed raw.

Pollen: Cattail pollen has a slightly nutty and sweet taste and can be sprinkled on dishes or used as a nutritional supplement. Other parts of the cattail plant, such as the rhizomes and immature flower

heads, are typically not consumed raw due to their tougher texture and less palatable taste. These parts are usually cooked or processed in some way before being eaten.

What Does Cattail Taste Like? The young shoots of cattails are often described as having a mild, slightly sweet, and earthy flavor. They are similar in taste to asparagus or cucumber, with a tender texture. Cattail pollen has a slightly nutty and sweet flavor. The rhizomes of cattails have a starchy taste, somewhat similar to potatoes. The lower portion of the immature flower head has a texture and taste similar to young corn on the cob. It is mild and slightly sweet.

What Are The Benefits Of Eating Cattail? The root contains lots of starchy carbohydrates. After the root is ground into flour, cattails produce over 6,000 pounds of starch per acre – that’s more than potatoes, yams, and rice. The stalks and leaves contain potassium, phosphorus, and vitamins A, B, and C. The cattail pollen is also a great source of protein.

CAYENNE PEPPER:



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Cayenne Pepper: 6 AMAZING HEALTH BENEFITS OF A CAYENNE PEPPER CLEANSE

[Facebook](#) Check this video showing the death of parasites when introduced to Cayenne

Various societies across the globe, particularly those in the Americas and China, have historically used cayenne pepper therapeutically. Due to its reputation as a powerful healing compound, with many varied uses, cayenne pepper is fast becoming a favourite ingredient for cleansing and detoxifying regimes in the West. These days numerous studies show that we could all benefit from introducing more cayenne pepper into our diets. This spicy super-food acts as an extremely effective medicinal supplement for nurturing and detoxifying the entire body, quickly and safely, and has many other health benefits too.

The active ingredient in cayenne pepper is a powerful medicinal compound called capsaicin, which is responsible for most of cayenne’s health benefits, as well as its delicious spiciness. Capsaicin has long been used as an effective treatment for reducing pain, treating chronic symptoms, combating tumour growth, and soothing a wide range of other degenerative ailments within the human body. It has also been linked to healthy weight loss, with studies now showing that consumption of capsaicin can raise metabolic rates by as much as 25% and help induce fat loss.

So, here are 6 amazing health benefits of eating cayenne pepper regularly, or using it as a cleansing treatment:

1. DETOXIFY YOUR SYSTEM

Due to the cayenne pepper’s highly medicinal properties it makes the perfect detoxifier, helping to flush toxins from the body, while stimulating circulation and neutralising acidity in the body. Cayenne is incredibly nutritional, containing: Alkaloids, capsaicin, capsacutin, capsaicin, capsanthine, capsico PABA, fatty acids, flavonoids, sugars, carotene, volatile oil, and vitamins A, B1, B2, B3, B5, B6, B9, and C. The spice is rendered even more efficient as a detoxifier when combined with some lemon water. This tasty combo stimulates the liver, providing it with the right balance of nutrients to detox from harmful substances, such as sugar and alcohol. One pint glass of these two super-foods provides enough vitamins and minerals to jump-start a total system cleanse.

2. BOOST YOUR METABOLISM

Cayenne pepper is an great for boosting the strength and speed of your metabolism and therefore also aids in weight loss. According to a study conducted by Jong Won Yun and researchers from Daegu University in South Korea, capsaicin can significantly raise the metabolism by positively affecting proteins that help break down fat. As part of the study, scientists fed rats a high-fat diet, half with and half without capsaicin, for eight weeks. Their research found that capsaicin enhanced the activity of proteins inside fat cells that help break down fat. Furthermore, the capsaicin was found to reduce the

activity of enzymes that are responsible for synthesizing fat, thereby preventing the development of mature fat cells.

3. FIGHT INFECTION

Cayenne pepper has been found to dramatically improve circulation and boost the entire immune system. When combined with lemon, cayenne pepper acts as a powerful ally in the fight against bacteria. The properties in lemon and cayenne are so strong, they can be used as antibacterial cleaners. Drinking lemon water with cayenne can prevent you from getting sick. If you do happen to pick up an infection, the combination of lemon and cayenne can work to reduce your symptoms. Both ingredients contain properties that help soothe minor viral infections, especially sore throats. Both boosts the immune system and contains compounds that reduce congestion, making this beverage ideal for use during cold and flu season.

4. SUBSTITUTE CAFFEINE

Because cayenne pepper is a stimulant, drinking it first this in the morning can help kick-start your metabolic system into gear. Cayenne gives the body a fiery energy boost that will leave you feeling just as energised as a cup of coffee does - minus that unpleasantly manic caffeine buzz and inevitable post-coffee crash. Additionally, we recommend combining your cayenne morning ritual with a stretch upon rising from bed. Stretching, or doing yoga, has many multifaceted benefits for your entire system, including stimulating oxygen metabolism in the blood, sending oxygen rich cells to the muscles and the brain, which in turn spark the body alert and focused.

5. IMPROVE DIGESTION

Cayenne pepper is a well known digestive aid and powerful anti-inflammatory. It stimulates the digestive tract and intestines and can also soothe gas, stomach ache, ease nausea, heal ulcers and other digestive problems. It also acts as a great natural pain killer for gut related symptoms. Add some freshly squeezed lemon juice to your daily cayenne drink and experience the overall benefits of these two natural stimulants for the digestive system. Lemon, in particular helps to balance acidity in the body. Therefore drinking lemon and cayenne pepper mixed with water regularly can radically reduce heartburn and acid reflux. The combination of this powerhouse duo has serious health benefits that can improve your entire digestion process.

6. ACCOMPANY FASTING

One-day (24-hour) water fasts have become increasingly popular in the West over recent decades as a way to maintain general health and vigour. According to the Yogic Way Of Life website, "fasting uses the self-healing properties of the human body. Health improvements happen when the digestive system is given rest and the organs get ample time to repair and heal themselves." Because Cayenne pepper boosts the metabolism, which burns fat while also suppressing the appetite, it is a fantastic aid to a 24-hour fast and/or detox regime. Cayenne is an overall stimulant. It encourages the cells to work more efficiently, which not only improves blood circulation but also improves lymphatic health.

YOBABA TIP:

If you want to attempt a 24-hour cayenne pepper and lemon water cleanse, here is our tried and tested recipe / fasting routine:

Eat your last meal before beginning the 24-hour fast at breakfast time. We recommend a warm porridge as it is filling but very easy to digest. After you have eaten your last meal proceed in consuming only the following water-based drink until the same time the following morning...

Cayenne Water:

Mix half a teaspoon of cayenne pepper and one teaspoon of cinnamon powder in a pint glass of filtered/spring water.

Add half a freshly-squeezed lemon and a quarter of a teaspoon of honey to the pint glass.

Stir all ingredients well, so that the pepper dissolves before drinking.

Aim to drink a minimum of 3 liters of water during the 24-hour fasting period. Exceed this amount if necessary.

While fasting, make sure to rest and relax. Do not attempt any extreme exercise and keep well hydrated. If you have any pre-existing medical conditions, make sure to consult your doctor before attempting any type of fast.

Cayenne Pepper will stop bleeding, just take a teaspoon, up to 3 teaspoons by mouth and your body will know where to send it to stop both internal and external bleeding.

Did you know if you can send one teaspoon of cayenne pepper, one glass of water, you can stop a bleeding hemorrhoid. Did you know that cayenne pepper orders the brain to burn fat cells? Did you know the cayenne pepper unclogs artery? So if you're having a cardiac crisis, you want to take some immediately.

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Some people take or were told to take aspirin for a blood thinner. In fact, I have read where it is recommended that anyone over the age of 50 should be on half an aspirin a day. You might have heard that. But what the research is showing today is that aspirin causes stomach bleeds. It's the number one cause of stomach ulcers. It causes brain bleeds and eye bleeds. That's what the recent research is showing. Cayenne pepper will not cause that at all. But if cayenne pepper is in your blood and it sees a bleed, it will constrict the blood vessels to stop the bleeding. Yes, it dilates the blood vessels when it's in the blood, but if it sees a break, it'll constrict that flow. A beautiful illustration of Psalm 104 verse 14 that God gave herbs for the service of man. Remember, they're there to serve you. Where would you like me? What would you like me to do? Seal that.. That's the cayenne pepper. In fact, it's just about a First aid kit all by itself. It's a cayenne pepper, and you'll get used to it.

Cayenne pepper and water-- drinking it down can actually reverse and help prevent heart disease. This will actually help increase circulation throughout your blood vessels. It causes vasodilation of a blood vessels. It can prevent excessive blood clotting as well as lower blood pressure. So they want to consider drinking some cayenne pepper, or putting it on your food because your body will bloody it.

CELERY:

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People are sick because they got bugs. That's it. You're your Hashimoto's thyroiditis, your rheumatoid arthritis, bugs caused this. It's not your body attacking itself. It's bugs. It's pathogens. It's viruses, it's bacteria. So when people have their fibro, there's a bug involved. That's what this is. Chronic fatigue syndrome. There's a bug. So what's going on is we're filled with bugs. I know that's kind of annoying. We've got viruses like Epstein Barr. We got the simplexes in us, wreaking havoc. We got the HHP sixes. We have shingles viruses. We have bacteria and people have these bugs in them. We live with them. They create inflammation. Meanwhile, the food wars that are going on, the vegans against the Paleos and and the keto and everything else, and everybody's fighting each other. But nobody realizes you guys are all dealing with Epstein bars, dealing with Shrek, a caucus. You're dealing with strep and Viruses. And the reason why celery juice is working is because the sodium cluster salts and celery juice is annihilating a lot of bugs in people. It's breaking it down. It's killing them. It's cleaning up their livers. It's getting the bugs out of the livers. And that's why their inflammation is actually getting better and better. Wow. Amazing. And I was looking at something you saying about how it's it's also stopping the vicious cycle of addiction. Yeah, which is incredible. How does that work? Well, yeah, that seems like a totally different challenge in in my head, at least, like, from an uninformed point of view. So how is celery juice even helping people with addiction? Well, you know what? It revives your liver. It starts restore.

CELTIC SEA SALT:



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Table Salt has ONE mineral. Celtic Sea Salt has 92 minerals.

Leviticus 2:13 and Matthew 5:13: **13** "You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot... tells us how important salt is.

Salt is responsible for the Blood/Gut/Brain Barrier. **ALL DISEASE BEGINS IN THE GUT**

Standard table salt will actually DE-MINERALIZE the body. While Celtic Sea Salt will replentish much needed nutrients, vitamins and minerals and help the body absorb more nutrients from the food you eat.

Consume 5-10 grams of celtic sea salt daily till your body is alkalized then just 3-5 grams daily.

Remember, CANCER feeds off of sugar and bacteria that sits in the gut... but is neutralized by Celtic Sea Salt.

Researchers have successfully used sodium chloride nanoparticles to DESTROY cancer cells.

CELTIC SEA SALT=ALKALIZED BODY=HEALTHY BODY

Celtic Sea Salt balances insulin blood glucose levels.

Celtic Sea Salt releases GABA (the body's peace chemical)

Celtic Sea Salt heals leaky gut and is antibacterial and antiparotidical (Helps kill parasites)

Celtic Sea Salt is a Neuro-Protector

Celtic Sea Salt stimulates serotonin and releases dopamine-which means a happier you.

REFLUX & SALT CONNECTION:

And sodium chloride salt is required to make stomach acid. People get acid reflux when they don't have enough stomach acid. Reflux is caused by insufficient stomach acid. You get reflux when you don't have enough sodium chloride to keep the stomach sterile so yeast begins to grow in the stomach. Then you eat carbs and sugar, and they ferment and produce gas and pressure. When your PH is above 4 all this is set into motion and begins to grow and trigger dysfunction. When your PH is

less than one, your PH works to digest proteins and you absorb minerals, including B-12 better. But when your PH is at a 2 or 2.5 things start going downhill fast. Salt or "Sodium Chloride" is a natural to make hydrochloric acid.

Barbara O'Neill:

Dangers of using table salt and the benefits of using Celtic Sea Salt: Table salt is dangerous because it is highly processed. Refined salt is made up of two harsh minerals that can be harmful if injected into the blood. Celtic Sea Salt, on the other hand, is made from hand-harvested seawater that contains a balanced mix of 82 minerals, including magnesium, which can help water to be absorbed into cells. The transcript also discusses how an imbalance of sodium and potassium levels in the body can lead to high blood pressure, and suggests that using Celtic salt can help to maintain a healthy balance and lower blood pressure.

The number one vital element needed for life is oxygen.

The second most vital element needed for life is water.

You can go three minutes without oxygen, but you can go a couple of weeks without water.

Where there is no water, people do not usually live.

Many people do not like water, or have negative reactions to drinking it, which may indicate that the water is not being absorbed into cells.

The third most vital element needed for life is sodium.

The fourth most vital element needed for life is potassium.

Sodium is found in the highest concentration in seawater, which contains 92 minerals.

Approximately 30% of the minerals in seawater is sodium, and approximately 50% is chloride.

Table salt is dangerous because it contains two harsh minerals that can be harmful if injected into the blood.

Potassium is the highest concentration of minerals inside cells.

Sodium is the highest concentration outside cells.



Sodium and potassium pumps in cell membranes maintain the balance between the two.


When someone does not eat enough fruits and vegetables, which are high in potassium, and consumes too much table salt, the sodium levels rise and potassium levels drop, causing cells to swell and potentially leading to high blood pressure.

Doctors recommend using Celtic salt to help lower high blood pressure because it contains 82 minerals in a balanced form, including magnesium which can help water absorb into cells.

SALT:

So if you have any type of mucus, there's a really simple and expensive solution, whether it's pneumonia, bronchitis, sinus, congestion, COPD, asthma, or even if you have a tonsillitis or a sore throat, you can apply this and it's basically using salt. There's been a long history that goes way back to the 1700s or even a lot earlier of using certain type. Of salt therapy especially for your immune system. Doctors back then were recommending going to the sea, right breathing in that sea air. Other people recommended sea bathing and even they've noticed people working in the salt mines rarely got sick, but everyone else is getting sick. They seem to be pretty healthy. So what's so special about this salt relationship? To pathogens? Well, salt is very anti microbial. It has antiviral properties, antibacterial, antifungal, anti yeast, anti mold. So whatever is growing in your sinuses or your lungs, you can take advantage of salt and it's really good to break up the mucus. There's many different ways you can apply this depending on how much you want to spend. Cheapest thing is to go to the coastal region where there's sea air and just be in the environment. Just breathe the fresh, cold air. Another thing you can do is just take a teaspoon of sea salt, dissolve it in a glass of warm water and drink that. That actually helps as well.

<p>CHARCOAL</p> 	<p>See: "Activated Charcoal"</p>
<p>CHIANCA PIEDRA:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>In some traditional medicine systems, practitioners use chanca piedra as an herbal remedy for stones in the body, such as kidney stones, bladder stones, and gallstones.</p> <p>Phyllanthus niruri is a perennial shrub that grows throughout tropical and subtropical regions. Chanca piedra is the Spanish name for P. niruri native to South America. It roughly translates as "stone breaker." The shrub has many other common names, depending on its location.</p> <p>What is the use of chanca piedra?</p> <p>Traditional medicine systems worldwide mention a variety of uses for P. niruri, including for:</p> <ul style="list-style-type: none"> inflammation fever malaria lithiasis gonorrhea hepatitis <p>In Brazil, where the plant is known as chanca piedra, people consider P. niruri preparations as folk remedies for kidney and bladder stones.</p> <p>Other traditional medicine systems, such as Unani and Ayurvedic medicine, use the leaves and fruit from P. niruri to treat gallstones. Peruvian traditional medicine also uses P. niruri for gallstones by preparing a hot water extract of the whole plant and taking it orally.</p> <p>P. niruri is commercially available as chanca piedra supplements that contain elements from the entire plant, including the stems, leaves, and flowers. It is available in:</p> <ul style="list-style-type: none"> tablets capsules liquid extracts teas <p>Due to its antioxidant content, chanca piedra may improve liver function and help protect the liver from cellular damage caused by free radicals — unstable compounds that can cause damage when they build up in your body in high levels</p> <p>Chanca piedra, which means "stone breaker" in Spanish, is a small herb. Both Phyllanthus niruri and P. amarus have been called chanca piedra.</p>

	<p>Chanca piedra has traditionally been used for kidney stones. It's thought that chanca piedra contains chemicals that might relieve spasms and increase urine. It is also thought to have activity against bacteria and viruses.</p> <p>People use chanca piedra for kidney stones. It is also used for hepatitis B, stomach pain, asthma, diabetes, and many other conditions, but there is no good scientific evidence to support these other uses.</p> <p>Bleeding disorder: Chanca piedra might slow blood clotting. Taking chanca piedra might cause bleeding in people with bleeding disorders.</p> <p>Surgery: Chanca piedra might lower blood sugar levels. This might interfere with blood sugar control during and after surgery. Chanca piedra might also slow blood clotting and increase the risk of bleeding. Stop using chanca piedra at least 2 weeks before a scheduled surgery.</p> <p>What Dissolves Kidney Stones Fast? Apple cider vinegar contains acetic acid which helps dissolve kidney stones. In addition to flushing out the kidneys, apple cider vinegar can also decrease any pain caused by the stones. In addition, water and lemon juice can help flush the stones and prevent future kidney stones.</p> <p>Taking 1 gram of vitamin C daily – the amount found in many immune supplements such as Immune+ Plus by Emergen-C – can increase the risk of kidney stones by 40% in people with a history of stones. And in some men, taking a supplement containing as little as 250 mg vitamin C daily might increase stone risk.</p>
<p>CHIA SEEDS:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>In an 8 oz glass, pour ½ inch of chia seeds and fill with water, shake, wait 10 minutes for the chia to absorb the water, then serve over fruit or a smoothie bowl to promote regularity in the gut.</p> <p>If you soak the chia seeds and you put them literally like on chia patch, or on an unglazed clay pot or saucer in about a week, they will grow 20 times their size. They'll increase, they will grow soluble and insoluble fiber. The Omega 3 and you'll have chlorophyll, and it'll be like a little leafy green accent. And you can eat the whole thing. The root, the stem the leaf, everything is edible.</p> <p>CHIA: Not as high in a mega 3 but it's fairly high cause you can just soak it in a little water or a little juice or a little coconut cream or something like that. It'll gel in about 5 minutes and you can put that on your breakfast. The Chia Seed absorbs nearly 25% of the same weight in water. So the reason why you shouldn't put flaxseed in cooking or anything is because those empty bonds are extracted to lightheaded oxygen But there is another way you can use the flaxseed that is a remedy for Constipation and that is using the whole flaxseed. And you do pour boiling water on it, but you are not destroying the light heated oxygen cause it's still got that seal on it. But when you pour boiling water on it, it gel. So maybe that's what the question means. A substances released that gels it and then the remedy is you put a squeeze of juice. Of an orange on and mix that and you drink it before you go to bed and all those little whole flax seeds with their gel around them basically act like a broom. And so in the morning often your bowels will open .</p>
<p>CHICORY</p>	<p>For Pain: https://www.facebook.com/share/r/wxiSSUodNT3HB2TE/?mibextid=D5vuiz</p>

CHLORELLA:



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Chlorella stops reabsorption of lead and mercury.

CITRIC ACID:



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Citric acid is a natural product obtained from citrus fruits. It has a wide range of antibacterial activity, inhibiting most bacterial pathogens commonly associated with various wounds.

Some of the insects that borax kills include ants, flies, and other insect larvae. Borax is an ant poison, and it controls flies around manure piles. It also prevents larvae from growing. The main insect borax kills are termites.

Citric acid

Citric acid used in medicine can kill bacteria and lower the acid in urine.

Improves Skin Health - Low concentrations of citric acid may help improve skin tone and texture and unclog pores by promoting cell turnover

Citric acid is a weak organic acid that occurs naturally in produce, such as citrus fruits. It is used in food, cosmetics, and cleaning products. Citric acid is a naturally occurring antioxidant. People use it as a food flavoring and preservative, an ingredient in cosmetics, and a component in cleaning products.

Citric acid is naturally found in citrus fruits, but synthetic versions, which are produced from a type of mold, are commonly added to foods, medicines, supplements, and cleaning agents. While mold residues from the manufacturing process may trigger allergies in rare cases, citric acid is generally deemed safe.

The difference between citric acid and lemon juice is that citric acid is a concentrated acid compound, while lemon juice contains citric acid, water, vitamin C, and other molecules. Lemon juice also has nutritional value, but citric acid contains no nutrients and very few calories.

As with white vinegar, citric acid is a fantastic alternative, but it doesn't always work immediately, and may require patience and elbow grease. Citric acid has corrosive properties and should not be used on natural stone or marble. The acid can break down the coating and leave a cloudy appearance.

Citric acid and vinegar are both acids, but citric acid is also a mild reducing agent, meaning it can do chemistry that acetic acid (vinegar) cannot," said Beckman. "Reducing agents like citric acid can actually 'denature,' or unravel, proteins—including proteins that make viruses function."

How Does Citric Acid Prevent Kidney Stones? Citric acid is a naturally occurring acid in fruits and fruit juices. It doesn't have any vitamins or minerals, but is nonetheless extremely beneficial for people with kidney stones or kidney disease.

Is citric acid bad for the liver? No, in fact, some studies have indicated that citric acid might have a protective effect on the liver against endotoxin-induced oxidative stress. In other words, citric acid may prevent liver injury under toxic and inflammatory conditions.

Homemakers have often said putting lemons down the drain will keep it smelling clean and clog-free. Unfortunately, the smell doesn't last and the citric acid will corrode your pipes.

As a member of the alpha hydroxy acid family, citric acid offers various skin benefits. It can chemically exfoliate the face and promote new skin cell growth. It is usually considered safe for all skin types, except for those with known allergies or sensitive skin.

When citric acid and baking soda react with one another, they change chemically and form sodium ions, citric acid ions, carbon dioxide gas, and water. Carbon dioxide gas is a normal component in our air. It also makes up the bubbles in carbonated drinks and is a gas we naturally exhale.

Lemon juice also filters blood and flushes out wastes and other toxins. Daily intake of diluted lemon juice reduces the rate of kidney stone formation and dissolves calcium oxalate crystals, which is the most common constituent of kidney stones.

Sour or spicy foods: Sour foods are usually high in acids (citric acid, tartaric acid, etc) that can worsen acid reflux as it increases the acidity in the stomach. This includes fruit juice such as orange and grape as well as wine.

Grapefruits: These magical fruits are juicy and repair the liver damage that happens after a fatty liver. The Vitamin C and antioxidants present in these fruits help eliminate toxins from the body to improve your liver health,

It's best not to use citric acid cleaners to clean wood surfaces. Citric acid should not be used to clean stone surfaces such as marble and granite. Citric acid can be used to clean many types of metal, but not copper or brass.

It's effective for removing soap scum, hard water stains, calcium deposits, lime and rust. Citric acid kills bacteria, mold, and mildew. It's great for general disinfecting and cleaning. Note that it shouldn't be used as a disinfectant against diseases like Covid-19.

Citric acid clears free radicals from the skin, lightens dark spots, balances uneven skin tones, prevents wrinkles, repairs photoaging, balances skin pH, and unclogs pores.

Additionally, citric acid acts as an appetite suppressant and contributes to the production of gastric acid to improve digestion. More effective digestion facilitates weight loss because the body does not have the chance to absorb as much fat from foods.

Can citric acid dissolve gallstones?gallstones can be dissolved using solutions containing both citrate and bile acid²3. therapy were also studied. Hospital, Heidelberg, Victoria, 3081, Australia. Three groups of patients were treated for at least 6 months.

Ursodeoxycholic acid: a safe and effective agent for dissolving cholesterol gallstones.

While surgery is a common treatment for gallstones, there are several other options available. These include: Bile thinning medications: Chemicals such as ursodiol and chenodiol can help dissolve gallstones. Shock wave therapy: This treatment can break small gallstones (less than 2 cm in size).

Citric Acid is an ingredient in which used to be derived from lemons and limes. That's what citric acid was originally derived from. It was used as a preservative to preserve food for a longer shelf life. They used to use boric acid, which relates to borax. Back in the day, but then they moved to Citric acid derived from citrus. Then in about the 1970s to 1980s they came up with the GMO synthetic mold known as citric acid, So if a person has a mold allergy and they, for example, turn over the back of their box or their supplement or their vitamin or their shampoo, or their soap, or whatever it may be, and it has "citric acid" listed as an ingredient on it, you're placing a genetically modified mold on the body or consuming a genetically modified mold. And that mold will start to wreak havoc on the body. It can lead to swollen tonsils. It can lead to bloating. It can lead to acne. It can lead to all types of little issues inside the body, because your putting a synthetic form of something into the body. And this is where the whole citric acid thing came from. So if you ever buy anything and let's say you go to look at the ingredients because I always talk about looking at the ingredients, make sure that when you're getting something, the only thing that's in it is what you're trying to get.

Citric acid is either found occurring naturally, or synthetic. It is a weak organic acid that is responsible for the sour taste in lemons, oranges and various other fruits and vegetables. It is more concentrated in citrus fruits, hence the name. The citric acid found in fruits is naturally occurring. SYNTHETIC: The synthetic Citric Acid (MCA) is created through fermentation using the fungus *Aspergillus niger*. This mold feeds on crude sugars, like corn starch and molasses, to produce citric acid. USE: MCA is used as a flavor enhancer, preservative, pH adjuster, and ingredient in medications. It's also used in household products, cleaning detergents, and softening agents. CONCERNS: It has the same chemical formula as naturally occurring citric acid, but it can contain remnants of black mold. This can trigger allergies or unwanted effects when consumed. Some experts have called for further research into the safety of the additive, and no scientific testing has ever been conducted on its long-term consumption by humans. How to tell if it's synthetic or natural? Pretty much all manufactured or processed items contain synthetic Citric Acid created from mold and sugar. Although 90% of the citric acid production falls into the commercial category, we still have that precious 10% of organic, fruit-derived citric acid. The most common source of organic citric acid is from Lemons, of course.

CLOVE:



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Clove: Germocidal remedy, antimicrobial, enters the bloodstream and destroys the microscopic parasites but also larvae and eggs. Sexual Health, antifungal, anticarcinogenic, increased sperm motility and count, neuro stimulator, kills bacteria, regulate blood sugar, liver health, bone health.

Cloves kill parasites: even better when used with black walnut and wormwood

How do you gargle with cloves? Take a few cloves and grind them to a fine powder. Add this powder to a glass of warm water. Gargle with water with clove powder for toothache.

Is clove water good for mouth rinse? You can also add a few drops of clove oil to a glass of water and use it as a mouthwash to help promote oral hygiene. Whole Cloves: You can also use whole cloves to alleviate toothache. Place a whole clove on the affected tooth and bite down gently to release its oils.

Is clove good for mouth infection? This is why cloves are used to cure different health problems such as a toothache, cough, sore gums, indigestion, asthma, mouth ulcers, and stress. Cloves contain a strong anaesthetic known as eugenol which similarly works as an antiseptic to fight bacteria that may cause infections.

Is clove water good for throat infection? Packed with medicinal properties, cloves not only relieve a sore throat but also alleviate pain caused due to persistent coughing.

Can I boil clove and drink it? They'll bring a warm, distinctive flavor to desserts, curries, or chutneys. You can also simmer whole cloves in boiling water for 5–10 minutes to make a soothing cup of clove tea. Cloves are delicious and may provide many important health benefits.

How long should you keep clove in your mouth? Take 2 or 3 cloves and keep them in your mouth as close to the sore area as possible near your teeth and gums. In a minute or two, they will soften and you'll be able to chew on them. Chew lightly and the oils will be released to your aching tooth or gums.

What are the side effects of clove mouthwash? itching, rash; mild skin irritation; or. sore gums, mouth irritation, bleeding or swollen gums, or tooth changes after using clove inside the mouth.

What diseases can cloves cure? Top 11 Health Benefits of Clove - Nutritional Values and Side ... Clove is a small-sized spice but has numerous health benefits. This spice provides many nutrients that help in controlling sugar, reduce cholesterol and triglycerides, improve bone, liver, and gastric health, reduce pain, reduce risks of heart disease and cancer, and is also good for oral health.

What is the strongest natural antibiotic for gum infection? Saltwater offers a powerful anti-inflammatory effect on the gums and helps destroy harmful bacteria. Moreover, it improves the healing process. Dentists recommend mixing half tablespoon of salt in a glass of warm water. Afterward, rinse typically for around a minute.

How long can you leave cloves in water? 10-12 days You can keep this clove water in the refrigerator for almost 10-12 days. If it is still left, you can discard it and make a new mix.

CLOVES: Ten powerful benefits of cloves. Clothes are believed to be the only herb that actually destroys almost all parasite eggs. When used in conjunction with black walnut and wormwood, the trio breaks the parasites life cycles. Cloves were also antibacterial antiviral and antifungal. Clove has powerful broad spectrum antimicrobial properties and contains a chemical called eugenol. Eugenol is known to work as an anti-inflammatory and anesthetic. Clobs are also sent to aiding weight loss and have been associated with enhanced blood flow. Increased libido and better erectile function. Cloves are also known to improve oral hygiene and are often used to reduce halitosis, gum inflammation and tooth pain. (Credit Alias Herbals)

CLOVER: (White & Red Clover)


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White Clover:

Pick the flowers in the spring and summer for a sweeter flavor. The fall blossoms are still edible and useful, just not usually as sweet. Like most herbs, harvest white clover blossoms early in the day when the dew has dried.

Clover. White Clover (*Trifolium repens* – pictured above) is a totally edible plant. Eat the leaves raw or cooked as a spinach substitute, or dry them to add to baked goods for a vanilla flavor. The flowers are also edible, as are the seed pods – which when dried can both be ground into a flour.

	<p>What part of white clover is edible? All parts of the clover plant appear to be edible, although the seed pods are generally reserved for animal feed. Clover blossoms are used to make teas and jellies, while the leaves can be eaten cooked or raw.</p> <p>White clover is alien and native to Europe. Leaf tea used for colds, coughs, and fevers. Flower tea used for rheumatism and gout. Like many clovers, white clover contains the estrogenic isoflavone genistein which has cancer-preventative and antioxidant activity.</p> <p>White clover blossoms are rich in many vitamins and minerals, so this tea is good to drink as a general health tonic and for detoxifying. A white clover infusion (a strong tea that is steeped for several hours) is also anti-inflammatory and beneficial for the immune system. Drink a cup to help relieve coughs and colds.</p> <p>Red Clover, kills cancer cells.</p>
<p>COCONUT OIL:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Burns Fat, use in place of other oils.</p> <p>Coconut Oil is as good as mother's milk and the best fat because coconut oil in mothers milk are the only two things that contain sodium monolauric acid, which is the basis of human immune system. It gets digested directly as ketones and that is why in America today Coconut Oil is a treatment for Alzheimer's disease with very good results.</p> <p>Coconut oil is the treatment for heart diseases from Harvard. Harvard has now admitted that because we demonized coconut oil, millions of people have died all over the world.</p> <p>Coconut oil, lots of coconut oil in your diet is a remedy for Alzheimer's. BUT you don't have to take "lots". You just have to take the extract of coconut oil, which is MCT oil. MCT has ketones in it with all the damage done to the brain through all these sugar and stress. The brain cells just aren't getting fuel and they die. But if you bring ketones along immediately goes right in and gives energy. There's no resistance to ketones.</p>
<p>COLD THERAPY:</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>Cold showers. Really? Yes. Cold therapy reduces pain, stimulates that parasympathetic nervous system. It actually calms down the stress system and stimulates the parasympathetic kicks in because the body goes into more of a protection mode and it will crank up that parasympathetic response, which Helps reduce pain and inflammation shows the studies. A cold shower. So what I do, is I will crank down the shower, stand under it for a count of 30. Try to include your whole head but especially the base of the skull. You want to target at least the back of the neck/skull base because this is where a lot of your receptors are. Your "Vagus" nerve, the Greek wanderer. Comes down into your chest, controls your heart, controls your organs, controls your digestive system. A cold shower will properly lower the stress responses in your system, your "parasympathetic" nervous system.</p>
<p>COMFREY</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>Comfrey-reduces inflammation but not as good as ginger.</p> <p>The comfrey contains a growth stimulant. So wherever you apply comfrey its gonna stimulate rapid healing, its nickname is "knit bone", because of its ability to "knit bone". And it can knit tendons and ligaments and tissues. In the Spring and in the summer, the active nutrients from the comfrey are found in the new leaves. But in the autumn and in the winter, all the healing properties go down to the roots. So if you use comfrey in the winter, you use the root. If you use comfrey in the spring and summer, you use the</p>

	<p>leaves. The smaller leaves are very, very pungent. Now there's been messages coming up through the media that say comfrey is dangerous. Have you heard them? They say it will cause liver damage. In her book, "How I can use herbs in my everyday life" Isabel Shepherd gives a whole section on comfrey when she tells the story of a farmer who bought an old cow from the abattoirs. The cow was old, could hardly walk and she was gonna experiment on this old cow cause the cow was gonna die anyway. So all the farmer did was give it comfy leaves. And she wilted them first so the cow could eat more. They wilt, you know, within an hour of picking. So the cow could eat more. The cow got stronger and stronger and bigger and started prancing round the paddock and started to produce milk. And she said the cream on that milk was about a third of the milk. What? Did she do it to prove comfrees powers? YES! See, they say that comfrey will cause liver damage. That's all this cow ate. He didn't even need any grass, just the comfrey. Incredible experiment. Sheep will eat it too, and sheep will not eat a plant that will hurt them. It's a remarkable herb because it has a growth stimulant in it. It's got a growth stimulant. It's anti-inflammatory. So it gets the inflammation down, and it's a lubricant. So it's excellent on bones.</p> <p>We had a lady and I'll make this story very short. She broke her legs. She broke her tibia and her fibula. And she had. A she had a crushed knee And we knew it was broken. Cause when we found her, she'd fallen off a bike. She's 56. The bone was not sticking through the skin, but it was poking up like a tent. Anyway, we had a guy there that knew bones and he said, hold on, Katie. And he put her in the ambulance. They took her away. She was in hospital three weeks and they would not operate. Now we're gonna do pins and plates on her because her leg was so swollen and her husband was getting frustrated with this. So he brought her home and we brought her into my wellness room. And it was the winter. So we graded up the comfrey every night. Every night we graded up the country route. We made a poultice. You grate up the root and it goes like chewing gum. See, it's got this lubricant in it. And we'd make a poltice like I showed you the other day. And then I'd pour a little bit of boiling water on it. Just soften it a bit and warm it and put it on the leg. And I put it around the knee and also wear the brake was in the tibia and the fibula And we would pray over it. We'd say father in heaven.... What we're doing here that you do. You know that lady totally healed was incredible. I think it was five weeks and we kept at it. We kept it straight. But every night we put the comfrey poltice on it. And then after six weeks she started to walk with crutches. And then I think it was another two weeks and she started gingerly walk with a walker. It was about 3 months and she was running. Now they told her she probably would never walk properly again because it was such a serious break. Now that was probably the most serious thing that we have ever done at Misty Mountain Retreat. And the doctor went when she went back to the doctor, he said it must have not been broken But there was an xray that showed it and the leg was nearly three times its size. it's unbelievable, isn't it? It isn't when you realize what comfrey does.</p>
<p>COPPER: JUMP TO TOP OF DOCUMENT</p>	<p>Use copper tubing to ground above ground planters for better blooming plants and bigger crops in raised bed planter pots.</p> <p>https://www.facebook.com/share/r/sccoQ6DCErBZf7C6/?mibextid=D5vuiZ</p>
<p>CUCUMBERS</p>	<p>Cucumbers: All these years I've only been making salads with the cucumbers...</p> <ol style="list-style-type: none"> 1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc. 2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

	<p>3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.</p> <p>4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.</p> <p>5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!</p> <p>6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!</p> <p>7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.</p> <p>8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.</p> <p>9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!</p> <p>10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown the reduce stress in new mothers and college students during final exams.</p> <p>11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.</p> <p>12. Looking for a 'green' way to clean your taps, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but is won't leave streaks and won't harm you fingers or fingernails while you clean.</p> <p>13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!</p> <p>Pass this along to everybody you know who is looking for better and safer ways to solve life's everyday problems.</p>
<p>D VITAMINS</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>Vitamin supplements: B-12 vitamin D are these necessary? Make sure you don't wash your whole body with soap and then go in the sun. You won't get any vitamin D and if you lie in the sun and then go wash your body with soap, you won't get any vitamin D. It takes about two hours for your body to make the vitamin D from the skin exposure to the sun. You will be low in vitamin D if you're on cholesterol lying medication because the vitamin D Like the Ultraviolet rays from the sun and hit the skin and they convert a form of cholesterol to vitamin D. So you see, it's a little bit of a complex issue</p>

	<p>as to why there are so many people with vitamin D deficiency. Do you need that layer of oil on the skin now? If you're lying in the sun and you're all hot and sweaty, you dive in the pool or have a cold shower, but don't you soap. You can wait a couple of hours and you can do so. B-12 is a bacteria. You'll get it in homegrown root vegetables. You'll get it in tank water. You'll get it on apples you get straight off the tree. It's an airborne bacteria. Most people with B-12 problems. It's because their hydrochloric acid, their stomach's not working properly because vegetarians and meat eaters alike can come down with vitamins. B-12 deficiency. Vitamin B-12 is constantly being recycled. So it's usually a gut problem. That is the cause of B 12 deficiency.</p>
<p>EDEMA SWELLING</p>	<p>Your lymphatic system is often the #1 reason for swelling in the body but doctors often suggest it is due to circulation because that is what they have been taught but if you ask a holistic expert, they will suggest routine lymphatic massages. The following morning drink can also help:</p> <p>LYMPHATIC CLEANSE EDEMA BUSTING MORNING SHOT RECIPE</p> <p>In a blender mix the following:</p> <ul style="list-style-type: none"> 3 whole lemons, including the peels (The peels contain coumarin) 3 whole limes including the peels 2 tablespoons of Olive Oil 1 Knob of ginger, about the size of half your thumb 4 teaspoons Cayenne Pepper (for the capsacian) 1 Pineapple Core (it contains bromelain) & Pineapple 1 teaspoon on of Sea Salt (It has almost all the minerals your body needs to function properly) Sea Kelp, 1 ounce 1 teaspoon Moringa Powder ½ cup White willow (can be powder or tea form) 2 Cups Coconut Cream 1 Banana for sweetness but wait and add banana the day you drink it. 3 tablespoons of honey for sweetness and other healthy properties. <p>DO NOT ADD SUGAR..ever.</p> <p>Mix everything till it becomes a creamy drink. Store in airtight container in the refrigerator. Drink 4 ounces each morning to rid your body of toxins, get your lymphatic system moving and clear your body of built up sludge.</p>
<p>ELECTROMAGNETIC BALANCE & CELLULAR VOLTAGE: JUMP TO TOP OF DOCUMENT</p>	<p>HORSE SENSE: Recent studies conducted by the Institute of Heart-Math provide a clue to explain the two-way " healing " that occurs when we're close to horses.</p> <p>According to researchers, the heart has an electromagnetic field larger than the brain: a magnetometer can measure the energy field of the heart that radiates from 2.4 meters to 3 meters around the human body.</p> <p>While this is certainly significant, perhaps more impressive than the electromagnetic field projected by the heart of a horse is five times larger than that of a human being (imagine an electromagnetic sphere around the horse) and it can influence straight into our own heart rate.</p> <p>Horses are also likely to have what science has identified as a " coherent " heart rate (heart rate pattern) that explains why we can " feel better " when we're close to them. Studies have found a</p>

Electromagnetic Health



Making Sense of the Research
and Practical Solutions for
Electromagnetic Fields (EMF)
and Radio Frequencies (RF)
CASE ADAMS, Naturopath

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coherent heart pattern or HRV to be a solid measure of well-being and consistent with emotional states of calm and joy-that is, we exhibit such patterns when we feel positive emotions.

A coherent heart pattern is indicative of a system that can recover and adapt to stressful situations very efficiently. Many times, we just need to be in the presence of horses to feel a sense of well-being and peace. In fact, research shows that people experience many physiological benefits by interacting with horses, including lower blood pressure and heart rate, higher beta-endorphins (neurotransmitters acting as pain suppressors), decreased stress levels, decreased feelings of anger, hostility, tension and anxiety, better social working; and greater feelings of empowerment, confidence, patience and self-efficacy".

Pintura author: Svatava Hueberová

Dr. Otter Warberg did research on cellular voltage, and he found out that it's so important when it comes to health. He did not find sick people with high voltage, and he did not find healthy people with low voltage. Here is a chart explaining cellular voltage, optimal cell voltage is between 100 millivolts and 70 millivolts And cancer cells usually have a cell voltage below 20 millivolts. But now you're thinking, why seller voltage so important to health? I'm about to share with you guys the craziest experiment with the salamander and the frog. Robert Olbecker was so fascinated with the salamander and its ability to heal itself. The Salamander has the ability to regenerate limbs, half a heart and even a whole eye. So Robert O'becker decided to cut off a limb from the salamander and the frog. Mind you that the frog doesn't have his healing abilities. So if you caught off a limb, that's the end of it. When he cut off both limbs, the cellular voltage completely dropped for both of them. But for the salamander, there was a surge of energy that went up to negative 30 millivolts in all of that energy went straight to the limb. Meanwhile, Frog only had a steady rise of voltage and it went back to its normal state and Robert O Beckley discovered that this surge of energy is what stimulated this regeneration. So Becker wondered if he supplied a current to the frog stump. Will it cause regeneration? And when he supplied a low frequency and a low intensity current, you know what happened? The frog regenerated its whole limb when Nicola Tesla said if you want to find the secrets of the universe, think in terms of energy frequency, vibration Isn't this gonna help textbooks?

Jewish Dr named Heidi Yellen conducted a study on the frequencies of fabric According to this study, the human body has a signature frequency of 100 and organic cotton is also the same. The study showed that if the number is lower than 100 it actually puts a strain on the body, a disease. A nearly dead person has a frequency of about 15 and that is where polyester rayon and silk register. Non-organic cotton registers a signature frequency of about 70. If the fabric has a higher frequency, it gives energy to the body. This is where linen comes in as a super fabric Its frequency is 5000 and wool is also 5000. But when mixed together with linen, the frequencies cancel each other out and fall to zero. Interesting to note the bible tells us not to wear wood and cotton together. But the even wearing a wool sweater on top of a linen outfit in a study collapsed the electrical field. The reason for this could be that the energy field of wool flows from left to right while that of linen flows in the opposite direction from right to left. I have observed that when I wear synthetic clothes on a rare occasion, I get a lot more static and sparks fly. It is a negative charge while linen produces a positive charge.

DANDELION

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Dandelion can help with urinary issues.

See also the section for dandelion under "Teas"

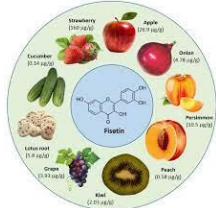
FIGS:



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Figs have a variety of potential health benefits. They may improve digestion and decrease constipation, help manage blood fat and blood sugar levels, and kill cancer cells. However, more research in humans is needed.

FISETIN:



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Fisetin (tetrahydroxyflavone) is a flavonol belonging to a flavonoid widely distributed in fruits and vegetables, such as strawberries, apples, grapes, and cucumbers. It exhibits various activities, including neurotrophic, antioxidant, antiinflammatory, and antiangiogenic effects.

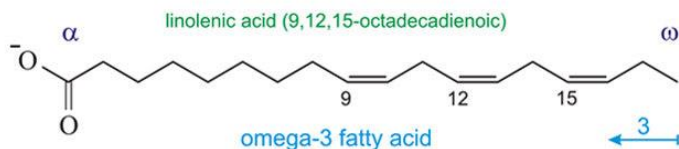
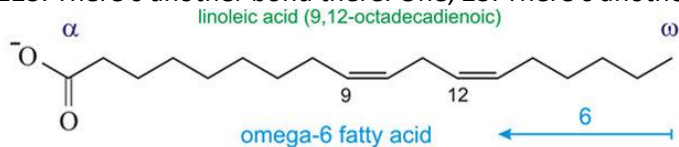
Fisetin, chemically known as 3,3',4',7-tetrahydroxyflavone, is one of the naturally occurring flavonoids with occurrence in strawberry, cucumber, grape, persimmon, apple, and onion. It is reported to possess apoptotic, antiproliferative, and antiangiogenic properties in cancer research [77]. A critical hurdle for chemotherapy in non-small cell (NSC) lung cancer is the resistance developed to the commonly employed chemotherapeutic drug cisplatin. Fisetin, when tested in A549-CR lung cancer cells, was found to cause reversal of the acquired resistance to cisplatin.

Dietary flavonoid fisetin is present in various edible and medicinal plant species such as Acacia, Cotinus (smoke tree), Butea (parrot tree), strawberries, apple, persimmon, grape, onion, and cucumber. Fisetin possesses strong anti-tumor and anti-inflammatory activity. It suppresses the cell proliferation, metastasis, and invasion of lung cancer cells, colorectal cancer, prostate cancer, pancreatic cancer, and melanoma cells without damaging the normal healthy cells [37]. Fisetin inhibits PI3K/AKT/mTOR signaling pathway in human non-small cell lung cancer cells. The PI3K/AKT/mTOR signaling pathway plays an important role in the regulation of the cell cycle and directly connects with cellular dormancy, proliferation, and cancer.

FLAX SEEDS: & CHIA

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As cooking releases the inside value, a flaxseed cooking destroys it. Flaxseed should be taken raw and flaxseed should be ground just before you eat it. What flax seed does, and I'll do this as simple as possible. This is the molecular structure of flaxseed. There's eighteen little links in a mega tree, which flax seed is high in and it's high in Omega 3. The "3" means that 123, the third link, there's two bonds. 123. There's another bond there. One, 23. There's another bond there.



Now, these ones that don't have the bond. They have hydrogen atoms on them, which protects them. So with a mega three, you got three gaps there. And those three gaps attract. The life they are. Tracked the heat. And then they attract the oxygen So I tell you this to show you that if you grind flaxseed and so and it's exposed to light heat and oxygen, the light heating oxygen attracted into these spots. So that should be three. And they're all destroyed.

<p>FOOD COLOR</p> <p>FOOD DYE</p>	<p>Food Dye and Food Coloring</p> <p>Carmine</p> <p>Carmine is a dye that's found in some food products to create a red color. The food colorant is also called cochineal extract, which comes from the insect species <i>Dactylopius coccus Costa</i>. These cochineal bugs used to harvest carmine are mainly harvested in Peru and the Canary Islands, where the insects live on prickly pear cacti.</p> <p>Carmine uses date back to the 1500s, when the Aztecs used these insects to dye fabrics. You may understand the use of insects to make dyes back when resources were limited, but what's the purpose of carmine food dye today?</p> <p>The main purpose is to make packaged foods appear more vibrant. So you may wonder: Is it really necessary to kill thousands and thousands of insects just so our foods appear more red? The red dye is used in a range of food and cosmetic products, including:</p> <ul style="list-style-type: none"> • Candy • Ice cream • Children's snacks • Cake mix • Juices • Burgers • Sausages • Yogurt • Lip sticks • Eyeshadows • Shampoos • Lotions • Pill coatings <p>Indigo carmine is another type of dye that's also made with carminic acid, but it does not derive from cochineal insects.</p> <p>Also Starbucks uses AMONIA as a food colorant in their Pumpkin Spice drinks.</p>
<p>FRANKENCENSE</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>The herb is frankincense and its active ingredient is Boswellic acid, also available as Boswellia. What ancient biblical herb can fight cancer, diabetes, respiratory inflammation and inflammatory bowel disease. Hi, I'm dr Shintani MD and nutritionist trained at Harvard. This ancient herb has been used throughout the Middle East and Asia as medicine for digestive and arthritic disorders. Modern research shows that this herb has potent anti-inflammatory effects that may alleviate the symptoms of arthritis and inflammatory bowel disease, of great interest is that it has shown the ability to improve insulin sensitivity and lower blood sugar in animal studies. And it also shows promise and cancer control as it can induce apoptosis or natural cancer cell death and prevent angiogenesis the formation of new bloods vessels to feed tumors. So to learn more ways to fight cancer, see my lecture at PeaceDiet.org.</p>
<p>FULVIC ACID</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>Fulvic acid might block reactions in the body that cause allergy symptoms. It might also interrupt steps involved in the worsening of brain disorders such as Alzheimer disease. Additionally, fulvic acid might reduce swelling and prevent or slow the growth of cancer.</p>

Foods highest in fulvic acid will be those found growing in healthy soils, as well as sea vegetables or foods grown in large bodies of natural water. These include: Root vegetables: beetroots, carrots, turnips, parsnips, radishes, potatoes, dandelion roots, ginger, turmeric, arrowroot, maca, any other edible roots.

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GARLIC:



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GARLIC HONEY: Drug company can make all these promises and all they're doing is putting chemicals in our body to basically kill us. Chances are. Your grandparents knew very well. They might have even made this remedy as it was common knowledge 7 years ago. They took the remedy at the 1st signs of cold or flu or her throat and lung infections. It's also good for stubborn cough. I will begin to ferment and extract the garlic's anti-inflammatory substances. All you need is a cup of peeled, cut garlic cloves and one cup of the honey, whichever kind you prefer. Just make sure the cloves are fully covered in honey and do not use a metal spoon under any circumstances. Honey has an acidic PH that reacts with metallic surfaces. You don't want that. Then sit the jar in your kitchen counter, within a few days, your medicinal garlic will be ready. The first sign your remedy is ready to consume is when you see bubbles. You can also wait for a few days or weeks until you eventually see the garlic floating in the jar. Keep the jar in a cold, dark place. It will last for 12 months or so. I like to take one spoonful a day to keep my Immune system as strong as possible. Take in the morning because the honey and the garlic is better absorbed with consumed on an empty stomach.

To use garlic as an antibiotic. You need 4 cloves a day.

GINGER:



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Ginger is nature's antibiotic...and has a host of other medicinal benefits.

For Pain, **A Ginger Poultice**--Grate up Ginger (about a teaspoon)(Spread it out), wrap it in fabric, similar to a sheet type fabric, the skin will get warm..possibly even hot..but not burning..it is drawing the heat/inflammation out of the joint. It works on Gout also. When the pain goes away, remove the poultice or it will irritate the skin and blister. Don't sleep with a ginger poultice. ..usually 2-3 hours max 2x a day.

Ginger can replace your OTC pain relief.

Ginger tea is a warming drink for cool weather. It's a nice morning or afternoon pick-me-up, yet also a relaxing evening sipper. If you're in the mood for a seasonal drink that isn't heavy like [hot chocolate](#) can be, try ginger tea!

Ginger tea is a non-alcoholic, non-caffeinated, and virtually calorie-free drink (unless you add a sweetener). So, it's a great option if you're cutting back on any of the above.

Ginger tea aids digestion, helps soothe upset stomachs, and can reduce nausea. It might offer some relief to women with morning sickness as well. [According to registered dietitian Lily Nichols](#) (affiliate link), "Ginger is the most well-studied herb used during pregnancy, and has been proven effective in the treatment of nausea and vomiting. Ginger has been used for centuries to reduce nausea and is the only herb that is almost universally considered safe by conventional standards... ginger ale or ginger sodas usually don't have enough actual ginger to be effective."

How to Make Ginger Tea

I tried several ginger tea methods, and the easiest way is truly the best way. Here's how to do it:

1. Thinly slice your fresh ginger. You don't need to peel it first, but do rinse it and scrub off any visible dirt. Plan on about using about a one-inch piece of ginger per cup of tea.
2. In a saucepan, combine the ginger with fresh water (use one cup of water per serving).
3. Bring the mixture to a boil over high heat. Reduce the heat as necessary to maintain a gentle simmer.
4. Simmer for five minutes (or up to 10 minutes, if you want extra-strong tea). I usually think it's pungent enough at five minutes.
5. Pour the tea through a fine sieve to catch all of the ginger. If desired, serve your tea with a thin round of lemon or orange for some complementary acidity. You might also appreciate a light drizzle of honey or maple syrup, which will temper the fiery ginger flavor.

Ginger Tea Variations

Want to change up your plain ginger tea? Here are a few easy variations.

Ginger-Cinnamon Tea

For more warming spice, simply add a cinnamon stick to your tea before bringing to a simmer.

Ginger-Turmeric Tea

Turmeric offers additional anti-inflammatory benefits, plus a fun orangey hue and extra-spicy, intriguing flavor. Treat fresh turmeric the same way that you treat fresh ginger—cut it into thin slices, and add it to your ginger and water mixture.

Ginger-Mint Tea

Fresh mint lends a cooling component, which helps balance the warmth of fresh ginger. Add a few sprigs of fresh mint to your mixture before bringing it to a simmer.

GOLDEN SEAL:

\$22.00 per ounce for sinus issues, just put a ¼ pea size amount and sniff it into your sinuses. Barbara Oneil and Dr. Sebi say that musus is the root of all sickness?? Golden Seal may be useful for killing bad gut bacteria also.



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GOUT

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What is gout? It is uric acid buildup. Gout is Uric acid buildup. Now you gotta ask yourself, what turns it to uric acid? Most of your meats. 99.9% of your meats break down into uric acid. Just like all of your greens and sugars break down into carbolic acid. All of your dairy products break down into what? Lactic acid. So you need to get off of all proteins to clear gout. Any complex protein is going to break down into uric acid. Uric acid strips calcium from the bone. And when I said when uric acid starts stripping calcium from the bone matrix, what calcium is going to have to come and neutralize? But calcium come neutralize urine acid. Mucus comes. So when you mix mucus with calcium and acid, it solidifies and this is where you get gout from. You see that? Now I'm sure you something to give you quick relief. Castro oil packs get you some Castro oil packs. Have warm up and put them on your gout area. It will actually break up the solidification of calcification of uric acid on the vine. Now remember to break these things up. You need hydration. So you have to hydrate the body. The best hydration is a 302. Your fruit juices. What I would do if I'm dealing with uric acid, I would kill it. I would clean that up with what you would call a stringent citric acid. I'm going to be on lemons. Lemons will pull the gout out of that area. Lemon juice, Key lime juice will pull the gout out of that area. Regular grapefruit. Yes, with seeds will pull the gout out of the area. (Always get fruits with the seeds, steer clear of "seedless" anything, the healing properties are IN THE SEEDS.

GRAPES:

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Well, if you look at a great which is the most strongest and stringent fruit on planet Earth, you want to move the lymphatic system, eat great. You want to get rid of so called breast cancer, eat grapes. You want to get rid of prostate cancer, eat grapes. You want to heal your diabetes, malignance, your hyperglycemia, eat rates. This is the most instrumented fruit on the earth. I have yet to see anything with a seeded bread, anything. Now the watermelon, like no cucumber. What I'm talking about the stringent healing properties dissolving mucus, tugging and pulling mucus from the cells, producing catalase to bring oxygen back to the cells, to revitalize the cells, tones the cells, strengthen the cells and detoxify the cells. Get the ones with seeds.

Eating ½ cup of grapes will relieve constipation, boost brainpower, heal the eyes and prevent signs of aging.

HONEY:

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Honey is a sweet fluid made by honeybees using the nectar of flowering plants. There are about 320 different varieties of honey, which vary in color, odor and flavor.

Honey contains mostly sugar, as well as a mix of amino acids, vitamins, minerals, iron, zinc and antioxidants. In addition to its use as a natural sweetener, honey is used as an anti-inflammatory, antioxidant and antibacterial agent. People commonly use honey orally to treat coughs and topically to treat burns and promote wound healing.

What the research says

Research on honey for specific conditions includes:

Cardiovascular disease. Antioxidants in honey might be associated with reduced risk of heart disease.

Cough. Studies suggest that eucalyptus honey, citrus honey and labiatae honey can act as a reliable cough suppressant for some people with upper respiratory infections and acute nighttime cough.

Gastrointestinal disease. Evidence suggests honey might help relieve gastrointestinal tract conditions such as diarrhea associated with gastroenteritis. Honey might also be effective as part of oral rehydration therapy.

Neurological disease. Studies suggest that honey might offer antidepressant, anticonvulsant and anti-anxiety benefits. In some studies, honey has been shown to help prevent memory disorders.

Wound care. Topical use of medical-grade honey has been shown to promote wound healing, particularly in burns.

Results might vary because there are no standardized methods for producing honey or verifying its quality.

Our take

Green light: Generally safe

Generally safe

Honey is generally safe in adults and children older than age 1. It might be helpful in treating burns, coughs and possibly other conditions.

Safety and side effects

Honey is likely safe for use as a natural sweetener, cough suppressant, and topical product for minor sores and wounds.

Avoid giving honey — even a tiny taste — to babies under the age of 1 year. Honey can cause a rare but serious gastrointestinal condition (infant botulism) caused by exposure to *Clostridium botulinum* spores. Bacteria from the spores can grow and multiply in a baby's intestines, producing a dangerous toxin.

Some people are sensitive or allergic to specific components in honey, particularly bee pollen.

Although rare, bee pollen allergies can cause serious, and sometimes fatal, adverse reactions. Signs and symptoms of a reaction include:

Wheezing and other asthmatic symptoms

Dizziness

Nausea

Vomiting

Weakness

Excessive perspiration

Fainting

Irregular heart rhythms (arrhythmias)

Stinging after topical application

Honey might affect blood sugar levels.

Interactions

There's currently no evidence to show how honey might interact with other drugs.

Honey has a potential therapeutic role in the treatment of disease by phytochemical, anti-inflammatory, antimicrobial, and antioxidant properties. Flavonoids and polyphenols, which act as antioxidants, are two main bioactive molecules present in honey.

Manuka Honey: 1. Manuka Honey Fights Tooth Disease

Research suggests that Manuka honey may actually help treat gingivitis and other tooth diseases!

In a pilot study, participants were given either regular chewing gum or a chewable Manuka “honey leather” after each meal. After 21 days, results displayed significant reductions in plaque and gingival bleeding for those chewing Manuka honey, while there were no significant changes in the control group.

In another study, researchers compared the effect of Manuka honey, chlorhexidine gluconate (0.2%) mouthwash, and xylitol chewing gum on dental plaque levels. They concluded that Manuka honey had similar plaque inhibition as chlorhexidine mouthwash.

As evidenced above, the outstanding antimicrobial properties of Manuka honey have shown dramatic results in promoting and maintaining overall oral health, which is vital for maintaining a healthy immune system. So it’s no wonder Manuka honey is crafted into many different oral products, including toothpaste, mouthwash, gum, and mints, to name a few!

2. Support Wound Care by using Manuka Honey

Support Wound Care by using Manuka Honey

Honey has been used for centuries to treat wounds, even being traced back to the ancient Greeks. Hippocrates, known as the father of modern medicine, speaks about the healing virtues of honey: “...cleans sores and ulcers, softens hard ulcers of the lips, heals carbuncles and running sores.”

A recent study investigating the efficacy and feasibility of topical Manuka honey application in chronic nonhealing discharging extraoral wounds concluded that “the use of Manuka honey as a wound dressing material in our study has proved to promote the growth of tissues for wound repair, suppress inflammation, and bring about rapid autolytic debridement.”

Thanks to the bountiful amounts of MG found in Manuka honey, it is highly effective in tissue regeneration and treating open wounds and infections. In addition, Manuka honey’s antimicrobial properties help sterilize and cleanse wounds from dangerous germs. It can also help reduce inflammation and prevent bacterial infection with continual usage.

3. Dry eye syndrome (DES) and Meibomian Gland Dysfunction (MGD)

Dry eye syndrome (DES) is a multifactorial condition characterized by an insufficient quality or quantity of tears, often leading to dry, irritated eyes. According to a recent study, it affects about 35% of the global and US population. It is frequently caused by meibomian gland dysfunction (MGD), a condition where these glands, found in the eyelids, fail to produce enough oil, crucial for tear film stability and eye lubrication.

DES symptoms can range from eye irritation, redness, blurred vision, and eye heaviness. In addition, serious complications such as cataracts, glaucoma, and infection may also arise from DES. Currently,

there is no cure for DES, though symptoms can be managed through treatments such as artificial tears, ointments, and tear duct plugs.

A recent clinical trial conducted in 2017 examining Manuka honey eye drops by Optigel on MGD patients concluded "Optigel antibacterial honey treatments are effective as adjunctive therapies for meibomian gland dysfunction". In another 2021 double-masked, randomized study involving 55 MGD subjects, researchers reported significant improvements in symptoms and objective signs of MGD for those using Optigel™ 16% Manuka honey eye drops.

4. Manuka Honey Fights off Viruses and Bacteria Manuka Honey Fights off Viruses and Bacteria

Eating Manuka honey daily may help prevent the spread of viral and bacterial infections in your system, especially during cold and flu season. Manuka honey's antiviral properties have been demonstrated in lab settings to be effective against various virus strains, such as Influenza A & B. A 2014 study found that Manuka honey has a potent repressive effect against the flu virus and exhibits potential medicinal benefits to fend off this debilitating virus.

Manuka honey also has strong antibacterial properties, which have been reported to be effective in combating antibiotic-resistant strains of infections, such as MRSA (Methicillin Resistant Staphylococcus aureus). With the rise of antibiotic-resistant strains of bacteria, Manuka honey has been extensively studied by medical researchers interested in alternative treatment options.

5. Manuka Honey Helps Reduce Eczema Irritation

Manuka honey's strong antimicrobial and antibacterial properties may help to reduce bacteria that can cause eczema and acne. In addition, its immune-boosting response stimulates skin cells to regenerate and heal where eczema has caused damage and pain.

There are many easy ways to use Manuka honey as a topical skin ointment! We also supply our honey to a partner that specializes in developing all-natural lip and skin balms, check out their product range [here!](#)

6. Manuka Honey May Help Those with Cystic Fibrosis! Manuka Honey May Help Those with Cystic Fibrosis!

Research at Swansea University in 2019 revealed breakthrough information on how Manuka honey can help support people with their symptoms of Cystic Fibrosis.

From the research paper:

"Using lung tissue from pigs, experts treated grown bacterial infections mimicking those seen in CF patients with Manuka honey. The results showed that it was effective in killing antimicrobial-resistant bacteria by 39% compared to 29% for antibiotics, whilst improving the activity of some antibiotics that were unable to function effectively by themselves. Honey and antibiotics combined killed 90% of the bacteria tested."

Incredible! 90% of bacteria were killed by combining Manuka honey and antibiotics. That's astounding, and there is a real possibility for Manuka honey to improve the lives of Cystic Fibrosis

patients. Another angle on Cystic Fibrosis, coming out of another study, is the suggestion that regular sinus irrigation with Manuka honey may mitigate the risk of bacterial infections, which typically start in the sinuses, and then move down to the lungs. The infections would be much easier to catch and eradicate at this point than when they get to the lungs due to the difficulty in delivering the honey to the point of use.

As of 2022, “a potential new treatment combining natural Manuka honey with a widely used drug has been developed by scientists at Aston University to treat a potentially lethal lung infection and greatly reduce side effects of one of the current drugs used for its treatment.”

7. Clear a Stuffy Nose with Manuka Honey

Our sinuses can become stuffed up in many dreadful ways through allergies, inflammation, excess fluid, and other irritants.

Manuka honey’s defense against a stuffy nose comes from its robust antiviral properties that help protect our bodies against illnesses like the common cold and flu. Likewise, its anti-inflammatory capabilities facilitate reduced swelling in the nasal passages, thus opening them up for easier breathing.

That’s why, in recent years, we’ve seen a significant rise in the popularity of the use of Manuka honey in a nasal/sinus rinse! This powerful antibacterial treatment approach can take down seasonal pathogens, bacteria, and microbes that cause sinus infections and congestion. Manuka honey’s moisturizing benefits work wonders to help keep your airways hydrated and thus non-irritated.

8. Manuka Honey Calms a Sore Throat

Manuka Honey Calms a Sore Throat

Manuka honey’s antibacterial and anti-inflammatory properties also make it a go-to tool for treating the common sore throat and biofilm symptoms associated therein. For example, respiratory and throat infections caused by biofilm-forming bacteria are susceptible to the MG compound in Manuka honey. Manuka honey helps attack the root cause of the illness in a sore throat while also lessening the harshness of symptoms. This equates to shorter healing time and less pain in the process!

Its unique anti-inflammatory benefits are best achieved when in direct contact with the sore/inflamed tissue. So taking a spoonful of honey, sucking on Manuka honey cough drops, or drinking warm, Manuka honey-infused tea will help ease your sore throat.

9. Sleep Better with Manuka Honey!

Honey can be used to promote better and more restful sleep.

Even though we may be sound asleep, our brains use quite a lot of energy throughout the night. A crucial source of energy is liver glycogen, a sugar that is stored in our livers. When we go to sleep, we rely on these sugars to power our brains through the night. If we run out of this energy, the brain will likely wake as a way to tell your body that it needs more fuel.

Consuming Manuka honey before bed is a wonderful way to keep this energy source full so the brain can perform all its nightly activities, resulting in long uninterrupted sleep cycles. Going to bed with a sweet-tasting memory in your mouth makes for sweet dreams! It’s just how it works!

10. Manuka Honey May Help Treat Stomach Ulcers Manuka Honey May Help Treat Stomach Ulcers

A stomach ulcer is a sore on the internal lining of the stomach. These ulcers appear when damage occurs to the lining, usually caused by hydrochloric acid present in stomach acid. Ulcers can also be caused by a bacteria called H. Pylori.

Stomach Ulcers are unfortunately quite common and can be rather painful. In 2016, researchers discovered that Manuka honey helped protect gastric tissues from developing ulcers and healed lesions when they occurred. Likewise, the Methylglyoxal (MG) present in Manuka honey has been shown to be very effective in fighting H. Pylori! Manuka honey bolsters your stomach's physical health while effectively killing harmful bacteria.

According to a 2017 study, "Manuka honey is effective in the treatment of chronic ulcers and preservation of mucosal glycoproteins. Its effects are due to its antioxidant and anti-inflammatory properties that resulted in a significant reduction of the gastric mucosal MDA, TNF- α , IL-1 β , and IL-6 and caused an elevation in IL-10 levels."

11. Manuka Honey's Role in Cancer Research

Research conducted in 2013 found that Manuka honey has considerable anti-tumor properties and even inhibits the growth of cancer cells. Likewise, Manuka honey was found to induce apoptosis, a biochemical reaction resulting in the death of cancer cells.

An interesting study conducted on mice in vivo revealed the benefit of administering Manuka honey combined with Taxol, a common chemotherapy drug used to treat cancer. Compared to the mice group receiving Taxol alone, the mice treated with Taxol and Manuka honey experienced a significantly greater improvement in survival rates. The team hypothesized that Manuka's potent anti-inflammatory, antioxidant, and cell growth-promoting activities helped reduce the toxic side effects of chemotherapy!

A full discussion of the cancer research with a directory and links to all of these studies can be found here: [Does Cancer Hate Manuka Honey?](#)

12. Manuka Honey is used to Treat Diabetic Wounds

Manuka Honey is used to Treat Diabetic Wounds

Foot ulcers can be common for those who have diabetes. Many know the pain and discomfort these sores can bring, but relief can be sought through the use of Manuka honey!

In 2014, researchers treated diabetic foot ulcers with Manuka Honey Impregnated Dressings (MHID) and compared them to another group who received conventional dressings (CD). MHID patients' ulcers healed at around 31 ± 4 days, while CD patients experienced healing at around 43 ± 3 days. Likewise, for MHID patients, 78.13% of ulcers became sterile during the first week versus 35.5% who received conventional dressings. Researchers concluded that Manuka honey represented an effective treatment for diabetic foot ulcers and led to a significant reduction in healing time and rapid disinfection.

13. Manuka Honey Reduces Symptoms of Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Disease (IBD)

Inflammation of the gastrointestinal (GI) tract is a common symptom of IBS and IBD. Thankfully, Manuka honey's remarkable anti-inflammatory capabilities make it a fantastic option for treating these symptoms!

A 2008 study using rats found a significant reduction in colonic inflammation related to treatment with Manuka honey, especially when consumed at higher levels.

Various bacteria can also cause stomach infections that lead to IBS or IBD. Manuka honey's strong antimicrobial properties work to fight against these harmful bacteria and promote good gut flora, thus fighting off infections before they ever start.

14. Manuka Honey is a Healthy Sweetener

Manuka Honey is a Healthy Sweetener

GARLIC HONEY: Drug company can make all these promises and all they're doing is putting chemicals in our body to basically kill us. Chances are. Your grandparents knew very well. They might have even made this remedy as it was common knowledge 7 years ago. They took the remedy at the 1st signs of cold or flu or her throat and lung infections. It's also good for stubborn cough. I will begin to ferment and extract the garlic's anti-inflammatory substances. All you need is a cup of peeled, cut garlic cloves and one cup of the honey, whichever kind you prefer. Just make sure the cloves are fully covered in honey and do not use a metal spoon under any circumstances. Honey has an acidic PH that reacts with metallic surfaces. You don't want that. Then sit the jar in your kitchen counter, within a few days, your medicinal garlic will be ready. The first sign your remedy is ready to consume is when you see bubbles. You can also wait for a few days or weeks until you eventually see the garlic floating in the jar. Keep the jar in a cold, dark place. It will last for 12 months or so. I like to take one spoonful a day to keep my Immune system as strong as possible. Take in the morning because the honey and the garlic is better absorbed with consumed on an empty stomach.

Did you know that one of the world's first coins had a bee symbol?

Did you know that honey contains live enzymes?

Did you know that in contact with a metal spoon, these enzymes die? The best way to eat honey is with a wooden spoon; if you can't find one, use a plastic spoon.

Did you know that honey contains a substance that helps the brain work better?

Did you know that honey is one of the few foods on earth that alone can sustain human life?

Did you know that bees saved people from starvation in Africa?

That a spoonful of honey is enough to keep a man alive for 24 hours?

Did you know that propolis produced by bees is one of the most powerful natural antibiotics?

Did you know that honey has no expiry date because it's already been digested?

	<p>Did you know Any benefits of honey is gone during the pasteurization process. Un pasteurized honey is what we are after....so Manuka honey is the way I go.</p> <p>Did you know that the bodies of the world's greatest emperors were buried in gold coffins, then covered in honey to prevent putrefaction?</p> <p>Did you know that the term "Honeymoon" (honeymoon) comes from the fact that the bride and groom consumed honey for fertility after their marriage?</p> <p>Did you know that a bee lives less than 40 days, visits at least 1000 flowers and produces less than a teaspoon of honey, but for her it is the work of a lifetime.</p> <p>According to multiple sources, using a metal spoon to scoop honey is generally considered safe as the metal will only touch the honey for less than 2 seconds and has negligible effects.² However, it is not recommended to store a metal spoon within honey for long periods of time, as this can cause metal corrosion.³ Honey contains minimal acids that may react with metal composites, and there is a fear that metal ions can mix with honey, leading to changes in taste, color, or even the destruction of beneficial enzymes.⁴ The only metals that have no problem with honey are gold and pure silver, and stainless steel is the only metal that has no problem with honey.</p>
<p>HYDROCHLORIC ACID</p>	<p>Hydrochloric acid is Is antifungal and anti bacterial, so that if any bacteria happens to be on the food coming into the stomach, it'll wipe it out. So if someone's drinking with their meals, they water down enzymes in the stomach, and the stomach knows that. So digestion stops. All the fluid has to be got rid of, and then it has to go back to digesting the food And isn't that a noisy habit drinking with the meals? Every time Michael and I go to a restaurant, the first question where asked is, what? What are you going to have to drink? And we always say, no, we've, we've already drank. Well, we'll just bring you water. Now we let them, because otherwise they'll never leave us alone. We're such. A fast society. People are busy, busy, busy, busy. No time to drink. Sit down to eat. Oh, haven't drunk. We should stop drinking half an hour before the meal. And that means that we've got a nice acid environment and then resume drinking 1 ½ hours to 2 hours after the meal.</p>
<p>HYDROGEN PEROXIDE</p>	<p>Hydrogen Peroxide is a tremendous medicinal agent. It's probably 1 of the best agents we have. I thought that antibiotics were gonna be the answer. It was only after we'd used it for awhile that we really began to find out that the hydrogen peroxide was a better antimicrobial agent. Because the problem with antibiotics is you get so many bacteria that develop a resistance to them, and you. Have to have so much of an antibiotic to penetrate a biofilm, whereas hydrogen peroxide is 1 of the few materials that will readily penetrate and get into that biofilm disease so that you can then modify the cell walls and you can begin to control that environment. Plus, the great thing about hydrogen peroxide is it breaks down to water and oxygen.</p> <p>Dr.Living Good</p> <p>The nine unexpected benefits of hydrogen peroxide. Now, most people use hydrogen peroxide to disinfect a wound after they have some type of cut bandit on it. But there's some other benefits that actually might surprise you, and you might want to use that. What is hydrogen peroxide? It's H2O2 and it's made out of water and oxygen. And it's one of the safest natural disinfectants around and your body makes hydrogen peroxide immune. Systems make it as a defense mechanism. Your lung makes it your thyroid makes it, and even your gut makes it. And it's in certain foods like it's in instant</p>

coffee. It's in green tea. It's in black tea. But today I'm going to show you some interesting ways to use this very, very inexpensive, like home remedy. You want to make sure you get the 3%. You don't want to get like 10% or 20%. Get the 3%. All right. Number one, it can help clean your ears. It can. Help kill the bacteria in your ears, as well as soften and dissolve ear wax. So you might want to use this several times a year to clean the wax out of your ears so you can hear better. So what you want to do is you lay on your side with your ear up. And then what you do is you put a couple drops in your ear with a little dropper. And then you take this little flap, this little piece of skin. It's like a cartilage. And you press that in and you pump it like 10 times to kind of get in there and really wash things up. It's like a little washing machine when you press this little button right here, and then. After about a minute, sit back up and then you get AQ tip and clean it out. And you're going to pull a lot of wax out of your ear. All right, that's number one. Number 2 you can use it to kill off any type of fungus on your nails, on your hands or on your toenails as an athlete's foot. Hydrogen peroxide kills hundreds of different fungi, not to mention bacteria and other microorganisms. Now, if athlete's foot, you might want to add some iodine. And I have a whole protocol that I will put in the description down below. All right. Now, what about a sore throat? Works great. What you want to do is you want to gargle about one tablespoon and about 3 ounces of water. And this. Hydrogen peroxide will go in the back of your throat and actually kill bacteria and other microbes that shouldn't be there. All right, #5 acne. There is definitely a component of acne that is not just hormonal. It's bacteria. So you can take AQ tip or cotton ball and just dab a little hydrogen peroxide on acne. And actually, it will help shrink the acne, or at least handle the bacteria irritation inflammation with your acne. All right, number six, it's a wonderful mold and mildew cleaner for your shower. For this, you just want to use straight 3% hydrogen peroxide. You put it in a little spray bottle, spray the mold, and then leave it for 30 minutes and then rinse. All right, number 7 you can use it to remove stains like wine, blood and graft stains. All right, number eight, you can use it for plant fungus. So if you have a garden and there's some fungus starting to grow, you can put four tablespoons in a pine of water and a little spray bottle. Spray the leaves twice a week, and you'll find the fungus start going away. Because hydrogen peroxide is really, really especially good for mold and fungus. Sorry. Number 9 you can use it as a vegetable wash, which. Will actually help you preserve the vegetables and also clean some of the pesticides and any type of pathogens that might be existing on your vegetables. So what you want to do is you want to put a 4th of a cup in a gallon of water and then let your vegetables soak for about 20 minutes. Take them out, rinse them out, dry them and you're good to go. Now, if you haven't seen my video on baking soda, you have to check that one out.

ICEBATHS:
[TOP](#)

See also: ["COLD THERAPY"](#)

I don't take ice baths because I like them. I take them because my life depends on them. So when I got into this practice, I was sick. I had three autoimmune conditions, Hashimoto's thyroiditis, euthynabilic esophagitis and urticaria. No matter what I was doing in modern medicine, I wasn't getting better. So at the height of this, I was taking more than 20 pills per day. Prescriptions, vitamins, supplements to live antibody shots a month for my allergist. And again, I wasn't getting better. The more these pill bottles grew on my night stand, the worse I was feeling. And so it was hard to work. It was hard to socialize. I was losing parts of my life everywhere I looked, cause I just didn't have the energy to keep up. And so I was reading a lot, doing a lot of research. It started with low inflammation food regimen and like paying attention to what I was feeding my body. But even that wasn't enough. I really needed a shock to the system. I started to learn that deliberate cold exposure is a thing. It's something that people use for nervous system regulation. They're using it for immune health, using it for all kinds of different things. And again, this was not my first choice, but I was at my Woods end. And so, you know,

	<p>figured, how do we make this easy? Put a tub in the backyard, get a few 100 pounds of ice, bring some friends, make it a whole social experience. And now here I am, healthier and happier.</p>
<p>IODINE: JUMP TO TOP OF DOCUMENT</p>	<p>IODINE—HEAVY METALS REMOVER: Did you know whether or not another nuclear catastrophe is heading our way? We're all cooking at low level radiation that's increasing all the time from cell towers and Wi-fi. This is just 1 of the reasons we always keep a good supply of iodine, which converts to iodide in the body. Fluoride, which is a neurotoxin in water and bromide, a poison in our food, both head straight for a pineal gland and thyroid and iodine, is one of the only ways to get them back out. It also binds to you and removes a wide variety of other heavy metals and toxicants and place a crucial role in keeping your liver and limb system flowing. Good iodine levels are one of the best ways to prevent infections by those germs they try so hard to get us to be scared of. And most importantly to us, after our son was diagnosed with stage 4 cancer, iodine deficiency is tight to cancer diagnosis and poor. Survival, whereas iodine sufficiency is tied to cancer prevention and improve survival. There are a lot of things we take just about every day, but iodine is one of them.</p>
<p>IRON: JUMP TO TOP OF DOCUMENT</p>	<p>Telltale sign of low iron is constant yawning.</p> <p>Barbara Oneil: Suggestions for low iron. This is an interesting subject because I suffered low iron for 13 years, until I solved the puzzle. Now, iron is bound up in food, and it needs acid to liberate it or Free it from food. So most people with low. Iron, they're either bleeding very heavily at period time, so they need the Anna's wild yam cream to stop that. And they also can be low in hydrochloric acid because the acid liberates the iron. So why would someone be low in hydrochloric acid if someone's eating every couple hours that exhaust the digestive enzyme so they're low in hydrochloric acid? If someone drinks with their meals, it waters down their hydrochloric acid. If someone. Overeats and over burdens the stomach and exhausts hydrochloric acid. If someone's highly stressed when They're eating that will exhaust hydrochloric acid. So to boost hydrochloric acid, only eat at meal times only drink between meals when you sit down to dine. (I read this in an old book), cast off care and anxious thought when you sit to dine. No stressful things should be discussed at the meal table because it does interfere with your ability to digest. If I had, if any of my children made a fuss at the meal table, I quickly picked them up, put them outside shut the door They quickly get the message. They can come back So the meal table should be a peaceful time. So how can you boost hydrochloric acid other than doing all that? Take a little bit of cane pepper with your meal that awake anything up having the juice of a lemon with a little very hot water just before the meal that can also boost hydrochloric acid. So you need to boost hydrochloric acid to to have the acid to release the iron from the food. Ferretton is iron stores and the body uses protein to buy. With iron to stir it as ferretin. So often people with low ferritin levels, it's because they're not eating enough protein and they may be eating enough protein, but if they haven't got enough hydrochloric acid, they can't breakdown the protein. So my suggestion is boost hydrochloric acid and start making sure you have lentils every day nuts and seeds with a meal to boost the protein levels.</p>
<p>JERUSALEM ARTICHOKES: "SUNCHOKES" JUMP TO TOP OF DOCUMENT</p>	<p>See "Artichokes"</p>
<p>LAVENDAR</p>	<p>Lavender can help with insomnia and stress.</p>

LEMONS:



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See also: Citric Acid

Lemons: Amazing Detox & Weight Loss Formula

Ancient Egyptians extolled the virtues of lemons as effective protection against various toxins and poisons. These include cleansing the mouth, helping with digestion, and keeping excessive bile in check. Recent research has confirmed many of these benefits. Lemons can be an amazing detox and weight loss formula easily incorporated into a busy life with many beneficial results.

Lemons and Weight Loss

Strong antibacterial, antiviral and immune-boosting powers are some of the properties of lemons that make them an asset for weight loss. Lemon juice is a digestive aid and naturally cleanses the body, especially the liver. Many nutritionists and dietitians claim lemons contain all the necessary elements to break up fats. The result is a boost to weight loss efforts.

lemon detox

Lemons contain citric acid to assist with burning fat and speeding up metabolism. Additionally, citric acid acts as an appetite suppressant and contributes to the production of gastric acid to improve digestion. More effective digestion facilitates weight loss because the body does not have the chance to absorb as much fat from foods. Lemons contain many different vitamins, including vitamin C, to strengthen the immune system. A stronger immune system is an important factor in losing weight and maintaining proper weight.

Effective weight loss is severely hampered when the body lacks essential nutrients. The body is less reluctant to let go of anything that passes through while searching for essential nutrients. Lemons have a citric acid concentration of nearly ten percent, higher than any other fruit. Citric acids help absorb minerals such as calcium. When the body has enough essential minerals, harmful impurities are not as readily absorbed. An Arizona State University study confirmed the link between vitamin C and weight loss. Lemons are an excellent source of vitamin C essential for the burning of fat, especially during exercise.

Great for digestion...use them in your daily water, sprinkle on salads, and everywhere.

Half a lemon with a slice of ginger boost your immune system and reduces mucus in the body.

LIONS MANE

Lions Mane powder. Elon Musk actually uses this himself as it increases your brain's cognitive function, improving focus and memory. It is also said to have cancer fighting abilities. Lions Mane made me solve problems faster than ever while remembering everyone's name.

MAGNESIUM:



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Magnesium Malate, Magnesium Taurate for aches and pains..not abdominal. Batana Oil for Hair Loss Milk Thistle for Liver Health

Magnesium: When magnesium becomes low, tyrosine is not able to penetrate the cell, leading to decrease insulin sensitivity. However, oral synthetic magnesium does not work less than 1% of magnesium in them actually gets absorbed. It would make you sick and cause digestive issues. Take note that our gut is crucial to creating optimal health for 20 years. We've been studying the most effective way to get cell saturation, and that is transdermal. That means it's not a pill, it's a soak. Our skin is the largest organ of the body that can absorb magnesium soak, taking it straight to the lymph

system. **LOW MAGNESIUM LEVELS LEAD TO INSULIN RESISTANCE. Don't reach for a pill or supplement, look for foods that have magnesium and increase those foods instead.**

Magnesium—Don't take Citrate or Oxide but DO TAKE Glycinate.

Deficiency can lead to weakness, fatigue, muscle cramps, heart arrhythmia and neurological conditions. Natural plant sources for magnesium is: pumpkin seeds (1 oz=150 mg) chia seeds, beans, almonds, cashews, tuna.

The problem is that magnesium doesn't always absorb well.. especially people with acid reflux, diabetes and older adults or those with decreased kidney function.

Magnesium has a direct affect on low blood pressure, the heart, moods, neurological issues, sleep, bowel function, diabetes and more.

[Magnesium – Living the Good Life Naturally](#)

Magnesium helps to activate vitamin D, but your vitamin D for bone health and arguably vitamin A, K and E don't perform without magnesium. And if you are taking high dose vitamin D and you're not taking magnesium, you might put yourself in depletion. You may be hurting your bone density also. Helps to absorb the calcium and that balance is what the body needs. We need enough magnesium and Vitamin D. Sometimes they compete, but we want to make sure that we're getting enough of that in. Zinc exists in the bones. So it's a pretty important mineral, right? Not just calcium in there. It promotes bone growth. You need zinc for bone growth. And it helps prevent bones from breaking down. (Dr. Livinggood)

Magnesium glycine knocked me out so quickly that it felt like an uppercut from a prime Mike Tyson.

Types of magnesium and what they can do for you:

Magnesium glisate: highly bio available, also gentle on the stomach.

Magnesium citrate, really good for bowel motility. This is the one that you want to take to loosen your stool.

Magnesium malate, if you're trying to take magnesium for energy and basically boost up your performance, malates your friend.

Magnesium orotate, your heart health, athletic performance.

Magnesium 3 and 8. This is blood brain barrier memory. Prevention of Alzheimer's and dementia. One people work.

Magnesium chloride muscle frames.

And then finally, magnesium sulfate. This is the Epsom sulfate. Epsom salts are for muscle aches for cramps for relaxation. They absorb through the skin. And I really like this variety to also be a supplement.

The single most common cause of high blood pressure is a deficiency in the mineral magnesium, really. Yeah, it's interesting how that works, right? You have two types of blood vessels in the human body. You have arteries and you have veins. Arteries carry blood away from the heart. Veins carry blood back to the heart. But what's the difference? Well, there's one significant difference between the two. Arteries have muscles, veins do not. Why does an artery have muscle? Because God is smart. So when the heart pumps blood out of the heart, it goes into the artery. And the muscle in the artery constricts and relax. And relaxes in order to help the heart pump the blood. Fascinating mechanism

like a snake crawling down the street. The artery constriction relaxes in order to help the heart pump the blood. That's fantastic. Well, how does the muscle constrict and relax the same way that AA bicep constricts and relax, or any muscle in the body? It's done through magnesium and calcium. If you do not have enough magnesium, the muscle will constrict, but it cannot relax. So it stays constricted. Now, if you have a garden hose and there's water coming out of it and you squeeze the hose just a little bit, the water comes out faster, right? It's cause you decrease the volume, the pressure goes up. So when the artery gets collapsed because of not enough magnesium, the blood pressure spikes. So you don't have high blood pressure.

WHAT IS MAGNESIUM?

Magnesium is a mineral found in every organ in your body. It is critical to bodily functions, the nervous system, and bone density. It is the most abundant mineral in the human body and has over 3,000 receptor sites.

According to Harvard University, more than 75% of adults are magnesium deficient because they aren't getting enough through their diets.

MAGNESIUM AFFECTS MANY BODILY SYSTEMS

Musculature Systems

Blood Pressure

Mineral Bone Density

Blood Sugar

Turns Glucose Into Energy

Stress and Nerves

Normally, we receive magnesium through our diet, leafy greens, nuts, beans, and fish. Because our food quality is getting worse, and chemicals are sprayed into our air, we have difficulty holding minerals in our bodies.

As we age, the problem is compounded. The result is a population where many of us are magnesium deficient. Supplementation is commonly suggested by medical practitioners.

According to PubMed.gov total and intercellular magnesium (found in our bones and cells) tend to decrease with age. Chronic deficiency has been linked to fatigue, depressed mood, inflammation, hypertension, diabetes, sleep, and heart issues.

However, adequate magnesium over long periods of time shows an increase in mineral levels in bones, and may prevent joint-related disease; it can balance muscular cramping and calm stress, which may help counteract the aging process.

A QUALITY MAGNESIUM SUPPLEMENT CAN

Reduce Muscle Cramps and Spasms

Increase Sleep Quality

Improve Immune Systems

Increase Bone Density

Decrease Stress Responses

Dramatically Improve Constipation

Studies show supplementing magnesium may help with muscle recovery and spasms, helping us sleep. It has a critical role in stabilizing the nervous system and blocking stress-related responses, helping us calm down.

Magnesium also can help block cortisol, the stress hormone that packs on the pounds. It increases water in the intestines, which is why it's used as a laxative.

LOW MAGNESIUM CAN CAUSE

- Headaches
- High Blood Pressure
- Weight Gain
- Anxiety and Stress
- Sleep Problems
- Leg Cramps
- Low Energy

SOME OF US ARE LIKELY TO BE DEFICIENT

- Elders Over the Age of 65
- Those with Digestive Issues
- Low Mineral Holders
- Magnesium Absorbability Issues

WHAT ARE THE DIFFERENT TYPES OF MAGNESIUM?

Magnesium comes in many forms. The human body absorbs them differently depending on what element is bonded to it. It's important to check the label and understand the differences.

Magnesium Glycinate: Glycinate is the preferred magnesium for sleep, cramping, blood pressure, and constipation. Widely considered the best form of magnesium on the market because of its incredible absorption rate.

Magnesium glycinate is sometimes called "magnesium bisglycinate," which is referring to the same thing.

Magnesium Citrate and Malate: Bound with citric or malic acid, these are some of the cheaper and more common forms found in supplements. They are well absorbed, but glycinate is preferred because it's easier on the stomach and often provides rapid results.

Magnesium Oxide: Bound with oxygen, this isn't often used for anything outside of digestive issues. Glycinate is 4 times more absorbable than magnesium oxide.

Magnesium Threonate: This magnesium crosses the blood-brain barrier, so threonate is often used for cognitive purposes such as supporting memory and brain injury.

HOT TIP

Look for a magnesium formula with Zinc to boost effects. Zinc, when taken with magnesium in low doses, helps increase magnesium absorption.

Do not buy cheap magnesium, as they contain heavy metals. Consuming heavy metals often causes lethargy, immune system dysfunction, and weakness.

WHAT YOU NEED TO WATCH OUT FOR
 Not all magnesium glycinate is created equal. So, before spending your hard-earned money, make sure you don't make these common mistakes.

Magnesium Blends: Some brands use cheap magnesium oxide to increase the milligrams per serving. This lowers the absorbability of the supplement and reduces its effect by 4 times.

Side Effects: The only side effect you should experience with high quality magnesium is increased bowel movements, and a calmer demeanor...nothing more. All minerals can be hard to digest so it's best taken with food.

Fake Reviews: Do not trust AMZN reviews as they are often bought and fake. This is a pervasive practice called "review farming." Just because a product has great reviews on a big marketplace does not mean it is quality.

Heavy Metals: Chinese magnesium is unfortunately today's standard, often containing lead and arsenic. Our #1 product below was the only product we've tested that's processed in the USA, and contains 6x's less heavy metals.

MCT Oil
[Top of the Document](#)

7 Science-Based Benefits of MCT Oil
 MCT oil can be used as a quick energy source and may support weight loss. It may also fight bacterial growth and aid in managing certain neurological conditions.

MCT oil is a supplement that has become popular among athletes and body builders. The popularity of coconut oil, which contains some MCTs, has contributed to its use.

This processed oil product is sourced from coconut oil or palm kernel oil. MCTs are also found in other foods, such as dairy products (1Trusted Source, 2Trusted Source).

As the name suggests, medium-chain triglyceride (MCT) oil contains medium-length chains of fats called triglycerides. Due to their shorter length, MCTs are digested faster than longer-chain fatty acids found in many other foods.

Four main types of medium-chain fatty acids exist (3Trusted Source):

- lauric acid
- caproic acid
- caprylic acid
- capric acid

In some cases, the specific types have unique benefits.

MCT oil is almost entirely caprylic and capric acid (3Trusted Source).

Here are 7 science-backed benefits you can get from adding MCT oil to your diet.

belchonock/Getty Images

1. MCT oil could help lower calorie intake

MCT oil could potentially help people consume fewer calories across the day.

MCT oil has about 10% fewer calories than long-chain triglycerides (LCTs), which are found in foods such as olive oil, nuts, and avocados (4Trusted Source, 5).

An analysis of 29 studies found an association between MCTs and lower calorie intake. People consuming MCTs had a moderately lower calorie intake when compared to people consuming LCTs (6Trusted Source).

Some studies suggest that MCT oil could promote the release of two hormones that help people feel full when eating: peptide YY and leptin. However, when the results of 29 studies were analyzed, researchers found no link between MCT and appetite-related hormones (6Trusted Source, 7Trusted Source).

Even so, one study found that people taking 2 tablespoons of MCT oil as part of their breakfast ended up eating less food for lunch compared to those taking coconut oil (8).

The reason for this potential effect isn't clear. Some people believe that MCT oil can help you feel fuller or reduce your appetite, which could lead to eating less. But across studies, there's little evidence to suggest that taking MCTs reduces your appetite (6Trusted Source).

Future studies may help to reveal the relationship between MCT and calorie reduction.

SUMMARY

MCT oil has been linked to lower calorie intake, which could help with weight management. However, more research is needed.

2. MCT oil could affect body composition and weight

Some older studies showed that taking MCT oil could help reduce body weight and waist circumference. Researchers reported that it could help prevent obesity (9Trusted Source, 10Trusted Source, 11Trusted Source).

Note that some of these studies don't take other factors into account, such as activity levels and other calorie consumption.

A review of 13 randomized controlled trials found that MCTs supported modest weight loss, fat loss, and reduced body size. But the authors commented that many of the studies were of questionable quality, and the results could be influenced by industry funding (12Trusted Source).

Another review of 11 trials made very similar conclusions (13Trusted Source).

Your body can convert MCTs into ketones, which provide a fat-based source of energy for the body when carbohydrate intake is low (14Trusted Source).

If you're following a ketogenic diet, taking MCT oil could possibly help you stay in the fat-burning state known as ketosis. Ketogenic diets are very low in carbs and high in fat. While some studies suggest this

diet can aid weight loss, the long-term effects of following a ketogenic diet are not known (15Trusted Source, 16Trusted Source, 17Trusted Source).

SUMMARY

MCT oil may support weight loss and fat loss. High-quality research is needed to determine its efficacy.

LEARN MORE ABOUT FOOD

Explore Healthline's Healthy Eating Resources

3. MCT oil could be a good energy source

The body absorbs MCTs more rapidly than long-chain triglycerides (LCTs), which contain more carbons in their fatty acid chains (18).

Due to their shorter chain length, MCTs travel more quickly from the gut to the liver and do not require bile to break down like longer-chain fats do (18).

In the liver, the fats are broken down to be either used as fuel or stored as body fat. Since MCTs easily enter your bloodstream without being broken down, they can be used as an immediate source of energy (18, 19Trusted Source).

When you're on a ketogenic diet, MCTs can also be converted into ketones in the liver. These ketones can pass through your blood-brain barrier, making them a source of energy for your brain cells.

SUMMARY

MCT oil is easily absorbed and transported throughout the body. It can be used as an instant source of energy or can be converted into ketones.

4. MCT might help the body burn fat for energy

Researchers have examined whether MCT oil could help you burn fat instead of carbs during exercise.

One older study found that athletes who took 6 grams or about 1.5 teaspoons of MCTs with food before cycling used more fat instead of carbs for energy, compared to those taking LCTs. However, the difference was not significant (20Trusted Source).

In a randomly controlled trial, males who consumed MCTs burned more fat during exercise, but female participants did not (21Trusted Source).

Overall, most studies have not shown significant changes in the body's use of fat after taking MCTs. (22Trusted Source)

While MCTs might potentially help increase fat burning during exercise, study results are mixed as to whether MCT oil can help you exercise better (23Trusted Source).

The results of an animal study suggest that a MCT-rich diet may not impair exercise performance, unlike a LCT-rich diet, which may worsen exercise performance (24Trusted Source).

However, a review of 13 human studies found that MCT offered minimal or no benefits for exercise. MCT supplementation had no significant effects on energy use in the body or other markers of exercise performance (25Trusted Source).

SUMMARY

MCT oil could potentially increase fat burning and reduce the need for carbs during exercise, but evidence is mixed. It's also unclear whether this could translate to improved exercise performance.

5. MCT could help manage epilepsy, Alzheimer's disease, and autism

Studies have shown that MCT oil and a ketogenic diet may help manage conditions such as epilepsy, Alzheimer's disease, and autism (26).

It's important to remember that MCTs are not a replacement for prescription medications or medical treatments. You shouldn't start taking any supplements without speaking with your doctor first.

Epilepsy

While the ketogenic diet has gained popularity among people wishing to lose weight, it was first introduced as a way of managing epilepsy.

Researchers found that fasting increases ketone production and that this may reduce the frequency of epileptic seizures (27Trusted Source).

Since MCTs can be converted into ketones, they may be beneficial in managing epilepsy.

While there are few human studies examining MCTs and epilepsy, in-vitro and animal studies suggest promising results (28Trusted Source).

One small study included adults with epilepsy that did not respond well to medication. As a group, the participants had 42% fewer seizures when supplementing with MCT oil for 3 months. But the authors caution that more studies are needed (29Trusted Source).

The type of MCT may be important. An in-vitro study suggested that the MCT capric acid had more potent effects on seizure control than a widespread anti-epileptic drug (30Trusted Source).

Another study in rats found that the same MCT blocked receptors in the brain that cause seizures, though more human studies are needed (31Trusted Source).

If you're considering a ketogenic diet or MCT oil to help manage your epilepsy, talk to your doctor first.

In addition, it's important to note that a ketogenic diet is not for everyone and can be challenging to follow long term (32Trusted Source).

Alzheimer's disease

Alzheimer's disease impairs your brain's ability to use sugar (33Trusted Source).

A ketogenic diet offers an alternative energy source: ketones.

This provides fuel for your brain, and could allow brain cells to survive better with Alzheimer's (26).

Researchers found that prioritizing MCTs as the source of fat in a ketogenic diet allows people to eat more carbs than a standard ketogenic diet, while still effectively producing ketones. Eating more carbs can make the diet easier to follow over time (26).

Plus, one study found that taking MCTs for 30 days improved cognition in people with Alzheimer's disease with a certain gene type, specifically APOE ε4-negative (34Trusted Source).

In another study, people with mild-to-moderate Alzheimer's disease saw increased ketone use in their brains when they took 30 grams of MCT supplements daily. Their brains used ketones at a similar rate as healthy young adults taking MCTs (35Trusted Source).

Other researchers have proposed that 20 to 70 grams of supplemental MCTs that include caprylic and capric acid could modestly improve the symptoms of mild to moderate Alzheimer's (33Trusted Source).

A meta-analysis of 12 studies indicated that MCTs may promote improved cognition with Alzheimer's disease, but stronger evidence is needed (36Trusted Source)

Overall, the use of MCT oil in Alzheimer's disease shows some promise, but longer and larger scale studies are needed.

Autism

There is limited evidence suggesting that MCT oil may help children manage autistic characteristics.

When considering this research, it's important to keep in mind that many autistic people do not support therapies aimed at making people appear "less autistic" (37).

One preliminary study found that a ketogenic and gluten-free diet with MCTs substantially lowered behaviors associated with autism. This change was seen in 6 of the 15 children involved in the study (38).

A handful of small studies have suggested some potential for ketogenic diets with or without MCTs to lower autistic behaviors. However, more research is needed before conclusions can be made. It's currently not known if this type of diet is safe or has any therapeutic benefits for autistic children (39Trusted Source, 40Trusted Source).

What is known is that placing a child on a restrictive diet carries risks, including malnutrition and delayed growth (41).

Plus, sensory issues can cause some autistic people to eat a limited diet of preferred foods. Adding further restrictions to the diet may not be appropriate and could lead to nutritional deficiencies (41).

If you're considering dietary changes or supplements for your child, always talk with your doctor first.

SUMMARY

MCT oil may improve brain function, which could have benefits for people with epilepsy, Alzheimer's disease, and autism. However, you shouldn't start supplements without talking with your doctor first.

6. MCT contains fatty acids that fight yeast and bacterial growth

MCTs have been shown to have antimicrobial and antifungal effects (42Trusted Source, 43Trusted Source, 44).

Some researchers suggest it may have certain anti-inflammatory effects, which could contribute to this outcome, but more studies are needed. (45Trusted Source).

Coconut oil, which contains numerous MCTs, has been shown in an older in-vitro study to reduce the growth of *Candida albicans* by 25%. This is a common yeast that can cause thrush and various skin infections (46Trusted Source).

Another small study found that MCTs reduced *Candida* infections in infants born prematurely (47Trusted Source).

An in-vitro study also showed that coconut oil reduced the growth of a disease-causing bacteria called *Clostridium difficile* (43Trusted Source).

Coconut oil's ability to reduce yeast and bacterial growth may be due to the caprylic, capric, and lauric acid in MCTs (43Trusted Source).

In a test-tube study, virgin coconut oil slowed the growth of *Staphylococcus aureus* and helped immune cells destroy the bacteria. *Staphylococcus aureus* causes skin infections and other potentially-serious conditions (48Trusted Source)

However, note that most of the research on MCTs and immune support has been conducted via in-vitro or animal studies. High-quality human studies are needed before stronger conclusions can be made.

SUMMARY

MCT oil contains fatty acids that have been shown to reduce the growth of yeast and bacteria. Overall, MCTs may have a variety of antimicrobial and antifungal effects, though more research is needed.

7. MCT could help manage blood sugar levels

Some older studies suggest that MCT oil may also have benefits for those with diabetes and metabolic syndrome (49Trusted Source, 50).

One small study from 2007 followed 40 people with diabetes. Those who consumed MCT oil daily saw reductions in body weight, waist circumference, and insulin resistance, compared to those taking corn oil containing LCTs (34Trusted Source).

Newer studies on MCTs and blood sugar have shown mixed results.

A review of 18 studies examined the effects of coconut oil, which is high in MCTs. Eating a meal containing coconut oil may promote a small improvement in after-meal blood sugar control (51Trusted Source).

However, long-term use of coconut oil had the opposite effect — it was shown to increase insulin resistance, which means your body can't control blood sugar as well (51Trusted Source).

A randomized controlled trial followed people with metabolic syndrome after 4 weeks of daily coconut oil consumption. Participants had significantly lower fasting blood sugar and triglycerides, and higher “good” HDL cholesterol. But they also had higher “bad” LDL cholesterol and total cholesterol (52Trusted Source).

While MCTs may be beneficial for blood sugar under some circumstances, more evidence is needed to draw strong conclusions.

SUMMARY

In some studies, MCT appears to improve blood sugar control, but evidence also suggests it could increase insulin resistance. More research is needed to draw strong conclusions.

Potential drawbacks of MCT oil

Although MCTs are a popular supplement, they may have some disadvantages.

MCT may increase risk factors for heart disease

Your diet affects your heart health (53Trusted Source).

The foods you eat can change the type and amount of fats, or lipids, that circulate in your bloodstream. High levels of certain fats in your blood are often associated with a higher risk for cardiovascular disease (53Trusted Source).

MCTs are saturated fats. Studies indicate that eating more saturated fat in the form of MCTs or coconut oil may increase blood lipids associated with heart disease (54Trusted Source, 55Trusted Source).

An analysis of 16 clinical trials found that coconut oil significantly increased “bad” LDL cholesterol compared to non-tropical vegetable oils (54Trusted Source).

A second analysis of 12 studies found a similar effect. When compared with liquid (non-tropical) plant oils, coconut oil may increase LDL cholesterol (56Trusted Source).

In both of these studies, “good” HDL cholesterol also increased. In many cases, this can be beneficial. However, when HDL becomes very high, it's associated with heart health risks (54Trusted Source, 56Trusted Source, 57)

Fewer studies have examined MCT oil specifically. An analysis of 7 randomized trials found higher triglyceride levels when using MCT oil, versus other fats or oils. High blood triglycerides are associated with heart, stroke, and liver conditions (55Trusted Source).

On the other hand, when compared to animal-sourced fats in particular, consuming MCTs and coconut oil may promote a healthier blood lipid profile (55Trusted Source, 56Trusted Source).

Plus, MCT oil may support weight and fat loss. This may, in turn, help reduce your risk for heart disease (1Trusted Source).

Additional older studies found that MCT-oil-based mixtures can have a positive effect on other heart disease risk factors, as well (59Trusted Source, 60Trusted Source).

When rats were fed fish oil and MCTs, researchers saw significantly reduced C-reactive protein (CRP), an inflammatory marker that increases the risk for heart disease (58Trusted Source).

It may be too soon to say whether MCTs are a negative or positive choice for heart health.

However, if you want to include heart-healthy fat in your diet, other plant oils such as olive oil have stronger evidence for their benefits.

MCT may stimulate the release of hunger hormones

If your goal is to lose weight, you're probably not looking for ways to increase your appetite.

While some people believe that MCTs can help you feel fuller longer, they may also stimulate the release of hunger hormones in some people (7Trusted Source, 61, 62Trusted Source).

A study involving people with anorexia found that MCTs increased the release of two hormones that stimulate appetite: ghrelin and neuropeptide Y (61).

People who took more than 6 grams of MCTs per day produced more of these hormones than those who had less than 1 gram per day.

This could provide a therapeutic benefit to people who are seeking to increase their calorie intake, but it's unclear whether the increase in these hormones actually causes you to eat more.

High doses could lead to fat buildup in the liver and other side effects

High doses of MCT oil may increase the amount of fat in your liver in the long term.

One 12-week study in mice found that a diet in which 50% of the fats were MCTs increased liver fat. Interestingly, the same study also found that MCTs reduced total body fat and improved insulin resistance (63Trusted Source).

Keep in mind that high doses of MCT oil, such as those in the study above, are not recommended. Overall, more research is needed on the long-term effects of MCT oil.

MCT oil doesn't currently have a defined tolerable upper intake level (UL). But a maximum daily intake of 4 to 7 tablespoons (60–100 mL) has been suggested as a safe upper limit (64).

Even in lower amounts, consuming too much MCT oil can lead to digestive side effects for some people. These include abdominal cramping, diarrhea, and bloating. To reduce side effects, some people may need to start with smaller amounts and slowly increase MCT intake over time (64).

MCTs are saturated fats and they are high in calories. To protect heart health, the American Heart Association recommends getting about 5% to 6% of your calories from saturated fat. In a 2000-calorie diet, that's about 13 grams of saturated fat per day (65Trusted Source).

In most cases, you'll want to consume MCT oil as part of your total amount of fat intake and not as an additional amount of fat.

SUMMARY

MCT oil may increase blood lipids associated with heart disease. For some people, it may raise hunger hormones. Large amounts could increase the amount of fat in your liver or cause stomach upset.

Frequently asked questions

What is the MCT oil good for?

MCT oil is a supplement that many athletes and bodybuilders use to get a boost in energy or support their weight loss efforts. It is also thought to help with other things such as fighting infection, managing certain neurological conditions, reducing the chance of heart disease, and more.

Is MCT the same as coconut oil?

MCT oil is not the same as coconut oil. That said it can be derived from either coconut oil or palm kernel oil. It's also found in other foods like dairy in smaller amounts.

Does MCT oil reduce belly fat?

Some older research does suggest that MCT oil may help reduce waist circumference, but more research is needed to confirm this (9Trusted Source, 10Trusted Source, 11Trusted Source).

Who should not use MCT oil?

People with heart disease or liver disease who are considering using MCT oil should first discuss with their healthcare provider as MCT oil could potentially worsen both conditions.

The bottom line

Medium-chain triglycerides could potentially have health benefits.

Remember, though, that whole food sources may provide additional benefits over supplements.

Potential drawbacks may include higher blood lipids and possible fat accumulation in your liver.

MELATONIN:





[JUMP TO TOP OF DOCUMENT](#)

What is melatonin and how does it work? Melatonin is a hormone that your brain produces in response to darkness. It helps with the timing of your circadian rhythms (24-hour internal clock) and with sleep. Being exposed to light at night can block melatonin production.

Melatonin dietary supplements can be made from animals or microorganisms, but most often they're made synthetically. Synthetic melatonin consumption will cause your body's own melatonin production to stop.

It doesn't make you sleep, but as **melatonin** levels rise in the evening it puts you into a state of quiet wakefulness that helps promote sleep,"

Can melatonin affect your heart? Furthermore melatonin has been shown to have valuable effects on cardiovascular health, blood pressure, and endothelial function and it might benefit patients with heart failure.

	<p>Eggs and fish are higher melatonin-containing food groups in animal foods, whereas in plant foods, nuts are with the highest content of melatonin. Some kinds of mushrooms, cereals and germinated legumes or seeds are also good dietary sources of melatonin.</p> <p>There is a range of foods that have high levels of melatonin naturally. These include: cherries, goji berries, eggs, milk, fish and nuts – in particular almonds and pistachios. A goji berry smoothie with almond milk and salmon omelette are some tasty ways to incorporate these sleep-inducing foods into your diet.</p>
<p>METHYLENE BLUE</p>	<p>Methylene Blue: It's neuroprotective. It's an antidepressant. Good for if you overdose on cyanide and/or monoxide poison. It's an anti malaria medication. And it kills parasites and antibacterial. And it's shown to improve short term and long term memory. It is in an ongoing clinical trial for Alzheimer's.</p>
<p>MILK THISTLE</p>	<p>Detox the body from heavy metals and parasites and heals the liver.</p>
<p>MIMOSA</p> 	<p>Mimosa is known as "The Happy Tree" and can help with anxiety issues, depression and etc but be careful its bark can be a hallucinatory.</p> <p>You can technically harvest early spring leaves to boil into stews or sauteed in different dishes, though the flowers and the bark are used more often as medicine. Traditional Chinese medicine and acupuncture uses both parts of the plant to treat insomnia, depression, and grief, and is often prepared into a tea.</p> <p>3ml 2x daily</p> <p>How do you use a Mimosa tree medicinally?</p>  <p>You can use the flowers to make a tea, or you can make tinctures, oxymels, and other infusions to ingest. My favorite way to make medicine with Mimosa flowers is through an oxymel. Oxymel literally means vinegar-honey in Latin. I personally prefer this to tinctures because alcohol isn't involved. It is called "He Huan Hua." He Huan Hua is associated with pleasure and collective happiness. I have heard from herbalist friends that they notice a potential harmful interaction between Mimosa Tree bark medicine with those who experience Bi-Polar Disorder, so please be aware and careful of that (in addition to the caution used with foraging and medicine making). Within my experience, I only harvest the flowers for medicine. I tend to harvest</p>

the flowers towards the bottom of the tree within my reach, and harvest the most perky and defined flowers. As the season progresses, flowers start to wilt and fall into a tangle, or continue their process into forming seeds.



Once the flowers have defined seeds, DO NOT harvest them. The mature seeds have some toxic properties. The slender pink petals start to fall away and a legume-like seed pod emerges in its place.

You can use the flowers to make a tea, or you can make tinctures, oxymels, and other infusions to ingest. My favorite way to make medicine with Mimosa flowers is through an oxymel. Oxymel literally means vinegar-honey in Latin. I personally prefer this to tinctures because alcohol isn't involved. Oxymels tend to be made with apple cider vinegar. This is a [basic oxymel recipe](#) from Mountain Rose Herbs that I use as a guideline. When I'm in a brain fog or need an energy boost, I take 3 drops at a time, and I don't exceed 5 in a day. Other blogs and other recipes will have other prescriptions.

For my 2020 Mimosa Oxymel, I used equal parts Mimosa Flowers, raw local honey, and raw Apple Cider Vinegar:



He Huan Hua-Mimosa



He Huan Hua- (Flos Albizziae Julibrissin)- Mimosa tree flower

He Huan Pi- (Cortex Albizziae Julibrissin)- Mimosa tree bark

This beautiful flower comes from the Mimosa tree that is native to China. Also known as Persian Silk Tree, the Mimosa grows up to 50 feet tall and produces fern like leaves and 7 inch seed pods that are toxic. This tree needs to be fully mature before it blooms with its beautiful flowers that can be red, pink, or white in color. The flowers are round but very thin and thread like, hence the name Silk tree. Non-native to the United States, this tree can be found growing in southern areas such as the Gulf Coast and Florida where the climate tends to be warm and sunny.

In Chinese Medicine, we use the flower and the bark of this tree medicinally to treat people that suffer from emotional imbalance. The properties of this herb are sweet and neutral and enter the Heart and Liver meridians. It is known to invigorate the blood to improve circulation and helps to alleviate Liver Qi stagnation. Depression is one of the emotional imbalances that it treats, often referred to as Liver Qi stagnation in Chinese Medicine.

He Huan Hua and He Huan Pi also have the action of calming the spirit or what is referred to as the shen in Chinese Medicine. Because it calms the shen, it is used for insomnia. The bark of the Mimosa tree has another curative property, helping to alleviate pain and swelling in the body due to chronic pain and trauma.

The mature flower or bark from this tree is considered to be very safe, with a daily dose of 9-15 grams of a good quality, mature, aromatic dried flower. Other forms come in tincture, powder or granules, and all can be found with your Chinese Herbal Medicine practitioner.

Mimosa Tree Flower Tea 'He Huan Hua Cha'tea pot


6 grams Mimosa Flower 'He Huan Hua' (Albizzia julibrissinis)
honey (to taste)


Place mimosa flower in a cup and soak in boiling water. Strain. Add honey to taste and drink when cool.

Functions:

Nourish heart and fortifies the spleen

Resolves depression and moves liver qi

	<p>Clears the mind and encourages a cheerful spirit</p> <p>Indications: Upset emotions and troubled mood Nervous exhaustion Fatigue and listlessness associated with unsmooth mood Chest oppression and discomfort Sighing Mental sluggishness Eye diseases</p> <p>I also like to mix mimosa flower with various types of green tea. It gives the tea a sweet flavor and has nice benefits for the health.</p> <p>Mimosa Flower Tincture</p> <p>Mason Jar 80 proof vodka Fresh or dried mimosa blossoms</p> <p>1) Weigh your mimosa flowers. For fresh blossoms, you will want to use a 1:2 ratio of ounces of herbs to ounces of vodka. For example, if you have 4 ounces of flowers, you will want to add 8 ounces (1 cup) of vodka to your jar. For dried flowers, use a 1:5 ratio of ounces of herbs to ounces of vodka. For example, if you have 4 ounces of dried flowers, you will want to add 20 ounces (2 1/2 cups) of vodka to your jar.</p> <p>2) Once you have determined quantities, place flowers in jar and cover with alcohol. Secure lid.</p> <p>3) Allow tincture to steep for 4-6 weeks out of direct sunlight. A cupboard works well. Try to shake your jar at least every couple of days.</p> <p>4) When enough time has passed, strain your tincture using cheesecloth or a metal strainer and then rebottle liquid. Enjoy!</p> <p>Dosage: Tincture: 40-80 drops, up to 3x/day.</p>
<p>MORINGA</p>	<p>Moringa powder, derived from the leaves of the Meringa Olifera tree, also known as the Miracle Tree. Meringa powder has four times the vitamin A of carrots, three times more potassium than bananas, four times more calcium than milk, and nine times the protein of yogurt.</p>
<p>MULLEIN LEAF:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Mullein is an expectorant, which means it helps the body expel excess mucus, usually by helping make your coughs more productive, to bring up mucus that may be settling in the chest or in the throat. It is also a demulcent. Studies show that demulcents create a soothing anti-inflammatory coating over mucous membranes.</p> <p>Does mullein really help the lungs?</p> <p>Mullein has been used traditionally as a remedy for the respiratory tract, including bronchitis. It works as an expectorant, meaning it helps expel mucus. Expectorant herbs help loosen bronchial secretions and make elimination of mucus easier.</p>

	<p>Mullein flowers are most commonly used as a tea in the treatment of colds and cold sores. Mullein strengthens the immune system, you will appreciate it especially during cold days and flu season. It has a positive effect on the kidneys and bladder, in addition to helping to dissolve mucus.</p> <p>Within two hours of drinking this, you'll cough up old, dirty mucus build up. It's the concentrated form of the lung detox plant mulling. Once the Moline makes its way to your intestines, it gets absorbed into your circulatory system, and then it loosens old mucus, stuck deep in your lungs for you to cough out. If you want to cough up that old mucus even sooner, squirt it under your tongue and keep it there for a minute.</p>
<p>MUSHROOMS</p>	<p>The four mushrooms, the top 1% who control the world, don't want you to know about.</p> <ol style="list-style-type: none"> 1. The first one is Chaga, which is known to massively increase energy as it battles fatigue in the body. 2. The 2nd one is Lions mane, which is nicknamed Nature's Adderall as it completely destroys brain fog to improve focus and concentration, while also protecting you from dementia 3. The third one is Rishi, also known as the chill pill. It makes you feel relaxed as it massively drops your stress and anxiety levels by reducing your stress hormone cortisol. 4. The 4th one is cordyceps, which contains powerful antioxidants that boost your sex drive and turn your immune system bulletproof. <p>Is there any nutritional benefit to those things like enormous nutritional benefit? And there's been two also meta studies that come out this year showing that the ingestion of mushrooms with elderly people over the age of sixty, there's a 50% decrease odds of Alzheimer's like symptoms consuming three mushroom wheels per week mushroom there to humbly eating our waster mushrooms. She talking at Shi and maybe some some other mushroom. meta studies that come out this year showing that the ingestion of mushrooms with elderly people over the age of sixty.</p>
<p>NAC:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>N-acetyl cysteine (NAC) comes from the amino acid L-cysteine. Amino acids are building blocks of proteins. NAC has many uses and is an FDA approved drug.</p> <p><u>NAC is made by the human liver by altering the amino acid cysteine and can be found in high-protein foods, such as meat, fish, seafood, chicken or turkey. Minor sources are eggs, whole-grain products such as breads and cereals, and some plants including broccoli, onions, and legumes.</u></p> <p>N-acetyl cysteine is an antioxidant that might play a role in preventing cancer. As a drug, it's used by healthcare providers to treat acetaminophen (Tylenol) poisoning. It works by binding the poisonous forms of acetaminophen that are formed in the liver.</p> <p>People commonly use N-acetyl cysteine for cough and other lung conditions. It is also used for flu, dry eye, and many other conditions, but there is no good scientific evidence to support many of these uses. There is also no good evidence to support using N-acetyl cysteine for COVID-19.</p> <p>Although many dietary supplement products contain N-acetyl cysteine, the US FDA has stated that it's illegal for dietary supplements to contain N-acetyl cysteine since it's technically an approved drug. But as of August 2022, the FDA is considering changing this stance. It may allow for N-acetyl cysteine in dietary supplements as long as no safety issues come up. A final decision is pending. Prescription N-acetyl cysteine products are available under the guidance of a healthcare provider.</p> <p>Effective for</p>

Acetaminophen (Tylenol) poisoning. Taking prescription N-acetyl cysteine by mouth or by IV reduces the death rate and prevents permanent harm caused by acetaminophen poisoning. Prescription products must be given by a healthcare provider.

Complete or partial lung collapse (atelectasis). Inhaling a prescription form of N-acetyl cysteine helps treat collapsed lungs caused by mucus blockage. Prescription products must be given by a healthcare provider.

Lung tests. Inhaling a prescription form of N-acetyl cysteine is helpful to prepare people for diagnostic lung tests. Prescription products must be given by a healthcare provider.

Care of people with a tube placed in their windpipe (tracheostomy care). Inhaling a prescription form of N-acetyl cysteine helps prevent crusting in people with a tube in the windpipe. Prescription products must be given by a healthcare provider.

Possibly Effective for

Chest pain (angina). Taking N-acetyl cysteine by mouth or by IV seems to improve chest pain when used with the drug nitroglycerin. Taking N-acetyl cysteine by IV also seems to help prevent nitroglycerin tolerance, but it might increase the risk for headaches and low blood pressure. IV products can only be given by a healthcare provider.

Autism. Taking N-acetyl cysteine by mouth might improve irritability in children and adolescents with autism. But it doesn't seem to help other autism symptoms.

Swelling (inflammation) of the main airways in the lung (bronchitis). Taking N-acetyl cysteine by mouth seems to reduce shortness of breath and coughing from this condition. Also, taking N-acetyl cysteine by mouth for 3-36 months seems to prevent flare-ups.

A lung disease that makes it harder to breathe (chronic obstructive pulmonary disease or COPD). Taking N-acetyl cysteine by mouth for at least 6 months seems to decrease flare-ups by about 40% in people with moderate to severe COPD. It seems to work best in people who are not already taking corticosteroids. In people with COPD who need to be hospitalized, taking N-acetyl cysteine in addition to regular treatment helps with recovery.

Kidney damage caused by contrast dyes (contrast induced nephropathy). Taking N-acetyl cysteine by mouth, with or without other drugs, might help to prevent kidney problems caused by dyes used during some X-ray exams. But it only seems to help in people who already have poor kidney function.

High levels of homocysteine in the blood (hyperhomocysteinemia). Taking N-acetyl cysteine by mouth seems to reduce homocysteine levels, a possible risk factor for heart disease.

High levels of cholesterol or other fats (lipids) in the blood (hyperlipidemia). Taking N-acetyl cysteine by mouth seems to reduce levels of a blood fat called lipoprotein(a) in people with high levels of this blood fat.



Toxicity in people taking the cancer drug ifosfamide (Ifex). Taking N-acetyl cysteine by mouth seems to help prevent side effects of the cancer drug ifosfamide. But a drug called mesna seems to work better than N-acetyl cysteine.

Flu (influenza). Taking N-acetyl cysteine by mouth seems to reduce flu symptoms.

Kidney failure. Taking N-acetyl cysteine by mouth seems to help prevent problems such as heart attack and stroke in people with kidney failure.

Heart attack. Giving N-acetyl cysteine by IV along with the drug nitroglycerin seems to help maintain heart function and reduce heart damage in people having a heart attack. Sometimes the drug streptokinase is also used along with N-acetyl cysteine and nitroglycerin. IV products can only be given by a healthcare provider.

N-acetyl cysteine is an FDA approved prescription drug. It can be taken in various ways, including by mouth, by IV, and by inhalation. It is most commonly taken by mouth in doses of 600-1200 mg daily.

	<p>Speak with a healthcare provider to find out what type of product and dose might be best for a specific condition.</p> <p>N-acetyl cysteine is also available in many dietary supplements. But according to the FDA, using N-acetyl cysteine in supplements is illegal because it is an approved drug. Supplement products should not be used in place of prescription products.</p>
<p>NUTS:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Because of the way peanuts are harvested SKIP peanut butter (too many toxins) and go for cashews or almond butter instead.</p> <p>BRAZIL NUTS: Brazil nuts. Did you know that five Brazil nuts a day is all you need to provide all the selenium that your body needs. Mercury depletes selenium so the fillings in our mouth are depleting selenium, which is what the thyroid uses to convert iodine into thyroxine</p>
<p>OATMEAL</p>	<p>Oatmeal is peasant food. If it's what they would feed the peasants, just to keep him alive. But oatmeal sucks minerals out of your body because it's high in Phytic acid, and it spikes your blood sugar more than ice cream. So I would rather give my kids my recipe for ice cream that's high in good protein and high in good fat and high in even some sugar versus oatmeal. So it is not a super food by any measure. It's just marketed as one because it cost \$0.02 and you'll pay 3 bucks for it if it's marketed as cold overnight oats with fairy sprinkles.</p>
<p>OILS:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>GOOD OILS:</p> <p>OLIVE OIL: You need to be consuming olive oil everyday. I don't care if it's in the liver cleanse with the lemon and the cayenne pepper. Or if you're just taking a shot of olive oil, that's fine. You want extra virgin olive oil, organic cold pressed, unfiltered in a dark glass jar. And here's what. The first reason is heart health, blood pressure and cholesterol. Olive oil is the only monounsaturated fat that has been proven to reduce your risk of stroke and heart disease. The next one is your brain health. Olive oil increases brain function and cognitive function, and it decreases your risk for Alzheimer's. It's proven to increase brain cell growth. It helps with memory, and it's proven to reduce your risk of depression. Olive oil is linked to increasing your mood and making your whole body function and feel better. And last but not least, this is very important. It protects you against chronic and autoimmune disease. How does it do this by reducing inflammation in your body.</p> <p>Never buy cooking oil in a clear plastic bottle...the bottle and the oil are toxic. Aim to use ONLY COCONUT OIL OR OLIVE OIL and buy in a dark color bottle when possible.</p> <p>Your body needs polyunsaturated fat but instead of getting it from oils, get it from its original, natural, unharmed source, nuts and seeds because once it is made into an oil it automatically begins to deteriorate and become toxic.</p> <p>You need four oils in your life.</p> <ol style="list-style-type: none"> 1. You need a coconut oil for cooking, 2. Ghee butter, breastfed butter or tallow. Y

3. You need an olive oil
4. Avocado oil at room temperature.

That's all you need. So 4 to cook, two to use for salads and dressings and everything else. If it's a palm oil, a sunflower world, saplower oil guys, these are rancid toxic inflammatory neuroinhibitory chemicals that we're putting into our body. So I want you to get those out of your body as well.

I interviewed Dr Kay Shanahan. She was Kobe's nutritionist. And I gave her three scenarios, and I said, which scenario is worse? Scenario number one was smoking cigarettes every single day. Scenario number two is eating processed sugar. So narrow number three was eating vegetable oils every single day. I said, which ones worse? He said. Easy then vegetable oils. She said smoking is not good for you, but once you've finished the last puff, the damage is done, sugar is not good for you. You could exercise and burn it off. These vegetar boils. They stuck in your cells and cause inflammation for 2 to five years, meaning the half life be removed them today Quite is two years from now, 680 days. They're still in your body. They are canola, corn oil, cotton seed oil, soybean oil, safflower oil, sunflower oil, grapeseed oil and rice brand oil. They're highly inflammatory and they just create inflammation, low grade inflammation. It's one of the leading causes to disease out there. Everything is made with those oils. The ones you didn't say which were the good ones are olive oil, like extra virgin olive oil, avocado oil, coconut oil, butter, ghee and duck lard. Those are all good.

BAD OILS:

CRISCO:

You see this container right here. This is the beginning of all of America's health problems. You see, in 1911 Procter and Gamble invented Crisco as an alternative to cooking with tallow and lard. They took toxic waste seed oils and hydrogenated them, and then made Crisco, Procter and gambled, then started the American Heart Association with a \$17 million grant, and then convinced everyone in America that this is healthier than animal fat. And boy, were they wrong. And I'm just telling you this because people need to know, and we've been lied to again.

BAM! You are dead! Don't put mayonnaise on your sandwiches. It oxidizes and turn into trans fat heterocyclicmeans, acrylamides, heated oils, whether it's fried or even room temperature in salads as a salad dressing and they cause plaque in your arteries. Cholesterol does not cause plaque in your arteries. Cholesterol does not cause heart disease. It's an absolute lie. Your biggest enemy is oil that turns in to trans fat or seculimide. I found that out in 1969 as my 20,000 autopsies and two of them were wild sheep from the Atlas mountains of North Africa, north of Morocco and they were only in in America for two months. They died three days apart when I did the autopsy and they died from 90% blockage of their coronary arteries with plaque. I had to sit down a minute. Now where were they sheep getting cholesterol? They're not eating egg. They're not eating red meat. They're not eating butter. So I gathered up the food they ate. We look for pollution. We couldn't find any pollution or contaminants. The chemical contaminates in the food. But we did find the acrylamides and the oxidized oil.

You've probably been hearing a lot about [essential oil uses and benefits](#) lately. And in the descriptions of how essential oils can be used topically to fight infections and improve the health of your skin, it's

commonly recommended that you combine an essential oil with a carrier oil before applying it to your body. So your next question may be “what can I use as a carrier oil for essential oils?”

You actually have quite a few carrier oils to choose from, and you can make your pick based on your skin type, and your skin, hair and health concerns. Carrier oils allow you to use essential oils safely and effectively, but they also come with a ton of their own health benefits.

Most carrier oils are loaded with essential fatty acids, antioxidants, anti-inflammatory compounds and skin-healing vitamins. So if you’re still confused about what carrier oil to use as part of your essential oils routine, read through this list of carrier oils and their specific uses and benefits.

What Is A Carrier Oil?

Carrier oils are used in combination with essential oils in order to dilute them and alter their absorption rate. Essential oils are extremely potent, so you only need a very small amount to take advantage of their many benefits.

Carrier oils allow you to cover a larger surface area of your body with essential oils, without needing to use too much. So when you use a carrier oil, you are reducing the chances of causing any adverse skin reactions and following the guidelines of [essential oil safety](#).

Here’s an example of how carrier oils are used in combination with essential oils. If you want to use tea tree oil on your face to fight acne and improve your complexion, applying the recommended topical dose, which is about 1–3 drops, wouldn’t cover your chin, forehead, nose and neck — and that full strength may be too astringent and also unnecessary to do its job. But by combining 1–3 drops of [tea tree oil](#) with about half a teaspoon of any carrier oil, you can now apply the mixture to every area of concern on your face, and you didn’t need to add too much tea tree. Make sense?

Using carrier oils is especially important when you are applying essential oils to areas of sensitive skin, using them on children, or when you’re looking to cover a large area of your body with essential oils. I love combining carrier oils and essential oils to create body moisturizers, massage and sports rubs, facial cleansers and even skin toners. Usually, I combine 1–3 drops of essential oils with about half a teaspoon of carrier oil. You [want to use](#) at least equal parts carrier oil and essential oil.

Another important role of carrier oils is to prevent easy evaporation of essential oils. This is important because essential oils are made of very small particles that are absorbed into the skin quickly and easily.

Ever notice that just a few minutes after applying lavender or [peppermint oil](#) to your skin and you barely smell it anymore? That's because it's been absorbed. But because carrier oils are made from the fatty portions of a plant and don't evaporate as quickly, adding them to essential oils will help to [slow down](#) the absorption rate, allowing for a larger and longer impact.

Top 15 Carrier Oils

1. Coconut Oil

[Coconut oil](#) serves as an effective carrier oil because it has a low molecular weight, allowing it to penetrate your skin on a deeper level. It also contains saturated fats that help the skin to stay moisturized, while helping to provide a smooth and even skin tone. In addition to this, coconut oil has antiseptic and antimicrobial properties, so it's the perfect carrier oil for relieving skin conditions like acne, eczema and cold sores.

A randomized double-blind controlled trial sought to determine the efficacy of virgin coconut oil in treating mild to moderate xerosis, a medical term that's used to describe dry, rough, itchy and scaly skin. Thirty-four patients were randomized to apply either coconut oil or mineral oil on their legs twice a day for two weeks. Researchers [found](#) that coconut oil and [mineral oil](#) had comparable effects, and both were able to improve symptoms of xerosis without causing adverse reactions.

How to use:

- As a carrier oil, [coconut oil uses for skin](#) are numerous. Combine 1–3 drops of any essential oil that's safe for topical use with about half a teaspoon of coconut oil and rub the mixture into the area of concern.
- If you are using an essential oil internally (use caution), combine 1–2 drops with a half-teaspoon of coconut oil before ingestion.

2. Almond Oil

Sweet almond oil is commonly used as a carrier oil because it contains antioxidants and helps to keep your skin nice and soft. Historically, it was used in Ayurvedic and Traditional Chinese Medicine to treat skin conditions like eczema and psoriasis.

[Almond oil](#) is light and easily absorbed into your skin, so when it's combined with antimicrobial essential oils, like tea tree or lavender, it can help to gently cleanse your skin by getting into your pores and follicles.

Almond oil also has [emollient properties](#), so it may be able to improve your complexion and skin tone.

How to use:

- I use it in my [DIY shower gel](#) recipe with orange essential oil.
- It's also useful in an [under eye concealer](#) DIY recipe.
- Almond oil is also one of the best carrier oils to use in your diffuser because it's light and will help to spread the scent of the essential oils you choose.

3. Jojoba Oil

[Jojoba oil](#) is an excellent carrier oil because it's odorless and serves as an emollient, helping to soothe your skin and unclog pores and hair follicles. But beyond acting as a carrier oil, jojoba oil has many of its own benefits for your hair and skin.

Jojoba oil is actually a plant wax, not an oil, and it can be used to moisturize, protect and cleanse your skin, prevent razor burn, and promote the health of your hair. Plus, jojoba oil contains [vitamin E](#) and B vitamins, which help to treat sunburns and wounds, it has antifungal and anti-inflammatory [properties](#), and it contains three fatty acids.

How to use:

- I use jojoba oil in my DIY [moisturizer for oily skin](#) because it helps to balance oil production in the skin, so it won't leave you feeling greasy.
- If you're allergic to coconut, feel free to substitute the versatile jojoba.

4. Olive Oil

Olive oil is high in healthy fatty acids, anti-inflammatory compounds and antioxidants. Not only does consuming real extra virgin [olive oil benefit](#) your heart, brain and mood, but it can also be used as a carrier oil to help hydrate your skin, speed up wound healing and even help to fight infections.

Research [suggests](#) that olive oil may serve as a promising treatment for skin related conditions like seborrheic dermatitis, psoriasis, acne and atopic dermatitis. It helps to improve these skin issues by reducing inflammation and fighting the growth of bacteria.

How to use:

- Olive oil can also be used for the hair, such as in this [DIY hair treatment](#).

5. Avocado Oil

Like so many carrier oils, [avocado oil](#) benefits your health when it's consumed and used on your skin. It's very moisturizing, so it works best for people with dry, rough skin. Avocado oil helps to improve skin texture, remove makeup and hydrate your hair. Plus, research conducted on rats [suggests](#) that avocado oil may help to reduce inflammation and increase collagen production, making it a useful tool for treating skin wounds. (7)

How to Use:

- To use avocado oil alone, simply add a small amount to a cotton ball and apply it to dry areas on your face, cracked heels, dry cuticles and dry hair. Find more ways to use [avocado oil for skin](#).
- To use it as a carrier oil, combine 1–3 drops of any essential oil that's safe for topical use with about a half teaspoon of avocado oil and rub the mixture into any areas of concern.

6. Argan Oil

[Argan oil](#) is one of the best carrier oils for your skin because it contains omega-6 fatty acids, linoleic acid, antioxidants, vitamins A and vitamin E. It's often included in cosmetic products because when it's used topically, tocopherol from the vitamin E promotes cell production, boosting the health of your skin and hair.

Argan oil absorbs quickly, and it's gentle enough to use on sensitive skin. It doesn't leave you with greasy skin either. Like jojoba oil, argan oil helps to reduce sebum levels in people with oily skin, so it's a great carrier oil for all skin types. Research [indicates](#) that argan oil is also helpful in improving skin elasticity and has anti-aging effects.

How to use:

- You can use argan oil alone to moisturize your skin, relieve razor burn, fight acne and improve your complexion, or you can combine it with essential oils to have an even deeper impact
- You can also use in my [DIY face moisturizer](#) that contains lemongrass, lavender and chamomile essential oils.

7. Arnica Oil

[Arnica oil](#) is so useful for so many skin and body issues, and it's one of the best carrier oils for essential oils. It [contains](#) helenalin, which is a powerful

anti-inflammatory compound, several fatty acids and thymol, which has shown in lab studies to [display](#) antibacterial activity.

Arnica oil can be used alone to reduce inflammation, improve muscle pain and heal bruises, or it can be used as a powerful carrier oil.

When you look at the ingredient label of arnica oil products, you'll notice that it contains arnica extract and a base oil, like olive oil or almond oil, mixed with it. This is important because arnica is not meant to be used on the skin when it's undiluted.

Plus, you shouldn't use arnica oil on open wounds or cuts, and it should be avoided by women who are pregnant or breastfeeding. If too much arnica gets inside of your body, through ingestion or broken skin, it can be toxic.

How to use:

- I use arnica in my homemade [bruise cream](#), and I combine it with soothing essential oils, like lavender, to relieve muscle pain and tension.

8. Rosehip Oil

Like many popular carrier oils, [rosehip oil](#) contains essential fatty acids that promote cellular and tissue regeneration. Rosehip is also high in vitamin C and has anti-aging effects when it's applied to the skin. Studies [show](#) that it's often used to improve age spots from sun damage, improve skin tone and texture, reduce eczema and fight skin infections.

Rosehip oil is considered a dry oil, which means that it absorbs into the skin quickly and won't leave you with an oily residue. For this reason, it works best for people with normal to dry skin.

How to use:

- You can use rosehip oil alone as a natural moisturizer or combine it with essential oils as a carrier oil, like I did in my [lavender and rose water toner](#).

9. Broccoli Seed Oil

Have you ever heard of using [broccoli seed oil](#)? It's made by cold-pressing the small seeds of [broccoli sprouts](#), which contain up to 80–100 times more of the antioxidant sulforaphane than the broccoli that you eat. It also [contains](#) omega 3, 6 and 9 fatty acids.

Broccoli seed oil works as an excellent moisturizer, but it's still light, easily absorbed and non-greasy. It's actually known to mimic silicone, which is

commonly used in cosmetic and beauty products to make your skin look smoother and hair look shinier.

How to use:

- Using broccoli seed oil as a carrier oil can promote healing, reduce dryness and improve the health of your hair.
- It also has many uses by itself, such as for dry skin. Apply a drop or two of broccoli seed oil into any dry areas of your body and massage the oil in lightly until it is absorbed.

10. Flaxseed Oil

Not only do [flaxseed oil benefits](#) include its ability to aid digestion and boost the health of your heart, but when it's applied to the skin, flaxseed oil helps to relieve common skin disorders, like eczema, and improve skin elasticity and texture. It's loaded with omega-3 fatty acids and alpha-linoleic acids (ALAs), which help to reduce inflammation and boost the health of your skin and hair.

Although you probably hear more about how flaxseed oil can be used in recipes, like smoothies and salads, it can also be used as a carrier oil and applied topically. In fact, it's [been used](#) in Ayurvedic medicine to balance the skin's pH, promote wound healing and remove skin blemishes. It's gentle and soothing, so it may become your favorite carrier oil if you have sensitive skin.

How to use:

- Flaxseed oil can be used to improve dry skin by holding in moisture, promote wound healing and give the skin a glowing appearance.

11. Grapefruit Seed Extract

[Grapefruit seed extract](#) is used for its antimicrobial properties, which have been [displayed](#) in laboratory studies. It's often used in shower gels, wound disinfectant sprays, toothpastes, mouth washes and other personal care products because of its ability to fight bacterial, viral and fungal infections.

You can also add grapefruit seed extract to your laundry, humidifier, swimming pool and animal feed to reduce the need for potentially harmful chemicals.

How to use:

- You can use grapefruit seed oil as a carrier oil in your natural home and body products.

- Use equal parts grapefruit seed extract and essential oil, and if you need to dilute the combination further, add water or another odorless carrier oil.

12. Magnesium Oil

Magnesium oil isn't actually an oil, but a mixture of magnesium chloride flakes and water. It has the same texture as oil, which is why it works as a carrier oil.

Using [magnesium oil](#) topically [may help](#) to relax your muscles, may help to improve fibromyalgia symptoms, can improve skin irritations, like rosacea and acne, and promote blood flow. It's a great carrier oil for people with oily skin because it can help to break apart different fats and oils, preventing that greasy appearance you may be fighting.

How to use:

- You can mix magnesium oil with essential oils (like lavender) in a spray bottle and spray the combination on your skin after showering.
- You can also use magnesium oil as a carrier oil to create a muscle-relaxing massage oil or sports rub.
- Try making a homemade magnesium [body butter](#) that can be applied to your skin to help relax your muscles and reduce the effects of stress on your body. (Replace the jojoba oil with the magnesium oil.)

13. Neem Oil

[Neem oil](#) is commonly used in natural skin and beauty products because it's high in antioxidants that work to protect the skin from environmental damage. Neem oil is also high in fatty acids and vitamin E, so it's quickly absorbed into the outer layers of your skin and helps to relieve dry or damaged skin, without making you greasy. The [healing properties](#) in neem oil help to improve skin elasticity and rejuvenate the skin's cells.

One thing that sets neem oil apart from other carrier oils is its ability to serve as a natural insecticide. It can be used to ward off mosquitoes, flies and moths.

How to use:

- Neem oil can be mixed with essential oils, like lemon or eucalyptus, to work as a [home remedy for mosquito bites](#).
- You can also combine neem oil with jojoba oil and lavender to create your own wrinkle cream that's applied to your body like a moisturizer.

14. Sea Buckthorn Oil

Sea buckthorn oil may help to reduce skin issues like acne, dermatitis, eczema and stretch marks. It's also commonly used to relieve sunburn and speed up wound healing. [Sea buckthorn oil](#) is loaded with healing antioxidants, including carotenoids, which means that it helps to protect the body from infections that are caused by viruses, bacteria and parasites. The oil also [contains](#) essential fatty acids, amino acids, and vitamins A, C, D and E.

How to use:

- Sea buckthorn oil can be combined with essential oils and used topically to improve skin irritations and complexion.
- I use it in my [face moisturizer for dry skin](#) because it's an excellent carrier oil for repairing dry or damaged skin.

15. Evening Primrose Oil

Like most carrier oils, [evening primrose oil](#) is high in essential fatty acids and [often used](#) to improve skin irritations and conditions. Evening primrose oil also works as an anti-inflammatory agent, and it's used to improve nerve function and skin elasticity.

Although there aren't any high quality studies to prove this benefit, evening primrose oil has been used to promote hair growth.

How to use:

- You can combine evening primrose oil with an antimicrobial essential oil, like tea tree oil, to improve acne and other skin conditions, to boost the overall health of your skin or to balance your hormone levels, like I did in my [homemade hormone balance serum](#).
- You can also try this hair growth recipe: Simply rub evening primrose oil, combined with essential oils like lavender, cypress and lemongrass, into your scalp or add it to your shampoo.

Precautions

Just like you would when applying a new essential oil to your skin, I recommend doing a small skin patch test with any new carrier oil before applying it to a larger area of your body. Although most of these carrier oils are gentle enough even for areas of sensitive skin, you want to be sure that you don't have an allergy or sensitivity to a new oil.

Most of the carrier oils discussed in this article can be found online or in your local health food store. Make sure to store your carrier oils in a dark glass jar that has a tight fitting top.

Most carrier oils can be stored in the refrigerator or in a dark, cool place. Over time, carrier oils become rancid, which causes the oil to have a strong, bitter odor. If you notice that the scent of a carrier oil has changed over time, throw it out and buy a new one.

Final Thoughts

- Carrier oils are used in combination with essential oils in order to dilute them and alter their absorption rate.
- When combined with 1–3 drops of essential oils, carrier oils can cover a large surface of your skin and help to relieve skin issues like acne, eczema, dry skin, age spots and sun spots.
- Using carrier oils also slows down the absorption rate, so you're increasing the impact of the essential oils.

ONION:



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Dice an onion and put in a plastic bag and put the bag over your foot so the onion is resting on your foot bed, then put your sock on. So the onion is soaking into your skin. This is good for your lungs. It will help alleviate congestion in children and adults...even as problematic as pneumonia. (Barbara Oneil)

Red Onions have 11 times more antioxidants (buy the flatter ones for a sweeter flavor) Organic onions test higher for flavonoids

Onions that have longer roots and skins that are more difficult to remove are fresher.

If you are only using ½ and onion, save the side with the root.

Store Onions in the refrigerator with an avocado if you want to keep them fresh longer.

To remove the bitterness from an onion, soak the cut onion in water for 5-10 min before adding to salads and other non cooked food. SAVE THE WATER for the garden it is full of potassium and calcium. GOT ONION BREATH? Neutralize it with lemon water.

Onions are full of antioxidants and quercetin. (Remember, quercetin fights cancer and heals the gut)

Onions are super easy to pickle by adding to a mason jar with ½ cup rice vinegar and ¾ cup water and celtic sea salt. (Store in the fridge)

Barbara O'Neil had a lady ring me. She was about to be admitted to hospital with pneumonia. She's 23. She said, I don't want to go to hospital. I was admitted a month ago. I was put on strong antibiotics that made me so sick, and it didn't really help. So I said, come, we'll do what we can. I said to her just a little tip on your way. She had a 5 hour drive I said, cut up and cut up an onion, put half in one plastic bag, half in the other bag. And I said, put your feet in those plastic bags and put a sock on. Well, she

thought that was pretty strange, but she was willing to do anything. When she got to our health retreat, she was just smiling. She said, I'm, I'm in the ball, she said, what that? She said, it lessened my tightness. She said it seemed to open my bronchus. This is on the feet. Very simple treatment. Now, she was with us when she came to us. She was on Ventolin. She was on cortisone drugs, and she was on anti inflammatory. And we did some hot and cold water fermentations on her lungs, her chest. And we put onion on her feet every night and we got her inhaling peppermint oil. And within the 3rd day, she was off all her medication. She started to walk up the hills with all the other guests. And she had just finished her nursing. And that was a year ago. She's now been six months, naturopathic student.

Barbara O'Neil:

ONION & EAR ACHES: Please learn that wheat and dairy and refined sugar are three of the main causes of ear aches in children I went to the old lady next door. I was about 26 by now, and she was 86. I said, what did your mother do when you had an earache? She said, mum would steam up an onion on the stove. So I went home. I steamed up an onion in the stove when it was all soft. I wrapped it in a cloth. I put it on James ear. James fell asleep. James slept for 2 hours. What does that tell you? He's not in pain. James woke up happy all day. I'm following him around. I can't believe it. I can't believe it. That experience set me on the path of natural remedies. So it's with great joy. I show you how to make an onion powder. So you steam an onion on the stove, and you steam it like this. It's got to have that little core there, which will hold it all together now. Steam it or dry bacon. If you boil it some of the healing properties, we're going to the water. So steam it or dry bacon. And when it is soft, you cut it in half. And you cut it in half. So that you're looking at the rings and what you can do when you've cut it in half. Remember, this is hot and boiling. Squeeze some of the juice into a teaspoon. Now, that will be boiling, but when it's squeezed into the teaspoon, the cold teaspoon, of course, will cool it. And you can put that into the ear and then. You will wrap this up. And you can wrap it up with a tea towel or a hand towel or cloth, or maybe even a chucks. Now, most onions are a bit bigger than this. Usually I would do an onion that would fit your ear. And so you, you wrap it up until you can bear that temperature. And then. That surface area there, you would put straight on the ear and then you cover it with. A piece of plastic. What did they do before plastic square of wool? And you certainly are in New Zealand. The land of sheep. You can certainly use a square of wool and then you might put a beanie on. Do you call those beanies as it will enhance or you might bandage it on? Or sometimes the person might lay down with that into the pillow. You see that But if you can keep it warm, you keep it on. So as long as you can keep it warm, you keep it on. Now, what will the onion do? The onion is a drawer and it will draw the inflammation, reduce the inflammation. It'll break down any puss areas and that can be taken away from the through the bloodstream. Sometimes it will do just that. It will reduce the swelling and that will be taken away through the bloodstream. Or sometimes the ear will make a hole and the pus will come out through there. Don't worry if that happens, because if the body makes a hole in the ear, it'll easily heal. And how else does the puss get out Now, if someone pokes a sharp instrument and makes a hole in your eardrum, you're in trouble. But if the body does it, the body knows what to do. You just got to give it the right conditions. How do you know what the right conditions are? Well, I knew this was the right condition on James, cause what was the result? He's. slept. He was in no more pain. Some of your science, the body will speak to you. So a cooked onion on the ears, one of the best thing for earrings. How long do you need to keep it on? Well, as long as it takes when it gets cold, take it off. If the earache returns in a few hours, put it back on again. You just keep doing it until the body says enough. In fact, one of our workers, she wore an onion poulters for a week. Every day to come back. So every day she'd go back on. Who are you listening to? The body would get. Relief. Ah, the body's going. That's what I want. After 7 days, no more irate came back. Sometimes we don't know why. This lady each and lives really well. Maybe something was just coming out from her childhood. Well, maybe she had a gluten and a daring tolerance then. And maybe

she had a lot of earaches then. You know, sometimes we don't know why, but the body knows why. And it will tell you if this is the right thing to do.

ONION: If you have a organic non geo onion and you cut it up, you'll start crying, won't you? That onion juice has an effect to stimulate the respiratory organs to clear and to thin the mucus. So the cooked onion, as I said, is for ear and fur. But the raw onion is used often mostly for respiratory. Now you might be surprised that where I'm going to put this and that is on the bottom of the feet for a head cold or a chest cold. You see the biggest pause in the whole of your body on the soles of your feet. So what you do is you get a plastic bag thus and you put the onion in the plastic bag in a foot. You put it on the onion in the plastic bag and then put a sock on and the body will take the onion Needs to go. And often it'll take it if you need it in the chest or to clear the head.

The biggest pores on your body are on the soles of your feet.

Dice an onion and put in in a plastic bag and put the bag over your foot so the onion is resting on your foot bed, then put your sock on. So the onion is soaking into your skin. This is good for your lungs. It will help alleviate congestion in children and adults...even as problematic as pneumonia.

ORANGES:



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Oranges are a great source of Vitamin C and the PEELS have even more vitamin C than the orange itself. Scrappy cooking means buy only organic oranges and peel them with a peeler and bake the peelings in your oven at the lowest setting till they are crisp and crunchy. Then add them to your blender to pulverize into a powder. Store in a glass jar with tight lid and it will last for several months. Use the powder in smoothies, make tea with them or as a seasoning when you are cooking.

ORGANIC FOODS

What the researchers did was they gave one group of people a homemade meal. They actually made noodles from scratch, just from flour and water and served it in a broth made from water and vegetables and salt and pepper. And then the other group, they were given bought noodles from the supermarket that come with the sachet that you had hot water too. And that was served with a blue drink, a blue sports drink. And then they swallowed these cameras to give the visuals of what then went on. And four hours after they swallowed the real food meal, all that was left was white fluff in a digestive system. And that's how it's supposed to be really well broken down by that stage. But for the people who had the bought food meal for. Hours after they ate it and swallowed the camera, you could still see the teeth marks in the noodles. So what that suggests is if you have food in your digestive system for four hours exposed to all of your digestive enzyme, and it hasn't been broken down, it suggests that maybe there are substances in some of these processed foods that we have no ability to breakdown. But then further to that, the blue drink had actually dyed the noodles blue. And that's because the dye in the blue drink was derived from petroleum. And we have. No ability inside of us to breakdown petrol. So a number of artificial substances and colors and sweeteners are created synthetically. And some of the substances that they're derived from, I have concerns about whether they even belong in the human body.

OREGANO:



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Oil of Oregano: fights viruses and inflammation (contains vinegar, honey, oregano, radish, garlic, turmeric, habanero pepper and oranges. (Bashonomical.com)

Oregano benefits: heart health, antifungal, reduces infections, aids digestion, detoxifies, bone health, treats colds, boost immunity, improves lung function, soothes sore throat.

Oregano is a natural detox and can help get rid of parasites in your body.

It's 30 times stronger than lemon and 30 times stronger than garlic. It kills bacteria and fungi. We all have this plant at home. It protects against cancer, strengthens the immune system and preserves vision. Do you know what plant this is? This powerful plant is oregano. Scientists have confirmed that oregano is the most effective natural antibiotic in the world. And oregano oil is 3.37 times more powerful as an antioxidant than green tea. Add a spoonful of oregano to a jar and pour 300 milliliters of boiling water. Let it sit for 15 minutes and add lemon to make it stronger. This is useful for respiratory issues like colds, bronchitis as well as digestive system disorders. It has been scientifically proven to combat Candida.

What Is Oregano Oil?

Oregano (*Origanum vulgare*) is an herb that is a member of the mint family (*Labiatae*). It has been considered a precious plant commodity for over 2,500 years in folk medicines that originated across the globe.

It has a very long use in traditional medicine for treating colds, indigestion and upset stomachs.

You might have some experience cooking with fresh or dried [oregano](#) leaves — such as oregano spice, one of the [top herbs for healing](#) — but oregano essential oil is far from what you'd put in your pizza sauce.

Found in the Mediterranean, throughout many parts of Europe, and in South and Central Asia, medicinal grade oregano is distilled to extract the essential oil from the herb, which is where a high concentration of the herb's active constituents are found. It takes over 1,000 pounds of wild oregano to produce just one pound of oregano essential oil, in fact.

The oil's active ingredients are preserved in alcohol and used in essential oil form both topically (on the skin) and internally. When made into a medicinal supplement or essential oil, oregano is often called "oil of oregano." As mentioned above, oregano oil is considered a natural alternative to prescription antibiotics.

Oil of oregano contains two powerful compounds called carvacrol and thymol, both of which have been shown in studies to have strong antibacterial and antifungal properties.

Studies show that the plant's leaves [contain](#) a variety of antioxidant compounds, such as phenols, triterpenes, rosmarinic acid, ursolic acid and oleanolic acid. One paper [discussed](#) how carvacrol "has emerged for its wide spectrum activity extended to food spoilage or pathogenic fungi, yeast and bacteria as well as human, animal and plant pathogenic microorganisms including drug-resistant and biofilm forming microorganisms."

Carvacrol has been the focus of over 800 studies referenced in PubMed, the world's No. 1 database for scientific evidence-based literature.

Benefits

Here's a look at the top health benefits of oregano oil:

1. Natural Alternative to Antibiotics

Overuse of antibiotics, and prescribing broad-spectrum drugs when they aren't needed, can cause a range of problems. It can make the drugs less effective against the bacteria they are intended to treat by fostering the growth of antibiotic-resistant infections, and it can wipe out the body's good bacteria (probiotics), which help digest food, produce vitamins and protect from infections, among other functions.

Unfortunately, broad-spectrum antibiotics are very commonly prescribed, often for conditions in which they have no use, such as viral infections. In one study published in the *Journal of Antimicrobial Chemotherapy*, researchers from the University of Utah and the Center for Disease Control and Prevention found that 60 percent of the time when physicians prescribe antibiotics, they [choose](#) broad-spectrum types.

In contrast, what does oil of oregano do for you that makes it so beneficial? Essentially, taking oregano oil is a "broad-spectrum approach" to protecting your health.

Its active ingredients help fight multiple types of harmful pathogens, including bacteria, yeast and fungi. As a study in the *Journal of Medicinal Food* journal [stated](#), oregano oils "represent an inexpensive source of

natural antibacterial substances that exhibited potential for use in pathogenic systems.”

2. Fights Infections and Bacterial Overgrowth

There’s evidence that oregano essential oil can help fight at least several strains of bacteria that cause health problems that are commonly treated with antibiotics.

Here are some highlights of the ways oregano oil benefits these conditions:

- Dozens of studies confirm the fact that oregano oil can be used in place of harmful antibiotics for a number of health concerns.
- In 2011, the *Journal of Medicinal Food* published a study that [evaluated](#) the antibacterial activity of oregano oil against five different types of bad bacteria. After evaluating the antibacterial characteristics of oil of oregano, it showed significant antibacterial properties against all five species. The highest activity was observed against *E. Coli*, which suggests that oregano oil could potentially be routinely used to promote gastrointestinal health and prevent deadly food poisoning.
- A 2013 study published in *Journal of the Science of Food and Agriculture* concluded that “*O. vulgare* extracts and essential oil from Portuguese origin are strong candidates to replace synthetic chemicals used by the industry.” Researchers from the study found that after studying the antioxidant and antibacterial properties of oregano, *Origanum vulgare* [inhibited](#) the growth of seven tested strains of bacteria that other plant extracts could not.
- One study involving mice that was published in the journal *Revista Brasileira de Farmacognosia* also found impressive results. In addition to fighting bacteria like listeria and *E. coli*, researchers also found evidence that oregano oil [may have the ability](#) to help pathogenic fungi.
- Other evidence shows that oregano oil’s active compounds (such as thymol and carvacrol) can help fight toothaches and earaches caused by bacterial infections. A 2005 study published in the *Journal of Infectious Diseases* [concluded](#), “Essential oils or their components placed in the ear canal can provide effective treatment of acute otitis media.”

3. Helps Reduce Side Effects From Medications/Drugs

In recent years, many studies have found that one of the most promising oregano oil benefits is helping reduce side effects from medications/drugs. These studies give hope to people who want to find a way to manage the horrible suffering that accompanies drugs and medical interventions, such as chemotherapy or use of drugs for chronic conditions like arthritis.

A study published in the *International Journal of Clinical and Experimental Medicine* showed that phenols in oil of oregano [can help protect against](#) methotrexate toxicity in mice.

Methotrexate (MTX) is a drug commonly used to treat a wide array of issues from cancer to rheumatoid arthritis, but it's also well-known to have dangerous side effects. After evaluating oil of oregano's ability to keep these factors at bay, researchers believe it's due to oregano's antioxidants and anti-inflammatory properties.

Oregano was shown to work better than drugs that are ineffective at providing full protection against MTX's adverse effects.

By evaluating various markers in the sciatic nerve in mice, it was observed for the first time that carvacrol decreased the pro-inflammatory response in mice being treated by MTX. Being a relatively new concept in the research world, it's likely that there will be more studies testing these results because "groundbreaking" doesn't even begin to describe the significance of this potential oregano health benefit.

Similarly, research [conducted](#) in the Netherlands showed that oregano essential oil can also "prevent bacterial overgrowth and colonization in the large intestine during oral iron therapy." Used to treat iron deficiency anemia, oral iron therapy is known to cause a series of gastrointestinal issues like nausea, diarrhea, constipation, heartburn and vomiting.

It's believed that carvacrol targets the outer membrane of gram-negative bacteria and increases membrane permeability, thereby causing depletion of harmful bacteria. In addition to its antimicrobial properties, carvacrol also interferes with certain pathways for bacterial iron handling, which helps lower side effects of iron therapy.

4. Helps Treat Athlete's Foot

One study found that a combination of heat, salt and use of essential oils (including oregano) had inhibitory effects against *mycelia of T. rubrum* and *conidia of T. mentagrophytes*, bacterial strains that commonly cause the fungal infection known as [athlete's foot](#).

The researchers concluded that thermotherapy combined with essential oils and salt would be promising to treat *tinea pedis* in a foot bath.

After [testing](#) the fungicidal activity of 11 essential oils against the bacteria

known to cause athlete's foot, oregano oil was found to be the most powerful (followed by thyme, [cinnamon bark](#), [lemongrass](#) and [clove](#)).

5. Helps Treat Digestive Issues (Including SIBO and Heartburn)

Several of the active compounds found in *Origanum vulgare* can help aid digestion by relaxing the muscles of the GI tract and also helping balance the ratio of good-to-bad bacteria in the gut.

Thymol, one of oregano's active compounds, is a similar compound to menthol, which is found in [peppermint oil](#). Like menthol, thymol may help relax the soft tissue of the throat and stomach, which can help to decrease GERD, heartburn and discomfort after eating.

Because it helps balance bacteria and fights yeast overgrowth, oregano essential oil is also a popular natural treatment for candida and SIBO. SIBO is a common digestive problem that causes gas, bloating and intolerances to many carbohydrate-containing foods (especially FODMAPs).

Origanum vulgare hinders bacterial replication and can be used similarly to antibiotic medications, such as rifaximin (Xifaxan), for treating infections that affect digestive health and nutrient absorption.

A 2014 study published in *Global Advances in Health & Medicine* found evidence that use of herbal antimicrobials is just as effective as the antibiotic usually given for the treatment of SIBO. When 104 patients diagnosed with SIBO (via lactulose breath test) were treated either with rifaximin (1,200 milligrams) or herbal antimicrobials over the course of four weeks, the results showed that 46 percent of the patients treated with herbal antimicrobials [experienced symptom improvements](#) compared to only 34 percent treated with the antibiotic rifaximin.

Additionally, 14 of the 44 patients who still had SIBO after a course of rifaximin were then treated with herbal antimicrobials. Fifty-seven percent responded positively to the herbal treatment even after failing to feel better from the antibiotics.

6. Can Help Treat Parasites

One study found that when adults whose stools tested positive for enteric parasites (including *Blastocystis hominis*, which causes digestive distress) supplemented with 600 milligrams of oregano for six weeks, many experienced significant improvements in gastrointestinal symptoms.

Researchers [reported](#) a complete disappearance of *Entamoeba hartmanni* (four cases), *Endolimax nana* (one case) and *Blastocystis hominis* in eight cases. Gastrointestinal symptoms improved in seven of the 11 patients who tested positive for *Blastocystis hominis*, which tends to cause symptoms like nausea, gas, bloating and abdominal pain.

7. Helpful for Managing Inflammatory Conditions (such as IBD or Rheumatism)

Oregano retains its strong antioxidant capacity in both fresh and dry form. Due to its high concentration of antioxidants, oregano essential oil has been shown to [help reduce oxidative damage](#) and help in preventing mutagenesis, carcinogenesis and aging due its free radical scavenging activities.

Free radicals are believed to be a contributing factor to common chronic conditions, including cancer, cardiovascular diseases, neurodegenerative disorders and drug toxicity.

One study found that combined treatment with [thyme](#) and oregano essential oils helped reduce the production of pro-inflammatory cytokines and thereby [may help attenuate](#) colitis (a type of inflammatory bowel disease) in mice.

Other studies show that oregano oil is beneficial for treating reoccurring respiratory disorders, tumor growth and rheumatoid arthritis. Research from the Universidad Nacional de Córdoba in Argentina [indicates](#) that essential oil isolated from *Origanum vulgare* “presents antibacterial, antioxidant and chemopreventive properties and could be play an important role as bioprotector agent.”

8. May Help Improve Cholesterol Levels

Research published in the *Journal of International Medical Research* suggests that adding oregano oil supplementation [can improve cholesterol levels](#).

For the study, 48 patients with mild hyperlipidemia were given lifestyle and low-fat dietary advice. Thirty-two of the patients (study group) were prescribed 25 milliliters of oregano distillate to be taken after each meal for three months, and the remaining 16 patients were the control group.

After the three-month study period, those in the study group showed significantly greater increases in high-density lipoprotein (HDL) cholesterol

and significantly greater decreases in low density lipoprotein (LDL) cholesterol compared to the control group.

How to Use

Oregano oil can be used topically, diffused or taken internally (after consulting with your healthcare professional and only if it's 100 percent therapeutic grade oil). Ideally, you purchase 100 percent pure, unfiltered, Certified USDA Organic oregano oil.

It's also available as oregano oil soft gels or capsules to take internally.

Before using oregano essential oil on your skin, always mix it with a carrier oil, such as coconut oil or jojoba oil. This helps reduce the risk for irritation and adverse reactions by diluting the oil.

To use it topically, mix three drops of undiluted oregano oil with a small amount of your carrier oil, and then apply topically by rubbing into the skin over the affected area.

Oregano oil uses:

- **Natural Antibiotic:** Dilute it with a carrier oil, and apply it topically to the soles of your feet or take it internally for 10 days at a time and then cycle off.
- **Battle Candida and Fungal Overgrowth:** For toenail fungus, you can make a homemade [antifungal powder](#) that can be applied to your skin. Combine the ingredients with about 3 drops of oregano oil, stir and then sprinkle the powder onto your feet. For internal use, take 2 to 4 drops twice daily for up to 10 days.
- **Fight Pneumonia and Bronchitis:** For external infections, apply 2 to 3 diluted drops to the affected area. To prevent internal bacterial overgrowth, ingest 2 to 4 drops twice daily for up to 10 days.
- **Fight MRSA and Staph Infection:** Add 3 drops of oregano oil to a capsule or to the food or beverage of your choice along with a carrier oil. Take it twice daily for up to 10 days.
- **Fight Intestinal Worms and Parasites:** Take oregano oil internally for up to 10 days.
- **Help Remove Warts:** Make sure to dilute it with another oil or mix it with clay.
- **Cleanse Mold From the Home:** Add 5 to 7 drops to a homemade cleaning solution along with [tea tree oil](#) and [lavender](#).

How much oregano essential oil to take internally:

- Your oil of oregano dosage will depend on the condition you're treating. In capsule form, oral supplementation of emulsified oregano is typically around 600 milligrams daily. (Either taken in one or two doses.)

- A traditional use of oregano leaves is making digestive-aid tea. You can buy pre-made oregano tea or make your own by steeping 15 grams of oregano leaves in 250 milliliters of water for at least five–10 minutes (or longer to make a stronger herbal infusion, up to 24 hours).
- Because oregano oil might interfere with other medications, always ask your healthcare professional if it's safe to take internally depending on your specific situation.

Risks, Side Effects and Interactions

You may be asking: What limits does oil of oregano have? At this point, it's not perfectly clear.

To prevent negative skin reactions from oregano application, it's recommended that you perform a small patch test first and always use a [carrier oil](#).

The dried herb oregano is typically fine for pregnant women, but generally speaking, it's not considered safe to use oregano oil during pregnancy. When using oil of oregano, pregnant women should use caution and only use if instructed by their physicians to do so.

If side effects such as nausea, dizziness or an allergic reaction are ever experienced, stop using oregano oil right away, and consider seeing a doctor.

Conclusion

- Oregano (*Origanum vulgare*) is an herb used to make oil of oregano, which has antioxidant, anti-inflammatory and antimicrobial properties.
- Oregano oil health benefits include fighting bacterial infections, fungal infections, digestive problems, inflammatory conditions and tumor growth.
- Oil of oregano can be used on the skin (such as to treat athlete's foot or nail fungus), diffused or taken internally (such as to aid digestion and help promote gut health).

What is Oregano Oil?

Oregano is a herb. There are many varieties of oregano species. The oil extracted from wild oregano grown in the Mediterranean known as "Origanum Vulgare" has, for centuries, had the status of a wonder herb due to its medicinal qualities.

Properties of Oregano Oil

Oregano is a herb. There are many varieties of oregano species.

Oregano oil naturally contains a range of nutrients such as Vitamins A, C and E. It also provides the minerals iron, magnesium, boron, manganese, zinc and calcium.

However, despite these apparent benefits, it is actually Oregano oil's two major phenol components, Thymol and Carvacrol that make it so unique regarding its antibacterial, antiviral, antifungal and antibiotic properties:

- Thymol is a powerful antiseptic and antifungal that stimulates the immune system. It fights bacteria (such as E-Coli, Staphylococcus aureus), [fungi](#) (including [candida](#)), parasites (like intestinal worms) and is an excellent expectorant and natural diuretic. It has been found to be effective in treating upper [respiratory infections](#) and also in managing renal and urinary tract infections.
- Carvacrol has been shown to be effective against a wide range of infections including those caused by the following bacteria, parasites and fungi: Candida Albicans, E-Coli, Giardia, Campylobacter, Salmonella, Pseudomonas, Klebsiella and Listeria.

Oregano Oil as an Alternative to Antibiotics for Infections:

Traditionally, antibiotics have been the go-to treatment for any infection. Often, non-specific, full-spectrum antibiotics have been overprescribed leading to antibiotic resistance (bacteria mutate into new strains that can survive against our current treatments, increasing the risk of disease and death). Antibiotics also destroy the "good" as well as "bad" bacteria in our gut leading to further health complications such as candida overgrowth. It is becoming increasingly important to look to natural treatments for infection.

Tiny quantities of carvacrol, a naturally occurring compound in oregano, were found to be a more effective antimicrobial agent than 18 pharmaceutical drugs, investigators found.

The University of the West of England researchers, working with partners in India, said carvacrol, which contains potent anti-fungal and anti-bacterial properties, has a range of medicinal uses. It can sterilise septic water, eradicate giardia, treat fungal infections such as candida and is considered a natural rival to pharmaceutical antibiotics such as streptomycin and penicillin in its ability to eliminate microbes. At SGS tests found that Himalayan oregano oil was more effective at eradicating Methicillin-Resistant Staphylococcus Aureus (MRSA) than 18 [antibiotics](#). Preliminary research into the oil found that tiny doses are capable of wiping out fungi and bacteria, including

MRSA. www.medicalnewstoday.com...130620.php

How to use Oregano Oil:

Oregano oil can be applied topically when mixed with a carrier oil such as coconut oil or olive oil or mixed with drink such as a coconut milk, milk or juice. It has a very strong flavour due to its potency so is best followed with a further drink to prevent burning to the throat/mouth.

For [Urinary Tract Infections](#) it is suggested to take:

Take 3-4 drops of oregano oil with a glass of milk or milk substitute three times a day for three days.

For Respiratory Infections

- Put a drop of oregano oil into hot steaming water. Cover your head with a towel and inhale the steam from the bowl.
- For Food Poisoning caused by Bacteria such as Listeria/Campylobacter/E-Coli:
- Drink 3 to 7 drops diluted in water/juice with or after food.



Oregano oil is considered a "hot" oil that can give a temporary burning sensation. If you choose to use Oregano oil "neat" (undiluted) apply it with a Q-tip and do not spread it beyond the affected area.

Swallow it in a carrier liquid such as milk or milk substitute.

Use in a Carrier Oil

Dilute Oregano Oil in oil (a carrier oil) before being massaged into the affected area. Common carrier oils include coconut oil and olive oil.

Precautions

	<p>Oregano Oil is a natural product with few side effects. However, is not recommended for children, if you are pregnant or breastfeeding, if you are allergic to Lamiaceae family plants, if you are taking blood thinners (e.g. warfarin) or are about to have surgery (stop taking two weeks before). Oregano oil, if taken regularly, is best used for two weeks with a few days off before recommencing.</p>
<p>PAPAYA SEEDS:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Anti-Oxidant Anti-Inflammatory Anti-Microbial Kills Parasites Aids in Digestion</p> <p>Scrape out of the papaya, rinse the seeds, dry the seeds well, dehydrate the seeds, 170 degrees in the oven for 6 hours.</p> <p>Then use in place of pepper in a pepper mill or pulverize in the Ninja and use as a spice on everything from soups to salads.</p>
<p>PECAN</p> 	<p>5 Weirdly Cool Pecan Oil Uses (See section on "Nuts" for more)</p> <p>You may be thinking "Pecan what?". Trust me, you aren't the only one whose curiosity is aroused with the concept. Just like olive oil and avocado oil have been long used in cooking for ages, other nut oils are quickly gaining in popularity, but for far many more uses than traditional culinary practices.</p> <p>Quick Pecan Oil Facts:</p> <ul style="list-style-type: none"> • Pecan oil is made from extracting the natural essential oils held by the pecan. Oils can be cold- or hot-pressed. Cold-pressed is thought to be superior when partaking for health benefits since the oil is extracted at the minimum temperature possible to avoid changing the natural integrity of the oil. • Pecan oil contains 50% percent less saturated fats than does olive oil. • Pecan oil's smoke-ability point (the temperature at which oil begins to break down and burn) is 470°F, 145 degrees higher than olive oil and butter. • Of all the tree nut oils being produced today, pecan oil ranks #1 for antioxidant content. <p>Now that we know more about it, let's dive in to the many diversified uses for pecan oil that you might be surprised to know.</p> <p>1. Cooking and Baking Well, duh! No surprises on this one. Because it is so versatile, feel free to use pecan oil in any of your favorite recipes. From fruit muffins, to salad dressings to frying meat, enjoy the added health benefits and enriched flavor of choosing pecan oil.</p> <p>2. Leather Treatment Have a favorite pair of leather shoes that are looking a little worse for wear? Freshen them up by applying a layer of pecan oil to the leather surface. Not only will the pecan oil even out the leather color, but it will also condition the leather to help your favorite shoes go the extra mile, literally.</p> <p>3. Carrier Oil Maybe you are into the essential oil lifestyle and maybe you aren't. But if you are, you will be excited to know that pecan oil makes a perfect carrier oil for your other essential oils. Because</p>

it is light and practically odorless, you can rest assured that pecan oil will do the job for you in your wellness journey.

4. Joint Liniment

Here's a fun fact: your skin absorbs around 60% of the substances it comes into contact with. That's HUGE! So if you suffer from chronic achy joints, this might just be your thing. Rub a generous amount of pecan oil over a particularly tender joint such as your knee, shoulder, hip or ankle, and message until absorbed. Do this regularly to build lubrication and enjoy relief from your joint soreness.

5. Skin Moisturizer

For similar reasons as the previous, pecan oil makes an excellent moisturizer. Being naturally hypoallergenic and raw, you can be confident that your skin is getting only good out of this oil. If you suffer from dry skin in the winter or are just always looking for a great way to naturally moisturize, you won't be disappointed by pecan oil.

Now that we cleared the air on what pecan oil is, it's many benefits and the ways it can help make your life easier, I hope you feel more comfortable with the idea of utilizing some.

You can find pecan oil in our [online store](#) and by visiting us at our retail location.

PEPPERMINT



1 tablespoon of peppermint reduces stress, helps digestion and gets rid of headaches.

Peppermint (*Mentha piperita*), a popular flavoring for gum, toothpaste, and tea, is also used to soothe an upset stomach or to aid digestion. It has a calming and numbing effect, and is often used to treat headaches, skin irritation, nausea, diarrhea, menstrual cramps, flatulence, and anxiety associated with depression.

Peppermint oil comes from the peppermint plant, which is a hybrid of spearmint and water mint. People have used peppermint oil for centuries to treat a range of illnesses, including digestive conditions, colds, and headaches.

However, according to the [National Center for Complementary and Integrative Health \(NCCIH\) Trusted Source](#), scientists have only carried out a small amount of research into the effects of peppermint oil. This article will look at the potential benefits of peppermint oil and how to use it safely.

Although research suggests essential oils may have some health benefits, it is important to remember that the Food and Drug Administration (FDA) does not monitor or regulate the purity or quality of these oils. A person should talk with a healthcare professional before using essential oils and research the quality of a particular brand's products. It is also important to always do a [patch test](#) before trying a new essential oil.

What is peppermint oil?

Share on PinterestPeppermint oil derives from the peppermint plant, which is a hybrid of spearmint and water mint.

Peppermint oil comes from the leaves of the peppermint plant. It is an essential oil that contains over [40 Trusted Source](#) different compounds, including menthol, which gives peppermint its refreshing qualities. It is a [common](#) essential oil around the world.

Peppermint oil is available in several forms, including:

- pure peppermint essential oil, which is highly concentrated
- peppermint extracts, which are much less concentrated
- enteric-coated capsules, which contain a small amount of peppermint oil in a special coating

Some people use peppermint essential oil in aromatherapy, applying diluted peppermint oil to the skin in a carrier oil or inhaling it through steam or a diffuser. Food and drink manufacturers also use very small amounts of peppermint extract to add flavor to products.

Pure peppermint essential oil is too concentrated to take orally, and it can be toxic at high doses. Although research has looked at the potential benefits of taking diluted amount of peppermint oil internally in enteric-coated formulations, current guidelines still advise against such practice due to the potential risks.

Please always consult with a healthcare professional prior to any oral use of essential oils.

Peppermint oil benefits

In traditional herbalism, practitioners may use peppermint to:

kill germs

stop itching

relieve pain

prevent or reduce vomiting

help the body eliminate mucus

reduce muscle spasms

reduce [flatulence](#)

promote sweating

boost blood circulation

However, scientists have not proven all of these benefits in human studies.

Here are the peppermint oil benefits that have the strongest scientific evidence behind them:

Reduces irritable bowel syndrome symptoms

Most of the research into peppermint oil has looked at its impact on digestive conditions, particularly [irritable bowel syndrome \(IBS\)](#).

According to the [NCCIH Trusted Source](#), there is some evidence to suggest that enteric-coated, diluted peppermint oil can reduce the symptoms of IBS.

IBS is a chronic digestive condition that causes abdominal pain and frequent bouts of [diarrhea](#), [constipation](#), or both. A comprehensive [review of studies Trusted Source](#) from over a 50-year period found that enteric-coated peppermint capsules were a safe and effective treatment option for IBS pain.

[Researchers Trusted Source](#) believe that menthol, which is a component of peppermint oil, can reduce abdominal spasms by blocking the movement of [calcium](#) across the intestinal membrane.

Relieves indigestion

A review article in the journal [Alimentary Pharmacology and Therapeutics Trusted Source](#) found that a combination of enteric-coated peppermint oil and caraway oil could reduce [indigestion](#) in adults when compared with a placebo.

However, it is worth noting that peppermint oil can also cause heartburn and acid reflux. It is best to discuss persistent indigestion with a healthcare professional.

Eases nausea

The [NCCIH Trusted Source](#) say that there is not enough evidence to prove that peppermint oil can reduce nausea.

However, a [2020 randomized clinical trial](#) found that inhaling peppermint oil vapor through a nebulizer reduced the frequency, duration, and severity of nausea and vomiting in people recovering from heart surgery.

[Another study Trusted Source](#) found that inhaling peppermint essential oil did not have a significant effect on nausea and vomiting among pregnant people with [morning sickness](#). This seems to suggest that peppermint oil aromatherapy can work for some causes of nausea but not others.

People should not take pure essential oils orally to treat nausea.

[Peppermint essential oil is available for purchase online.](#)

Other possible benefits

A few studies suggest that peppermint oil may help with other things, such as:

Viruses: A [2020 review](#) noted that peppermint has antiviral activity against viruses such as the [herpes simplex viruses](#) and [influenza](#) type A.

Infections: Peppermint oil is antibacterial against some species of bacteria — including *Salmonella*, *Escherichia coli*, and *Staphylococcus aureus* — in laboratory tests.

Chronic itching: A [2016 study](#)[Trusted Source](#) suggests that peppermint oil may provide safe and effective relief from chronic itching.

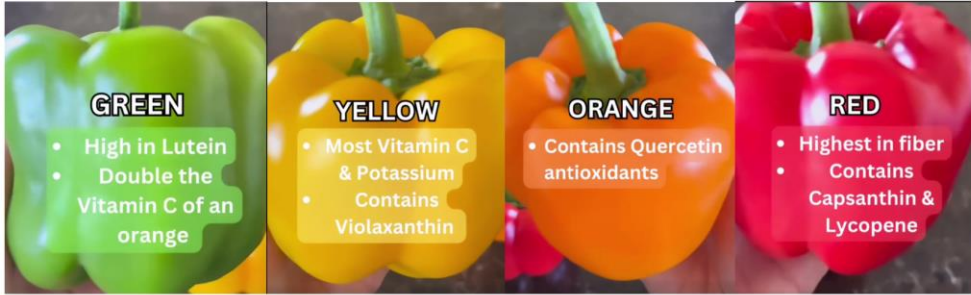
Athletic performance: A small [2014 study](#)[Trusted Source](#) in 30 students suggests that peppermint oil may improve several measurements of athletic performance, such as jumping ability or grip strength. However, many of these studies are small or only demonstrate peppermint’s properties in a laboratory setting. For this reason, scientists will need to carry out more research to determine whether or not peppermint oil can safely and effectively treat other conditions in humans.

PEPPERS:



Peppers go from Bitter to Sweet as they progress from Green, to Yellow, to Orange to Red:

Green: (Lutein is good for your eyes)
 Yellow: (Violaxanthin is an antioxidant and anti-inflammatory that can slow the progress of cancer cells)
 Orange: (Quercetin will kill cancer cells, control blood sugar and prevent heart disease)
 Red: (Lycopene is good for bone health and lowers LDL Cholesterol and Capsanthin will help prevent dry eyes.)



PICKLES:

Polysorbate 80 dissolves the blood brain barrier in store bought pickles. Find someone grandma to make you some pickles without the deadly chemicals industry is trying to kill us with.

PINE:

Internally, pine is a traditional remedy for coughs, colds, allergies, and urinary tract and sinus infections. Topically, pine is used to address skin infections and to lessen joint inflammation in arthritic conditions.

Did you know that all parts of the white pine are edible? But not all pine trees are edible. It’s really easy to identify because there are five strands of pine needles per notch that are 3 to 3 ½ inches long. The white pine is mostly known for its two chemical compounds, sumerin and chicamic acid. Chicamic acid is a chemical compound that’s found in Tamiflu that the pharmaceutical companies extracted from. Because of this, it’s anti bacterial and has a town of anti flu benefits. Check the caption below to learn all about the white pine in all of its medicinal benefits. Plus how to turn it into a tea and a antibacterial cleaning sprite.

A lady in the back of the room. She was an elderly lady. Listen to folks that are older than you. They got some wisdom. And she raised her hand, and she says, can I comment on pine sap? Yes, ma’am. She’s when I was a little girl, the year was 1918. My father was a nurse. In both my father, my brother and I will go with my father from house to house, as he would treat patients at home with what was it in 1918 the influenza. That was a. very contagious. And she said when we got home he would take a pine knot and he would put it over fire and it would the heat would make pinesap drop out of it into a glass of water and we all would drink from that glass of water she said but we never got sick. It boosted our immune system.

Pine Needles

The fresh needles and buds, picked in the springtime, are called “pine tops.” These are boiled in water, and the tea is consumed for fevers, coughs, and colds. The needles are also diuretic, helping to increase urination. Pine-top tea is one of the most important historical medicines of the rural southeastern United States, especially given pines’ abundance in the region. Renowned Alabama herbalist Tommie Bass used the needles in a steam inhalation to break up tenacious phlegm in the lungs. I combine pine tops with sprigs of fresh thyme (*Thymus* spp., Lamiaceae) and bee balm (*Monarda* spp., Lamiaceae) for this purpose. Tommie Bass reported “the country people used to drink pine top tea every spring and fall to prevent colds.”⁵

I enjoy the needles—fresh or dry—as a fragrant and warming wintertime tea. It pairs well with cinnamon bark (*Cinnamomum verum*, Lauraceae) and cardamom (*Elettaria cardamomum*, Zingiberaceae). Pine offers relief in sinus and lung congestion through its stimulating expectorant, antimicrobial, and anti-inflammatory qualities. The fresh, younger needles also contain Vitamin C.

Try combining peppermint (*Mentha x piperita*, Lamiaceae) and catnip (*Nepeta cataria*, Lamiaceae) with pine needles as a tea, which can be sipped upon throughout the day to assuage cold symptoms. This combination is a safe remedy for the whole family.

Mighty Pine Tea Recipe

The fresh needles and buds of Pine, picked in the springtime, are called “pine tops.” These are boiled in water, and the tea is consumed for fevers, coughs, and colds. The needles are also diuretic, helping to increase urination. This recipe combines pine tops with dried peppermint and catnip for relief from sinus and lung congestion.

- 1 quart water
- 1 Small handful of pine needle tops - Fresh or dried.
- 1.5 tablespoons dried peppermint
- 1 tablespoon dried catnip

Directions : Boil the pine needle tops in the water for twenty minutes. Turn off the heat and add the peppermint and catnip. Cover and let steep for an additional twenty minutes. Strain and add honey if desired.

Notes Sip on the tea while hot, reheating each cup as needed throughout the day. Adults can drink three cups a day. Children’s dosages should be lessened proportionally.

Pine Bark

The inner bark contains more resin and is more astringent than the needles. It has been used historically as an antimicrobial wash or poultice and infused in bathwater for muscle aches and pains. It’s also boiled in water and ingested as a remedy for coughs and colds. In Traditional Chinese Medicine, the knotty pine wood from several species of pine is infused in wine and used topically for joint pain.³ I tend to reserve the bark for topical applications since the needles are easy to harvest and more pleasant tasting.

Pine Resin

The resin, also called pitch, has many local first-aid uses—it’s used as an antimicrobial dressing on wounds and to pull out splinters. Pine resin, in minute quantities, has been used internally as a powerful expectorant but it does have some toxicity, so I recommend sticking to the needles or bark when it comes to internal use. I use pine pitch, prepared as a salve, to draw out splinters, glass, and the toxins left from poisonous insect bites. Pine resin salve is helpful to lessen muscle aches and joint inflammation.

Pine Pitch Band-Aids: Forest First-Aid

On a trip to the southwest, I learned another way to apply pine pitch medicinally from Arizona herbalist Doug Simmons: Take a piece of pitch that's semi-hard but still pliable and form it into a flat bandage over the afflicted area. This simple forest first-aid has excellent drawing power, as well as being anti-inflammatory and antimicrobial. Cover it with a Band-Aid or clean bandage and leave it on overnight.

On this same trip, I had a chance to see the resin in action. Six months earlier a mysterious insect had bitten or stung my foot, leaving behind a little welt that refused to clear up, no matter what remedy I tried. I decided to try Doug's method of application with the pine resin. I applied a pliable piece of pitch and left it on overnight. The next morning the welt was gone, and it hasn't returned.

Harvesting pine resin.

Pine Pitch Salve

- 1 part clean pine pitch
- 2 parts extra-virgin olive oil
- Grated beeswax or beeswax beads (proportions below)

See our article on preparing herbal salves [here](#). The measurements in this recipe needn't be exact, but following the general proportions by volume (using a measuring cup) is useful for achieving the desired consistency. Using a double boiler, melt the pitch in the olive oil (1 part pitch to 2 parts olive oil, by volume) until it is mostly dissolved (it's fine if a little resin remains solid). Add the grated beeswax (1 part beeswax per 4 parts of the combined liquid oil and pitch). Pour into jars and let cool before adding lids.



Journal page about Pine identification.

Pine Identification

The first step in identification is to make sure you have pine and then narrow it down to the exact species. To accurately identify pine, look for the characteristic two to five needles growing together in a little bundle (called a fascicle), coupled with the familiar pinecones. Each bundle has a little papery sheath at the base. (*Note*: a few species of pine only have one needle; however, this is an anomaly, and most species bear two to five needles in a bundle.)

Identify the species local to your area and research their traditional uses. That said, it's important to know that no pine is harmful and the medicinal uses overlap between species, so if you can't find any information about your local pines, they are still medicinal. Just make sure it is indeed a true pine (in the *Pinus* genus) by checking for the identification traits listed above, and you'll be good to go!



The male reproductive parts of longleaf pine.

The flavor of pine varies depending on the species and the time of year the needles are picked. The needles have an astringent, “puckering” effect (similar to strong black tea) and a slightly resinous flavor; some pines possess a mineral tang, reminiscent of seawater. Some have needles that are quite sour, especially in the spring. After proper identification, chew on a bit of the needles to get an idea of how the various pine species in your area measure up.

Longleaf pinecone.

Pine Look-Alikes

Other conifers have cones that are sometimes mistaken for pinecones, so be sure you have a real pine and not some other cone-bearing evergreen. Many conifers have similar medicinal properties to pine—spruce (*Picea* spp., Pinaceae) and fir (*Abies* spp., Pinaceae), for example. One simple visual indicator that sets these two trees apart from *Pinus* species: both spruce and fir have needles that connect directly to the branch, as opposed to the fascicle in pines.

It’s crucial that you are extremely careful to not harvest yew (*Taxus* spp., Taxaceae), which is a conifer with poisonous needles.⁶ Yew produces a red fleshy fruit (technically a cone), unlike the familiar hard brown cones you see growing on other conifers. **Other species of conifers, including yew, have precautions, or possible toxicity, so proper identification of pine is crucial.**

Pine Imposters

Be aware that many species of trees with pine in their common name are not true pines and are not used in the same way, and may even be toxic. For example, Australian pine (*Casuarina* spp., Casuarinaceae) and Norfolk Island pine (*Araucaria heterophylla*, Araucariaceae) aren’t even in the same family as the true pines! As with any plant you harvest from the wild, you’ll need to use the identifying characteristics, along with the scientific name, rather than the common name.

Harvesting Pine



You can harvest pine needles anytime they’re looking good and so are you. Seriously though, the needles can be gathered anytime they are needed, but the fresh springtime tips are more pleasant in taste and tend to be a little more sour than older needles. Cut the tips of the branches using garden scissors or shears, and dry in baskets.

Harvest the bark in the spring, preferably from a tree that needs to be thinned or a tree that’s fallen in a storm. You can alternatively collect a three-to-four-inch diameter branch from a tree, which leaves only one wound on the tree. The outer bark is removed and composted, and the inner bark—the medicinal portion—is scraped free from the wood. Dry on a screen or in a loose-weave basket.

Whenever you go on hikes or camp, keep an eye out for freshly dried, amber-hued pine resin on living pine trees. It’s much easier to harvest when the golden pitch is dried but not super brittle or black. Using a small knife, cut the pitch directly into a small jar, leaving a thin layer intact on the tree (the resin serves to protect the tree from pathogens and insects after injury). Sometimes the resin is dried on the outside and squishy on the inside, so proceed carefully. You can still gather resin that is gooey but it’s messy business indeed.

Pine resin can be dirty with adhering bugs and dirt. Avoid soiled resin if possible but if you end up with a grubby batch, gently heat the resin in a small pot and strain through a fine sieve. Clean the pan and strainer with rubbing alcohol. Store the pitch in jars for up to a few years. The medicinal resin has a distinct “piney” and resinous odor; when it’s past its prime, it will have lost its aroma.

Safety & Contraindications: Do not use pine needles in pregnancy and avoid the long-term internal use of the bark. Both pine needles and pine bark can cause kidney irritation with long-term use in strong doses or with sensitive individuals. Do not use pine resin internally except in minute doses under the direction of a skilled herbalist. Be sure you have correctly identified pine and not a look-alike or a sound-alike (see the notes in the identification section).

	<p>There haven't been any recorded instances of human poisoning from ingesting small amounts of medicinal pine (like the dosages a sensible person would ingest or imbibe). You'll sometimes read warnings about pine toxicity from authors who mistakenly infer human safety precautions from documented cattle poisonings where the animals are consuming pine needles in copious amounts.</p>
<p>PINEAPPLE:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Remove the core of the pineapple, (It has Bromelade in it) boil it, (include skin if you want to) breathe in the steam...or just eat it. Anti-cancerous, cell regeneration, anti inflammatory, good for sinuses, digestion, diarrhea, swelling, and more.</p> <p>DETOX THE COLON: ½ Cucumber and ½ Pineapple Pineapple is the ONLY FOOD SOURCE of Bromelain) This will clear your colon, relieve constipation and excess waste.</p> <p>Bromelain is an enzyme mixture that people can extract from the stem or fruit of the pineapple plant <i>Ananas comosus</i>. Healers have used these enzymes for hundreds of years in many ways. Now, retailers tend to sell bromelain either as a health supplement or skin cream. Bromelain is a mixture of enzymes that have active effects in the body. The active ingredients in bromelain include proteinases and proteases, which are enzymes that break down proteins in the body. Bromelain may be helpful as a supportive therapy to reduce the symptoms of sinusitis and related conditions that affect breathing and the nasal passages.</p> <p>People commonly use bromelain supplements to improve the symptoms of osteoarthritis.</p> <p>Along with reducing nasal inflammation in sinusitis, bromelain may also reduce inflammation elsewhere in the body.</p> <p>Bromelain may have anticancer effects both on cancer cells and by improving inflammation in the body and boosting the immune system,</p> <p>Some supplement manufacturers are marketing bromelain as a weight loss aid. They state that the enzymes in bromelain can increase the speed at which the body digests fats.</p>
<p>POTATO:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Potato Poultice: Grated potato poultice is good for tissue inflammation.</p> <p>Potato Poultice: is good for tissue inflammation.</p>
<p>PTEROSTILBENE</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>Pterostilbene is a natural substance found in small quantities in vegetables and fruits such as blueberries. Pterostilbene is a small molecule that is better than resveratrol in terms of absorption and stability.</p> <p>The antioxidant activity of pterostilbene has been implicated in anticarcinogenesis, modulation of neurological disease, anti-inflammation, attenuation of vascular disease, and amelioration of diabetes.</p> <p>Additionally, pterostilbene inhibits androgen- and estrogen-mediated pathways and therefore may contribute to its anti-prostate cancer efficacy.</p>

Pterostilbene Reduces Acetaminophen-Induced Liver Injury by Activating the Nrf2 Antioxidative Defense System via the AMPK/Akt/GSK3 β Pathway.

Several publications have currently compared pterostilbene and resveratrol in various diseases and health conditions, including weight control and cognitive protection. In each of these publications, pterostilbene has demonstrated better results at similar concentrations compared to resveratrol.

Pterostilbene increases LDL and reduces blood pressure in adults.

Pterostilbene Attenuates Astrocytic Inflammation and Neuronal Oxidative Injury After Ischemia-Reperfusion by Inhibiting NF- κ B Phosphorylation. Astrocyte-mediated inflammation and oxidative stress elicit cerebral ischemia-reperfusion (IR) injury after stroke.

Pterostilbene exhibits a range of pharmacological properties, particularly anti-inflammatory and anticancer effects.

Pterostilbene has already been shown to have positive effects in combating obesity and related disorders

A form of pterostilbene, a compound found naturally in blueberries, reduces blood pressure in adults, according to results of a clinical trial presented Sept. 20 at the American Heart Association's 2012 Scientific Sessions on High Blood Pressure Research in Washington, D.C.

Treatment with pterostilbene lowers blood glucose levels as effectively as metformin. Pterostilbene reduces inflammation in the brain and the gut.

PUMPKIN SEEDS:



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What are the health benefits of pumpkin seeds?

Pumpkin seeds are rich in vitamins and minerals like manganese and vitamin K, both of which are important in helping wounds heal. They also contain zinc, a mineral that helps the immune system fight bacteria and viruses. Pumpkin seeds are also an excellent source of: Phosphorus.

Nutrients per Serving

A quarter-cup serving of dried pumpkin seed kernels contains:

Calories: 180

Protein: 10 grams

Fat: 16 grams

Carbohydrates: 3 grams

Fiber: 2 grams

Sugar: 0 grams

How much pumpkin seeds should you eat a day?

How to eat Pumpkin seeds: Health Benefits and easy ways to ...

The small oval-shaped pumpkin seeds also referred to as pepitas are a powerhouse of nutrients. Rich in magnesium, iron and fibre, the seeds make for a healthy and crunchy snack. The American Heart Association recommends having a quarter cup (30 grams) of pumpkin seeds every day as a part of a healthy diet.

Why are pumpkin seeds good for men?

	<p>Pumpkin seeds are rich in zinc. Zinc improves fertility in men. It increases the levels of testosterone and also the quality and quantity of sperms. Pumpkin seeds contain a good amount of zinc.</p> <p>Are pumpkin seeds good for the kidneys? Benefits of Pumpkin Seed And Its Side Effects Lybrate Pumpkin Seeds Prevents Kidney Stones</p> <p>The wonderful antioxidants present in pumpkin seeds (which act as diuretics), have been known to combat toxicity in the body. Additionally, it has been known to have a positive impact on circulation as well as kidney and liver function.</p> <p>What do pumpkin seeds do to your brain? Pumpkin seeds, also known as pepitas, are an excellent source of magnesium, zinc, copper and iron, all of which are important minerals for brain health. Magnesium is essential for a healthy brain and nervous system.</p> <p>Who should not eat pumpkin seeds? The Potential Side Effects Of Pumpkin Seeds A. People allergic to pumpkin seeds should avoid consuming them. In addition, pregnant and lactating women, infants, people with hypoglycemia and hypotension should avoid eating pumpkin seeds. In addition, if you are on a low-calorie diet, you should limit its consumption as they are high in calories.</p> <p>Why do I feel sleepy after eating pumpkin seeds? Snacking on pumpkin seeds before bed may help you get a better night's rest. Pumpkin seeds are a natural source of tryptophan, an amino acid that promotes sleep. The zinc, copper, and selenium in pumpkin seeds can also affect sleep duration and quality.</p>
QUERCETIN	<p>QUERCETIN: Quercetin is one of the most abundant flavonoids present in over 20 plant and fruit categories. Quercetin is known for its anti-inflammatory properties. It is used to lower blood pressure, control obesity, lower cholesterol and protect against heart attacks and stroke. The name Quercetin comes from the Latin word, which means oak forest. Of course, it's a yellow in color and is poorly soluble in hot or cold water. But it's easily soluble in alcohol and fats. Quercetin cannot be produced in your body and must be obtained from food or as a supplement. It can be found in citrus fruits, green, leafy vegetables, seeds, buckwheat, nuts, flowers, broccoli, olive oil, apples, onions, green tea, red grapes, red wine, black cherries and berries. Quercetin is one of the most popularly used bioflavonoids in the treatment of metabolic and inflammatory disorders. Hundreds of in vitro in animal studies and a few human studies have been conducted to study the effects of Quercetin research. Shows its antioxidant properties are potent enough to treat infections in neurodegeneration and even certain types of cancer. Quercetin has a recent event found to be beneficial in reducing the course.</p>
RESVERATROL	<p>Resveratrol is a chemical mostly found in red grapes and products made from these grapes (wine, juice). It may be helpful for hay fever and weight loss. Resveratrol might have many effects in the body, including expanding blood vessels and reducing blood clotting. Resveratrol is a stilbenoid, a type of natural phenol, and a phytoalexin produced by several plants in response to injury or when the plant is under attack by pathogens, such as bacteria or fungi. Sources of resveratrol in food include the skin of grapes, blueberries, raspberries, mulberries, and peanuts.</p>

Major dietary sources include grapes, wine, peanuts, and soy; however, they can also be introduced into the diet through Itadori tea, which has long been used in Japan and China as a traditional herbal remedy for heart disease and strokes.

Research shows resveratrol significantly reduces body weight, waist circumference, and fat mass, while increasing lean mass.

Is resveratrol hard on the liver? Resveratrol can provide Liver protection against chemical, cholestatic, and alcohol-mediated damage. It can improve glucose metabolism and lipid profile, reduce liver fibrosis, and steatosis. Additionally, it is capable of altering the fatty acid composition of the liver cells.

ROSEMARY:



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6 Benefits and Uses of Rosemary Tea

Rosemary has a long history of culinary and aromatic uses, in addition to applications in traditional herbal and Ayurvedic medicine (1Trusted Source).

The rosemary bush (*Rosmarinus officinalis*) is native to South America and the Mediterranean region. It's part of the Lamiaceae family of plants, along with mint, oregano, lemon balm, and basil (2Trusted Source).

Many people enjoy rosemary tea for its flavor, aroma, and health benefits.

Here are 6 potential health benefits and uses of rosemary tea, as well as possible drug interactions and a recipe to make it.

1. High in antioxidant, antimicrobial, and anti-inflammatory compounds

Antioxidants are compounds that help protect your body from oxidative damage and inflammation, which can lead to chronic diseases like cancer, heart disease, and type 2 diabetes.

They can be found in a variety of plant foods, such as fruits, vegetables, and herbs like rosemary. Rosemary tea also contains compounds that may have anti-inflammatory and antimicrobial properties.

The antioxidant and anti-inflammatory activity of rosemary is largely attributed to its polyphenolic compounds like rosmarinic acid and carnosic acid (4Trusted Source, 5Trusted Source).

Due to its antioxidant capability, rosmarinic acid is often used as a natural preservative to increase the shelf life of perishable foods (6Trusted Source, 7Trusted Source).

The compounds in rosemary tea may also have antimicrobial properties, which may help fight infections. Rosemary leaves are employed in traditional medicine for their antibacterial and wound healing effects.

Studies have also investigated the effects of rosmarinic acid and carnosic acid on cancer. They have found that the two acids may have antitumor properties and even slow the growth of leukemia, breast, and prostate cancer cells .

SUMMARY

Rosemary tea contains compounds shown to have antioxidant, anti-inflammatory, and antimicrobial effects. The two most studied compounds in rosemary are rosmarinic acid and carnosic acid.

2. May help lower your blood sugar

When left untreated, high blood sugar can damage your eyes, heart, kidneys, and nervous system. Therefore, it's critical that people who have diabetes properly manage their blood sugar levels (13Trusted Source).

Studies have shown that compounds in rosemary tea may lower blood sugar, suggesting that rosemary could have potential applications for managing high blood sugar among people with diabetes.

Though studies on rosemary tea specifically are lacking, test-tube and animal studies on rosemary itself indicate that carnosic acid and rosmarinic acid have insulin-like effects on blood sugar.

Some studies show that these compounds can increase the absorption of glucose into muscle cells, lowering blood sugar (14Trusted Source, 15Trusted Source, 16Trusted Source, 17Trusted Source).

SUMMARY

Rosemary tea contains compounds that may help lower high blood sugar levels by exerting insulin-like effects and boosting the absorption of glucose into muscle cells.

3. May improve your mood and memory

Experiencing stress and anxiety from time to time is common.

Though studies on rosemary tea specifically are lacking, evidence shows that drinking and inhaling compounds in rosemary tea may help boost your mood and improve your memory.

One study found that taking 500 mg of oral rosemary twice daily for 1 month significantly lowered anxiety levels and improved memory and sleep quality among college students, compared with a placebo (18Trusted Source).

Another 2-month study in 66 industrial employees noted that those who drank 2 teaspoons (4 grams) of rosemary in 2/3 cup (150 ml) of water daily reported feeling significantly less burnt out at their jobs, compared with those who drank nothing (19Trusted Source).

In fact, simply smelling rosemary appears to be beneficial. One study in 20 healthy young adults observed that inhaling rosemary aroma for 4–10 minutes before a mental test improved concentration, performance, and mood (20Trusted Source).

What's more, a study in 20 healthy adults found that inhaling rosemary oil stimulated brain activity and improved mood. Participants' activity level, blood pressure, heart rate, and breathing rate increased after inhaling the oil (21Trusted Source).

Rosemary extract may improve mood by promoting a healthy balance of gut bacteria and reducing inflammation in the hippocampus, the part of your brain associated with emotions, learning, and memories (22Trusted Source).

SUMMARY

Consuming and inhaling compounds in rosemary have been shown to reduce anxiety, boost mood, and improve concentration and memory. Both smelling and drinking rosemary tea may offer these benefits, but more research is needed.

4. May support brain health

Some test-tube and animal studies have found that compounds in rosemary tea may protect the health of your brain by preventing the death of brain cells (23Trusted Source).

Animal research suggests that rosemary may even support recovery from conditions that can lead to brain damage, such as a stroke (24Trusted Source).

Other studies suggest that rosemary may prevent the negative effects of brain aging, even suggesting a protective effect against neurodegenerative diseases like Alzheimer's (23Trusted Source, 25Trusted Source).

SUMMARY

Compounds in rosemary tea may protect the health of your brain — both from injury and impairment from aging and neurodegenerative diseases.

5. May protect vision and eye health

While studies on rosemary tea and eye health are lacking, evidence suggests that certain compounds in the tea may benefit your eyes.

Animal studies have found that adding rosemary extract to other oral treatments can slow the progression of age-related eye diseases (AREDs) (26Trusted Source, 27Trusted Source).

One study examined the addition of rosemary extract to common treatments like zinc oxide and other AREDs antioxidant combinations, finding that it helped slow age-related macular degeneration (AMD), a common condition that affects vision (28Trusted Source).

Other animal and experimental studies indicate that the rosmarinic acid in rosemary delays the onset of cataracts — the gradual opaqueness of the eye that leads to blindness — and reduces the severity of cataracts (29Trusted Source).

Keep in mind that most studies on rosemary and eye health have used concentrated extracts, making it difficult to determine what effect rosemary tea may have, as well as how much you would need to drink to reap these benefits.

SUMMARY

Rosemary tea may contain compounds that can help protect your vision as you age by slowing the progression and severity of diseases like cataracts and age-related macular degeneration.

6. Other potential benefits and uses

Rosemary has been studied for many other uses.

Other potential benefits of the compounds in rosemary tea include:

May benefit heart health. One animal study found that rosemary extract reduced the risk of heart failure following a heart attack (30Trusted Source).

May promote digestion. Rosemary extract is sometimes used to treat indigestion, but research on this use is lacking. Still, rosemary is thought to support digestion by promoting a healthy balance of gut bacteria and reducing inflammation (31Trusted Source, 32Trusted Source).

May boost weight loss. One animal study noted that rosemary prevented weight gain among rats, even those fed a high fat diet (33Trusted Source).

May promote hair growth. Some people claim that using homemade rosemary tea as a hair rinse promotes hair growth, but research is lacking. Some studies suggest that rosemary oil or extract can reduce hair loss but has to be applied to the scalp (34Trusted Source, 35Trusted Source).

While these benefits seem promising, more research is needed, particularly to determine what benefits drinking rosemary tea may offer.

SUMMARY

While evidence is limited, rosemary tea may contain compounds that benefit your heart and digestive health, support weight loss, and even help treat hair loss. That said, more research is needed.

Potential drug interactions

As with many other herbs, some people may need to exercise caution when consuming rosemary tea due to its potential drug interactions.

Some of the medications with the highest risk of interacting negatively with rosemary tea include (36):

anticoagulants, which are used to prevent blood clots by thinning your blood

ACE inhibitors, which are used to treat high blood pressure

diuretics, which help your body get rid of extra fluid by increasing urination

lithium, which is used to treat manic depression and other mental health disorders

Rosemary can have effects similar to those of these medications, such as increasing urination, impairing blood clotting ability, and lowering blood pressure. If you take lithium, the diuretic effects of rosemary can lead to toxic levels of lithium accumulating in your body.

If you're taking any of these drugs — or other medications for similar purposes — it's best to speak with your healthcare provider before adding rosemary tea to your diet.

SUMMARY

Rosemary may exert effects similar to those of certain drugs used to treat high blood pressure, increase urination, and improve circulation. If you're on medication, consult your healthcare provider before adding rosemary tea to your diet.

How to make rosemary tea

Rosemary tea is very easy to make at home and only requires two ingredients — water and rosemary.

To make rosemary tea:

Bring 10 ounces (295 ml) of water to a boil.

Add 1 teaspoon of loose rosemary leaves to the hot water. Alternatively, place the leaves in a tea infuser and steep them for 5–10 minutes, depending on how flavorful you like your tea.

Strain the rosemary leaves from the hot water using a mesh strainer with small holes, or remove them from the tea infuser. You can discard the used rosemary leaves.

Pour your rosemary tea into a mug and enjoy. You can add a sweetener, such as sugar, honey, or agave syrup if you like.

SUMMARY

Making rosemary tea at home is an easy way to control its strength and content. You can brew a cup using only two ingredients and a stovetop or microwave.

The bottom line

Rosemary tea offers some impressive potential health benefits.

Drinking the tea — or even simply inhaling its aroma — may benefit your mood and brain and eye health. It may also help prevent oxidative damage that can lead to numerous chronic diseases.

However, it's important to be aware of its potential interactions with certain medications.

Rosemary tea can easily be made at home using only two ingredients and fits well into an overall healthy and balanced diet.

Note that many of the studies discussed above used rosemary extract and essential oils, so it's hard to know whether rosemary tea will offer the same health benefits.

Is it safe to boil rosemary and drink?

While rosemary tea is generally safe for most people, there are a few potential side effects to be aware of. If you have high blood pressure, drink rosemary tea in moderation as it can cause your blood pressure to rise.

Is rosemary tea good for lungs?

Good For Respiratory Health

If you have been living in a polluted area or have a mucus buildup in your lungs, drinking rosemary tea can offer relief. The cineole compound in rosemary breaks up the mucus and reduces inflammation.

What happens if I drink rosemary tea everyday?

9 health benefits of rosemary tea that make it a morning ...


Boosts immune system. Rosemary is known for its antimicrobial properties, which may help support a healthy immune system. Drinking rosemary tea may assist in fighting off certain pathogens and strengthening the body's defenses.

Does rosemary tea detox your body?

Rosemary tea also contains antiseptic, detoxifying, antispasmodic, antibiotic and diuretic effects, which can make it a great complement to the treatment of health problems like for the treatment of various health problems.

Who should not drink rosemary tea?

Because higher doses of rosemary may cause miscarriage, pregnant and nursing women should not take rosemary as a supplement. But it is safe to eat as a spice in food. People with high blood pressure, ulcers, Crohn's disease, or ulcerative colitis should not take rosemary.

	<p>Does rosemary burn belly fat? Rosemary Water For Belly Fat: Does It Help To Burn Belly Fat? Rosemary herb can assist you in losing weight and belly fat. By drinking rosemary detox water and tea as part of your diet, your digestive system gets better. Not to mention, the herb can help limit weight gain and save you from numerous chronic diseases.</p> <p>Is rosemary good for blood circulation? Rosemary promotes blood circulation, thus helping to normalise low blood pressure. Moreover, it aids digestion, alleviates muscle and joint pain and improves concentration.</p> <p>Does rosemary affect hormones? Research shows that simply inhaling the aroma of rosemary essential oil can lower levels of the stress hormone cortisol in your blood. High cortisol levels are caused by stress, anxiety or any thought or event that puts your body in "fight-or-flight" mode.</p> <p>How many cups of rosemary tea per day? How much rosemary tea is good for health? It is safe to have one to three cups a day. Consult your doctor if you want to consume more than the recommended dosage as it might have serious side effects.</p> <p>Does rosemary raise estrogen? Midlife Health Benefits of Rosemary Rosemary may enhance your ability to detoxify estrogen.</p> <p>Does rosemary affect hair? Carnosic acid, an active ingredient in the plant, healed tissue and nerve damage in one study. This ability to heal nerve endings may rejuvenate nerves in the scalp too, in turn possibly restoring hair growth. More revealing recent studies show that rosemary directly helps protect against hair loss.</p> <p>Rosemary tea boasts antispasmodic properties that help to reduce gas and bloating. This herbal tea also supports healthy gut bacteria and improves nutrient absorption. Rosemary tea also contains carnosic acid, a compound that helps balance the microflora and good bacteria in your gut.</p> <p>Rosemary is also known to improve brain function, cognizance, and blood flow to the brain. Rosemary can help with mental clarity.</p>
<p>SALT: JUMP TO TOP OF DOCUMENT</p>	<p>See "Celtic Sea Salt"</p>
<p>SAGE JUMP TO TOP OF DOCUMENT</p>	<p>Sage can actually help with chemo side effects and lung cancer.</p>
<p>SEA MOSS:  JUMP TO TOP OF DOCUMENT</p>	<p>What is sea moss? See also "Bladderwrack" ONE SERVING HAS 99% of the minerals your body needs. It is the strongest natural multivitamin. Sea moss, scientifically known as <i>Chondrus crispus</i>, is a type of algae or seaweed. It grows in waters along the rocky Atlantic coasts, primarily between North America and Europe.</p>

It's an edible sea plant similar to other seaweeds, algae, and other familiar leafy sea vegetables like kelp or dulse.

Sea moss grows in a number of colors, such as various shades of green, yellow, purple, red, brown, and black.

The most common varieties that grow in the warmer waters are generally red and often called Irish moss.

SUMMARY

Sea moss is a spiny sea plant that's similar to other seaweeds and algae. The most common variety in commercial products is red and often called Irish moss.

"It has many natural benefits. It is low in calories, fat and sugar, gluten free, has a small amount of protein and is a good source of vitamins and minerals." In addition to calcium, magnesium, potassium and iodine, sea moss is also a good source of iron and vitamins C and A, which are known to aid your immune system.

What happens if you take sea moss everyday?

Are there risks associated with eating sea moss? Sea moss contains high levels of iodine, which can damage your thyroid if consumed in large quantities, Dr. Ring said. If you want to try it, she recommended taking no more than two tablespoons of the gel at a time and using it every other day, rather than every day.

22 Sea Moss Benefits

Now, if you're wondering more about why sea moss is beneficial to your life, then consider reading our elaboration on the 22 benefits of using topical sea moss, and taking sea moss supplements such as the one featured above from Elm & Rye.

1. It's heart-healthy

Sea moss is rich in magnesium, potassium, and other minerals which help regulate blood pressure and keep the heart functioning properly. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of heart disease.

2. It may promote weight loss

Sea moss contains a compound called alginate, which is known to promote weight loss by binding to fat cells and preventing them from being absorbed by the body. Additionally, sea moss is a good source of fiber, which helps to promote satiety and prevent overeating.

3. It's a good source of iodine

Sea moss is a good source of iodine, which helps to keep the thyroid gland functioning properly. Additionally, iodine is important for cognitive function and fertility.

4. It supports gut health

Because sea moss contains alginate, it can promote gut health by binding to toxins and bad bacteria in the gut and preventing them from being absorbed by the body. Additionally, sea moss is a good source of fiber, which helps to promote healthy gut bacteria and prevent constipation.

5. It may boost your immunity

Sea moss is a good source of vitamins A, C, and E, which are known to boost immunity. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of infection.

6. It can build muscle and aid in workout recovery

Sea moss is a good source of protein, which is essential for muscle growth and repair. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of muscle soreness and promote recovery after workouts.

7. Promotes Healthy Skin

Sea moss is rich in vitamins A, C, and E, which are known to promote healthy skin. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of acne and other skin conditions.

8. Healthier Mouth Wash

Sea moss is rich in iodine, which is known to promote oral health. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of gingivitis and other periodontal diseases.

9. Healthier Drink Option

Sea moss is a good source of vitamins and minerals, which makes it a healthy drink option. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of disease.

10. Improved Bath Time

Sea moss is rich in minerals, which can help improve the quality of your bath. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of skin conditions.

11. Expels Mucus from Body

Sea moss is rich in iodine, which is known to promote the expulsion of mucus from the body. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of infection.

12. Reduces Inflammation

Sea moss is rich in vitamins A, C, and E, which are known to reduce inflammation. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of chronic diseases.

13. Cleanses Your Blood

Sea moss is rich in vitamins A, C, and E, which are known to cleanse your blood. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of infection.

14. Improved Love Life

Sea moss is rich in minerals, which can help improve your love life. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of STDs.

15. Better Thyroid Health

Sea moss is rich in iodine, which is known to promote better thyroid health. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of thyroid diseases.

16. Relief For Colds and Flu

Sea moss is rich in vitamins A, C, and E, which are known to relieve colds and flu. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of infection.

17. Increased Energy

Sea moss is rich in vitamins and minerals, which can help increase energy levels. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of fatigue.

18. Detoxifies Your Body

Sea moss is rich in vitamins and minerals, which can help detoxify your body. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of disease.

19. Antibacterial Benefits

Sea moss is rich in iodine, which is known to have antibacterial benefits. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of infection.

20. Effective for Fighting Prostate Enlargement

Sea moss is rich in minerals, which can help fight prostate enlargement. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of prostate cancer.

21. Prevents Kidney Stones

Sea moss is rich in iodine, which is known to prevent kidney stones. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of kidney disease.

22. Reduces the Impact of Radiation Poisoning

Sea moss is rich in vitamins and minerals, which can help reduce the impact of radiation poisoning. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of cancer.

If you're looking for the best sea moss supplement, our team has found that Elm and Rye's Sea Moss Capsule is the best on the market.

What are the possible side effects of taking sea moss supplements?

Despite its reputation for being beneficial, sea moss is primarily considered to be healthy because it contains variable amounts of both excellent minerals and undesirable pollutants.

These are the most common side effects of taking sea moss supplements:

You could consume too much iodine

Too much of a good thing can become a negative thing, as is the case with iodine. Because taking iodine supplements may have a detrimental impact on your thyroid, endocrinologists advise against it unless specifically instructed by your doctor.

While it's a good source of iodine, the iodine content of sea moss and other seaweeds is highly variable. This can put consumers at risk of overconsumption of iodine [Trusted Source](#), which could be problematic.

Taking in too much iodine can lead to hypothyroidism [Trusted Source](#), or underactive thyroid. The thyroid is an important gland located in the lower front of your neck. It's responsible for growth and metabolism.

Sea moss may also come with a risk of heavy metal consumption, as seaweed is known to absorb and store heavy metals in high amounts.

Still, the risk of toxicity appears to be low. One study [Trusted Source](#) examined the levels of 20 heavy metals in 8 types of seaweed from the waters around Europe and Asia. The researchers found that the amounts of heavy metals did not pose serious health risks.

Overall, it's probably best to consume sea moss in moderation due to these unknowns.

How to prepare it

You can prepare sea moss in a number of ways.

Many health food stores and online retailers sell sea moss in its raw, dried form. You can prepare a gel from this at home. This may be one of the most popular ways to consume it.

To prepare a sea moss gel, simply soak raw sea moss in water overnight, then rinse and blend it with new water until smooth. Transfer it to a container with an airtight lid and store it in the refrigerator overnight to gel.

Some supplement companies also offer sea moss that has already been prepared as a gel. According to the manufacturers, you can consume this form directly or add it to food and drinks.

Other ways to consume sea moss include mixing sea moss powder into beverages, sprinkling it over yogurt or oatmeal, and adding it to other meals.

The shelf life of sea moss depends on the form you purchased it in.

While scientific evidence is lacking, many sea moss advocates say that prepared sea moss gel should last a few weeks in the fridge, or you can freeze it.

However, it's probably best to practice caution and only keep it for 3–5 days, as with most prepared foods and cold storage leftovers, to minimize the risk of foodborne illnesses.

SUMMARY

You can consume sea moss in supplement or powder form, or use raw sea moss to make a gel at home. You can consume this gel on its own or add it to smoothies and other foods and beverages.

It contains heavy metals

Seaweed is known to accumulate heavy metals from the water in which it grows. It's not dangerous in tiny amounts, but overdoing it on seaweed intake isn't a good idea.

It has an unpleasant taste and texture

The slimy texture and fishy flavor of sea moss are worth noting, although it is not hazardous.

Raw sea moss has a briny, oceanic flavor that is comparable to clams and oysters. If you don't enjoy seafood, the taste of raw sea moss probably won't be to your liking. Fortunately, this shouldn't be an issue in supplement form.

Irish Sea Moss 3000mg- Sea Moss is commonly used for immune support, healthy skin, and its anti-inflammatory properties. Sea Moss is made up of carotenoids such as fucoxanthin which have been known to help fight free radicals. Sea moss is often used as an aid for blood sugar support since it has high levels of magnesium, potassium, and other minerals. Sea Moss can often go by several different types of names and forms such as seamoss, irish moss, sea moss gel, sea moss gummies, seamoss gel, red seaweed, and seamoss pills.

So what I'm asked what's the best way to get all your minerals and all your vitamins naturally? Our entire physical makeup is comprised of 102 of these minerals in trace amounts. We are literally star dust. So according to two time Nobel Prize winning chemist, Dr Linus Pauling says you can trace every sickness, every disease and every ailment to a mineral deficiency. Burdock Root contains all 102 of those minerals in trace amounts, which just means small quantities. Irish Sea Moss is a gelatinous sea algae that contains 92 of those 102 minerals, and it's actually in concentrated amounts, which means a lot. Bladderwrack is a highly odoriferous seaweed that when you combine with burdock root and seaweed will give you all 102 of the minerals that you need. All the vitamins you want to get Moringa powder, it has just about the highest concentration of vitamins of any plant on the earth.

(Irish Sea Moss can boost mens sexual wellness, cures thyroid issues, builds muscle mass, prevents laziness, reduces disease risk)

SHILAJIT:



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Shilajit helps regulate periods and boosts the reproductive health of women. That's how Shilajit works in the case of female fertility. The increase in haemoglobin levels, also induced by Shilajit, also helps promote oxygen and nutrient supply to the reproductive organs, improving uterine health.

Shilajit helps in balancing the level of various hormones in the body especially, female reproductive hormones. These hormones such as estrogen and progesterone regulate the menstrual cycle. Thus, by balancing these hormones, Shilajit helps women to have regular periods.

It also contains powerful antioxidants and anti-inflammatory agents. These help Shilajit delay the aging process, gradually reducing the signs of fine lines and wrinkles, thus making your skin firmer and look more youthful. Shilajit for diabetes. This Ayurvedic supplement boosts glucose-lowering functions among women.

How does Shilajit make you feel?

Enhances performance. According to studies, men who consume Shilajit have high levels of energy and usually feel better about their body image. This is primarily because of the nutrient density which

Shilajit is filled with. Shilajit works at a cellular level to improve the energy production of the human body.

Who should avoid taking Shilajit? (Potential side effects) People with an active heart disease or with a history of hypotension should avoid taking shilajit to prevent a drop in blood pressure.

Should I take Shilajit before bed or morning?

How to Take Shilajit - Comprehensive Guide to Dosage ...

When to take Shilajit powder- day or night? Depending upon your requirement, shilajit can be taken either during the day or at night before going to bed. For instance, if you are consuming shilajit chyawanprash, it is best to take it once early in the morning with milk on an empty stomach and once before bed.

Can I take ashwagandha and Shilajit together?

This combination is particularly useful for athletes and people who engage in high-intensity workouts. Another significant benefit of the combination of Shilajit and Ashwagandha is that it can improve brain function. Both these herbs have been used for centuries to improve cognitive function and memory.

What does shilajit do to the brain?

10 Proven Health Benefits of Shilajit You Must Know It

Preserves Cognitive Function

Ayurvedic physicians have routinely prescribed shilajit to boost brain health and we now know that it is neuroprotective. Regular intake of shilajit may help prevent or delay the onset and progression of degenerative brain diseases like Alzheimer's.

10 Proven Health Benefits of Shilajit

Published On Dec 14, 2020

logo

By Dr. Surya Bhagwati

Chief In- House Doctor

BAMS, DHA, DHHCM, DHBTC | 30+ Years of Experience

10 Proven Health Benefits of Shilajit

Shilajit is one of the most popular herbal supplements in India, so you might be surprised to learn that it is not really a herb. Shilajit is in fact a blackish brownish exudate found primarily from Himalayan mountain rocks. This organic substance is a natural product and has been highly valued in Ayurvedic medicine as a rasayana or rejuvenating.

It has mainly been used as a supplement to fight the effects of aging, boost strength and endurance, and promote general wellness. We are now learning that there is a strong scientific basis for the recommendations provided by Ayurvedic sages centuries ago.

Shilajit Gold 30 Capsules Price 649

Before we look at these health benefits of shilajit, it helps to understand the composition of this natural nutraceutical.

Shilajit Composition

Shilajit is rich in a variety of minerals, but its main constituent is fulvic acid. For this reason, researchers believe that the organic substance is a product of decomposition of certain plant species through microbial action. This occurs over centuries, making shilajit a millenary product of nature. Shilajit also contains other nutrients and molecules, including some fatty acids, eldagic acid, resins, sterols, amino acids, polyphenols, and phenolic lipids. This rich profile gives shilajit a range of health benefits, but they are most strongly linked to its main constituent – fulvic acid.

1. Preserves Cognitive Function

Ayurvedic physicians have routinely prescribed shilajit to boost brain health and we now know that it is neuroprotective. Regular intake of shilajit may help prevent or delay the onset and progression of degenerative brain diseases like Alzheimer's. This is because fulvic acid is a powerful antioxidant that protect against the buildup of tau proteins, which is known to cause brain cell damage. Shilajit also has anti-inflammatory effects, which can also reduce Alzheimer's symptoms.

2. Anti-Aging

Despite what marketers may claim, no substance on earth (natural or artificial) can reverse or prevent aging. However, some herbs and ingredients are known to delay or reduce the effects of aging. Shilajit is one such substance. As pointed out in a study, shilajit's main compound, fulvic acid, acts as natural antioxidant and anti-inflammatory. This means that it can protect against oxidative stress and cellular damage, which play a major role in aging.

3. Improves Fertility & Sex Function

This is perhaps one of the most popular shilajit uses today, as it is often an ingredient in sex power capsules and other products to enhance male performance. This use of shilajit is supported by some evidence, which shows that the ingredient can lead to an increase in testosterone levels. This can boost virility and sex drive, improving performance. Another study found that regular supplementation could boost fertility levels within three months. Similarly, there are significant fertility and libido benefits when using shilajit for women.

4. Energy Booster

Since ancient times, shilajit has been regarded as a powerful antidote to weakness and fatigue in Ayurved. This belief is supported by modern research. A 2012 study found that shilajit supplementation can even provide relief from chronic fatigue syndrome, which causes extreme fatigue. Although the study was conducted on rats, it is believed that similar results are produced in humans within just three weeks. This is attributed to shilajit's ability to prevent mitochondrial dysfunction, an important feature in chronic fatigue syndrome.

5. Fights Altitude Sickness

It is often said that the longevity and good health of sherpas can be linked to their regular consumption of shilajit. This may actually be more than hearsay as fulvic acid and the minerals in shilajit offer wide ranging benefits. Researchers believe that one of these benefits includes improved tolerance to high altitudes or protection from altitude sickness. Fulvic acid is said to help carry nutrients into deep tissues, helping your body better cope with the stress of altitude sickness. If you're going mountaineering in the future, make sure to begin shilajit supplementation a few weeks before at least.

6. Anemia Relief

Anemia is most commonly caused by iron deficiency and it affects every aspect of health as iron is needed for healthy cells and hemoglobin. Iron deficiency anemia is known to cause heart rhythm irregularity, coldness in the hands and feet, headaches, and inexplicable fatigue. Shilajit is an effective antidote for this type of anemia because of its high content of humic acid and iron. In addition to boosting iron levels it can also relieve some of the symptoms of anemia.

7. Cardiac Health

In keeping with the belief that shilajit can benefit almost every aspect of health, researchers have also found some cardiac health benefits. They found that shilajit supplementation may enhance cardiac protection, reducing heart damage and the risk of injury that results in cardiac lesions. Keep in mind that shilajit is used as a hypertension treatment as it can lower blood pressure. This means that if you suffer from any heart condition, you should consult your doctor before taking the supplement.

8. Weight Loss

Obesity is one of the main risk factors for almost every lifestyle disease and chronic condition, whether it's blood sugar or cancer. We are now learning that a high BMI also increases the risk of death in COVID-19 infections. This makes weight loss measures all the more important today. While diet and exercise should be your main focus, you can also support these efforts with Ayurvedic supplements like shilajit. Studies have found that regular supplementation with shilajit can improve weight loss by enhancing muscle adaptations to exercise.

9. Enhanced Muscle Growth


When it comes to Ayurvedic bodybuilding supplements, shilajit is perhaps the best choice after ashwagandha. Like ashwagandha, shilajit may encourage muscle growth through its testosterone boosting effect. That effect however, remains speculative. At the same time a study in the Journal of the International Society of Sports Nutrition shows that daily supplementation with a 500 mg dose of shilajit capsules can help preserve muscle strength for longer durations, increasing resistance to exercise fatigue. The decline in maximal voluntary isometric contraction (MVIC) would allow for longer training or workout time.

10. Immune Boost

There is some evidence of shilajit as an immunomodulatory herb, although more research is needed in this regard. Nevertheless, shilajit's rich and complex nutraceutical profile may support immune function, helping fight off certain infections. One study did come to this conclusion, showing that the organic ingredient can defend against and destroy viruses like herpes viruses under certain conditions.

When using shilajit, don't let your choice be guided by shilajit gold capsules price. Make sure that the supplement is produced by a reputed manufacturer due to the risk of contamination. Most of these benefits are linked to pure shilajit medicine and shilajit used in polyherbal formulations. Remember to also check the strength of the supplement and dosage guidelines as some brands may offer shilajit supplements with a strength of just 200 to 300 mg.

If a woman ate a pea sized amount of Shilajit every day for two weeks, this is what would happen to her body. This is known as the healer of all weaknesses, and has been used for centuries by our ancestors as it balances hormones due to the 87 essential minerals it contains. She would feel a

	<p>massive boost in energy levels as the minerals flood the body quickly. In one week, her skin would completely clear as it kills the bacteria that allows acne to survive. In 2 weeks, she'd no longer suffer from stress and anxiety due to her stress hormone cortisol being balanced. If you want to feel its immense power, take a pea sized amount once a day.</p> <p>Shilijit. This is the most powerful one here. This is an all-in-one testosterone booster focus and lowered my cortisol levels to the point where I don't recognize myself in the mirror anymore. Just a pea sized amount every day will completely clear your skin.</p>
<p>SLIPPERY ELM:</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>Slippery elm powder: This is like the King Herb for All mucous membranes. Especially your gut I take a tablespoon a day in some water. It starts to get thick and then just down it. If you have any kind of reflux or stomach problems or trouble going to the bathroom. I do this once a day and usually at night.</p> <p>Barbara O'Neil:</p> <p>Slippery Elm can be used externally as a drawer, and it can be used internally. It goes like a soft jelly when you put it with water, that almost is a bit like, dare I say, mucus. So when you take it by mouth, it coats and soothes the whole of the gastrointestinal tract. It'll soothe the sore throat. It'll soothe ulcerated esophagus. It will soothe an ulcerated stomach. It will heal a stomach ulcer. Let's go further down into the small intestine and into the colon. It'll heal Crohn's disease. It'll heal irritable bowel.</p> <p>What slippery elm has? It has a great gut stimulant. So it stimulates rapid healing in the gastrointestinal tract.</p> <p>I have to tell you the story of Roy, cause this is quite remarkable. He had a very sore stomach. He said, I've tried everything to heal my stomach, and nothing helps. He said, I went to the doctor and they gave me Nexium to slow down the stomach acid. He said it didn't help. So then they sent me to the psychiatrist. So I told him to pause right there. I mixed up some slippery on with water. I said, take this. He said, oh, that's taken the pain out somewhat. Every day I gave him a big teaspoon of slippery arm in a big cup of water. Have to mix it quickly and throw it down, cause it can go quite thick. And some people are a bit challenged by thickness of it. But just imagine what that's doing inside. Over the course of a week his stomach issue was resolved completely.</p>
<p>SOUR SOP: aka. GRAVIOLA</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Sour Sop:</p> <p>Dr. Sebi says its 8000x stronger than chemo for cancer and will treat scars on the skin and internally.</p> <p>A native of the warm and tropical regions of the Americas, soursop is a fruit that goes by many names. Its scientific name is <i>Annona muricata</i>, but it also goes by guanabana, paw-paw, sirsak, and graviola. Soursop is a member of the Annonaceae family, also known as the custard apple family. The fruits, which grow on trees, are large and oval-shaped. The green exterior, which has spines on it, covers a white, fibrous flesh. They grow up to 8 inches and can weigh up to 10 pounds. Soursop's flavor can best be described a cross between mango and pineapple.</p> <p>Soursop is high in vitamin C, an antioxidant known to boost immune health. The vitamin strengthens your immune system, improving its ability to defend against pathogens. It also promotes the destruction of free radicals, which can help to protect your skin and cells from environmental oxidative damage. One whole soursop fruit contains 215% of your recommended daily allowance of vitamin C.</p> <p>Soursop (the fruit and the leaves) contains many other antioxidants, including phytosterols, tannins, and flavonoids. Antioxidants play a role in your overall health and may help to protect against a variety of health conditions.</p>

One whole soursop fruit contains around 83% of your recommended daily allowance of fiber, which is a vital nutrient for your digestive health. Fiber helps to promote regularity and prevent digestive issues such as constipation.

Potential anti-carcinogenic effects: While most research is limited to test-tube studies, soursop may be beneficial in helping to fight and prevent cancer. One study found that a soursop extract could reduce the size of breast cancer tumors and kill cancer cells. A second study found that an extract could stop the formation of leukemia cells.

Fights inflammation Antioxidants fight free radicals, reducing the damage to your cells caused by oxidative stress. One of the side effects of oxidative stress is inflammation. The antioxidants in soursop may, therefore, help to reduce inflammation in the body.

Stabilizes blood pressure: High blood pressure may lead to serious issues like heart disease and heart attack. A contributing factor to high blood pressure is sodium intake. Potassium helps your body to get rid of sodium and eases the tension in the walls of your blood vessels, both of which can help to lower your blood pressure. A whole soursop fruit offers approximately one-third to one-half of your recommended daily allowance of potassium.

Fights Bacteria: Soursop may provide antibacterial effects. One study found that an extract may be able to kill many different types of bacteria, including strains that cause [gum disease](#) and [cavities](#). Another study found that soursop extracts may help to fight [cholera](#) and [Staphylococcus](#) bacteria. While these were test-tube studies, the results are promising, and further research is needed.

Things to Watch Out For

While soursop can offer significant health benefits, it does have some potential drawbacks. Studies have shown that the fruit and tea made from the leaves may cause symptoms similar to [Parkinson's disease](#). Studies also indicate that it may interact with high blood pressure medication or medications for [diabetes](#). The compounds in the fruit may strengthen the effects of such medications, causing dangerous drops in your blood pressure or blood sugar levels.


You should also avoid eating soursop seeds. They have toxic compounds and may cause harmful side effects. Be sure to remove them before eating the fruit.

Graviola, also known as soursop or Brazilian paw paw, is a small evergreen tree. It contains compounds with antioxidant and anti-inflammatory properties that may help manage blood sugar, blood pressure, and more. Graviola is gaining popularity as a natural remedy for viruses, pain relief, and even some types of cancer.

Antioxidant properties: Antioxidants keep the body's cells healthy by hunting disease-causing free radicals in the body and destroying them.

According to a 2014 study, graviola extract has many compounds with antioxidant abilities.

These include: tannins, saponins, phytosterols, flavonoids, anthraquinones

	<p>Antioxidants help people stay healthy overall. However, more research is necessary to determine if graviola’s antioxidants prevent specific diseases.</p> <p>Anti-inflammatory properties: According to a 2014 study on rodents, graviola features anti-inflammatory properties that may relieve pain. The study’s researchers supported its use as a folk remedy for pain and inflammatory conditions. A 2010 rodent study found graviola blocked pain receptors and reduced inflammation in rats. Still, researchers cautioned more studies are necessary to determine if it is safe for humans. It is unclear if the herb would have the same pain-relieving effects in people.</p> <p>May help lower blood sugar: The results of a 2008 rodent study suggest graviola may help people regulate their blood sugar if they have diabetes. The research found that it significantly reduced blood glucose levels in rats with diabetes. In addition, despite the rats consuming less food and water, they did not lose weight. Researchers believe this may be the result of better glucose control. People often use graviola as a folk remedy to lower blood pressure. Uncontrolled high blood pressure may increase the risk of heart disease, diabetes, and stroke.</p> <p>A 2012 study on rats found graviola helped reduce blood pressure without increasing heart rate. According to researchers, the herb’s hypotensive abilities are due to its effect on calcium ions.</p> <p>May help prevent ulcers</p> <p>Ulcers are painful sores that develop in the stomach lining, esophagus, or small intestine.</p> <p>According to a 2014 study on rodents, graviola showed antiulcer abilities. It also helps protect the stomach’s mucous lining and prevents free radical damage to the digestive tract.</p> <p>His answer is a word. And with the meaning of that word is abnormal cell growth. And when sour stop has been proven to do is to regulate abnormal cell growth by being able to identify the abnormal cells as opposed to the normal cells and destroy those. It was a mitochondria performed some for apoptosis. It’s like suicide bombers.</p> <p>https://www.facebook.com/reel/284155237357352?sfnsn=mo&s=F5x8gs&fs=e&mibextid=f7oaF0</p>
<p>SAFFRON:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Saffron: antioxidant, improve mood, treats DEPRESSION, has CANCER FIGHTING PROPERTIES, REDUCES PMS, it is an APHRODISIAC, it aids in WEIGHT LOSS AND it is an APPETITE SUPPRESSANT.</p>
<p>SUGAR: (SWEETNERS)</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>Barbara O’Neil:</p> <p>SUGAR: It’s the acid forming substance you can put in your body. I'm sorry I cannot call it a food because I consider it a poison and that is the pure crystallized acid that’s been extracted from the sugar cane plant. It’s a highly concentrated substance, whether it be white, whether it be tan or whether it be brown. And one of the problems will another problem with sugar today is it’s highly sprayed because the. Bugs attack it because the sugar cane is grown in the same ground again and</p>



again and again. So the ground is very depleted in nutrients. So there are many reasons why sugar should never be eaten. And there is no need for us to eat sugar. We've got beautiful sweeteners like honey, maple syrup. We've also got coconut sugar or palm sugars. That's just the crystallized nectar from the palm flowers. So there are many sweetness. So you don't have to go to the poison.

SPERMIDINE

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Spermidine has anti-inflammatory and anti-antioxidant properties, and can also enhance respiration and metabolic function. Increased dietary spermidine intake is thought to reduce the risk of diseases like cancer, metabolic disease, heart disease and neurodegeneration

What food is highest in spermidine?

You can find spermidine in the following:

Vegetables: consuming your weekly fix of veggies can have additional benefits as spermidine is present in a rich harvest of whole foods (mushrooms, broccoli, cauliflower, fresh green pepper). Most of these are particularly common to the longevity-friendly Mediterranean diet and may explain its unparalleled health benefits.

Soybean products: higher amounts are found in soybean products typical to Japanese food like natto, shitake mushroom, amaranth grain and durian.

Cereals: a variety of cereals, in particular wheat germ, contain high amounts of spermidine and are a common source for spermidine-rich food supplements.

A variety of cheese: finally, a potential health benefit for those often-criticized but delicious cheeses. Keep in mind, there is reason to believe that the true benefit is generally found in aged cheeses such as cheddar, parmesan, gruyere, etc.

SUGAR

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Sugar in a baby's brain is called ADHD. Sugar in an adult brain is called dementia and Alzheimer's. Sugar in your eyes is called glaucoma. Sugar in your teeth is called cavities. Sugar on your skin is called aging. Sugar in your sleep is called insomnia Sugar in your blood is called diabetes. Excess sugar in your system is called cancer. Sugar on Wall Street. It's called billion dollar industry. Addiction to sugar is eight times. Eight times more powerful than cocaine. Know who the real enemy is.

Barbara Oneil: What is good for fatty liver fatty liver is very interesting condition. And if someone's been diagnosed with a fatty liver, that can be resolved within a matter of weeks. The liver is the only organ in the body that has fructose receptacles. So when we so we eat, like, what did I have for breakfast cherries? I had some cherries for breakfast this morning, and they breakdown in the body to two singular structures, fructose and glucose. That get absorbed into the blood, gas straight to the liver. And the liver sensor glucose to the cell, and the liver converts the fructose to glucose, then sends it to the cell. But if. A person's having a lot of starchy foods that have been sweetened with high fructose corn syrup, and if they're having a lot of sugar, which breaks down to sucralose and fructose and sucralose breaks down to fructose and glucose, can you and and they're having a lot of sugary things. Can you see there's an overload of fructose and then that fructose goes to the liver, but the liver can't convert it all to glucose, so it stores it on the liver as fat. So this is fatty liver. Your fatty liver

is happening with just an overload of fructose and the cheapest sweetener that is used in many pastries.

Because what happens when you don't have any sugar in your bloodstream is you get to the gym, and now you have a 20 minute reserve of glycogen. This is 20 minutes. 20 minutes into your workout, you're out of energy. Your body needs energy now. It takes three minutes to liquefy lean muscle. It takes 5 hours to turn fat into energy. Your body's getting energy. Burning your own lean muscle. So what happens is you're going hammer down on the treadmill. You are actually digesting your only muscle. And then that night you're building it back. And then the next day you work out, and then you build it back and you work out and you build it back. So I'm going to tell you something called 30 30 30. I've never seen anything in my life. Strip fat off of a human being faster than this. I wish I could have patented. There's an entire book written by Tim Ferris called the 4 hour body explaining this whole theory. It says 30 grams of protein within 30 minutes of waking, followed by 30 minutes of. Steady state cardiovascular exercise. Bring your heart rate down to below 135 beats a minute. Do that for a month and watch it eviscerate.

SUNFLOWER SEEDS:



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Studies found that consumption of seeds — including sunflower seeds — was linked to lower rates of cardiovascular disease, high cholesterol, and high blood pressure. Sunflower seeds are a source of many vitamins and minerals that can support your immune system and increase your ability to fight off viruses.

Sunflower Seeds Nutrition

It's hard to believe so much nutrition could be packed into one tiny seed. Here's the nutritional information for a one-ounce serving of dry roasted sunflower seeds, without salt, per the USDA:

Calories: 165

Total Fat: 14g

Saturated Fat: 1.5g

Monounsaturated Fat: 3g

Polyunsaturated Fat: 9g

Cholesterol: 0mg

Sodium: 1mg

Carbs: 7g

Fiber: 3g

Sugars: 0g

Protein: 5.5g

Vitamin A: 2.5 IU

Vitamin C: 0.5mg

Calcium: 20mg (2% DV)

Iron: 1mg (6% DV)

While sunflower seeds are fairly high in fat for a one-ounce serving, they are made mostly of beneficial mono- and polyunsaturated fats. According to the American Heart Association, these types of fats are anti-inflammatory and heart-healthy. Additionally, sunflower seeds are a good source of fiber and protein, adding a nice nutritional boost to your favorite granola bars, salads and other recipes.

Sunflower seeds are also almost without sodium on their own, but many packaged sunflower seed products are loaded with salt—one popular brand packs 70% of your recommended daily sodium

intake per serving! It's important to be mindful of the nutrition label whenever you're stocking up on sunflower seeds to use for snacking or in a recipe.

11 Health Benefits of Sunflower Seed Kernels

Sunflower seed kernels make for a delicious, nutty snack. They are loaded with nutrients, making the health benefits of sunflower seed kernels endless. But not everyone knows about these mighty seeds, which is why we've put together a list of eleven reasons why you should add sunflower seed kernels to your diet.

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1. Reduces Inflammation

Brief inflammation is natural, but continuous inflammation puts you at risk of developing various chronic conditions. Flavonoids and other compounds present in sunflower seed kernels help reduce inflammation.

2. Helps in Improving Heart Health

Sunflower seed kernels are a rich source of healthy fats like polyunsaturated and monounsaturated fat. Studies have shown that these healthy fats correlate with a lower risk of cardiovascular disease, high cholesterol, and high blood pressure.

3. Helps in Weight Loss

Sunflower seed kernels contain proteins and fiber that leave us feeling full for a longer time. This in turn cuts down on our food intake and the number of calories we consume.

4. Supports Immune System Function

The presence of vitamin E, zinc, and selenium in sunflower seed kernels gives your immune system a boost. Vitamin E, zinc, and selenium work double-time by increasing immunity while also reducing inflammation.

5. Good for Your Skin

The oleic and linoleic acids present in sunflower seed kernels promote the development of collagen and elastin. As a result, your wounds heal faster, and you're less likely to form scars.

6. Promote Healthy Blood Sugar Levels

Adding sunflower seed kernels into your nutrient-dense, well-balanced diet is one of the best ways to maintain a healthy blood sugar level. They're low in carbs and sugar and high in fiber, making them especially great for diabetics who need help managing their blood sugar.

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7. Boosts Brain Function

Vitamin B6 in sunflower seed kernels helps to improve mood, concentration, and memory. The vitamin also has the added benefit of releasing serotonin and norepinephrine into our bodies.

8. Helps Reduce the Risk of Cancer

Sunflower seed kernels contain beta-sitosterol, a type of phytosterol. It helps to prevent breast cancer. Beta-sitosterol keeps tumors from growing in size and also prevents metastasis.

9. Full of Antioxidants

Sunflower seed kernels are full of antioxidants that help keep your body healthy. They do this by helping to protect your cells from damage that can result in disease.

10. Helps Detox Your Body

Sunflower seed kernels have a strong antibacterial activity that helps remove germs and bacteria from cells. They act as a detoxing agent by flushing toxins out of our bodies.

11. Rich in Minerals

Sunflower seed kernels are a good source of important minerals like magnesium, iron, and potassium. Eating mineral-rich foods is a great way to make sure you are getting the recommended amount of nutrients in your diet.

Try Sunflower Seed Kernels in Smoothies

Sunflower seed kernels can be found in our Cacao Super Smoothie pouch. You can find recipes with sunflower seed kernels on our website. Add these mighty seeds to your smoothies for a health boost!

If you want to learn more about these and more nutrient-dense ingredients found in our smoothies, check out more of our blogs.

SUPERFOODS:



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Superfoods are the most nutritionally dense foods in the world, which have been found to contain intense healing and nutritional foods on the planet effects. They have been used for many years by native people to heal the mind and body, and can be thought of as nature's medicine. In today's world of pesticides, GMO's and other man-made processes, it is important to include them in your diet for optimum performance and vitality. Superfoods not only have more nutrition per bite than other foods do, they also have other components that cut down on inflammation in the body, support mental health, and boost energy, stamina and longevity. Our bodies contain toxins that are detrimental to our health. These toxins are from the foods we eat, the water we drink and from the air we breathe. There are hundreds of studies showing that environmental problems can easily put our bodies into an overload, making it way too hard to get rid of the toxins. Basically, to get rid of these toxins, the body needs antitoxins. Antitoxins help cleanse the digestive system and protect the body against cancer-causing chemicals and tumors. One of the best antitoxins to cleanse the body and keep diseases like cancer away is, without a doubt, cellular Superfoods. Cellular Superfoods contain natural ingredients, which are scientifically proven to carry cleansing minerals, vitamins, as well as flavonoids. They act as defense mechanisms against any toxins that may harm the body by producing tumor suppressor cells. These cells help with the improvement of the body's immune system, combating any mutant and diseased cells. Below is a list of the top 50 best cellular healing Superfoods, which you should add to your daily diet as soon as possible. In fact, these foods not only taste good but they will give you a glowing and well-toned skin, prevent cancer, improve your brain health and help you in weight management. If you do not feel that your body is working at its optimal level of performance, these Superfoods will greatly improve your overall health. 1) Almond milk Almond milk is extremely rich in Vitamin E, which is very important in regulating skin health. It contains minerals like calcium, iron, magnesium, phosphorus, potassium, sodium, and zinc. One serving of almond milk contains a half of the recommend daily value that offers these cellular healing benefits:

Helps with the body's bone structure

Improves eyesight

Helps with muscle growth and repair

Regulate blood levels

Keeps the blood pressure levels well maintained

2) Apples Packing in quite a bit of soluble fiber (4 grams per medium apple) for a modest amount of calories (95) makes apples a filling, sweet snack. Apples are very popular fruits and are extremely rich in essential dietary fiber, flavonoid, and antioxidants that are well-known for the many cellular healing benefits The benefits include:

Offer protection against Alzheimer diseases

Decrease the chances of getting diabetes.

Protect the body against cancer causing agents

Help with the body's digestive system

3) Arugula Arugula is a leafy herb that is primarily used in salad. Arugula contains high levels of folic acid and antioxidants like vitamin C, vitamin K, and vitamin A. If you consume arugula regular, you'll likely to reap these cellular healing benefits:

Antioxidants that help in cancer prevention

During the hot months, the herb help in hydration

High in vitamins and minerals that improve brain functions

Improvement of the bones

4) Avocado Inside of just one avocado, you will get a dose of vitamins A, B6, C, E and K.

Sometimes referred to as, the guacamole, the avocado is a very popular fruit that has many cellular healing benefits. Some of the benefits include:

Contains phytochemicals that help in fighting cancer

Contains mono saturated fats which help in reducing cholesterol levels

Regulate and increase the blood flow

Reduce any risks of high blood pressure

5) Black pepper Black Pepper helps with proper digestion which is essential to avoid diarrhea, constipation and colic. Pepper also helps to prevent the formation of intestinal gas. Black pepper is an inexpensive frequently used spice that is easy to get. A pinch of black pepper in your meals has the following cellular healing benefits: Some benefits include:

Helps in cleansing the body through frequent and controlled urination

Helps in weight loss by breaking down fat cells

Improves digestion by increasing hydrochloric acid in the stomach

Help in gas reduction

6) Black raspberries Anthocyanins in Black raspberries may promote healthy eyesight in several ways, including by improving night vision, boosting circulation within the capillaries of the retina, reducing the risk of retinopathy in diabetic patients. There are many different ways to eat raspberries. You can eat them as they are, or simply combine them with a smoothie. They are extremely nutritious and some of their cellular healing benefits are:

Help to reduce tumor growths

Have ellagic which acts as an anti-viral and anti- bacterial

Have antioxidants that help to prevent cancer, especially of the colon and esophagus

Their phenolic content helps in fighting different kinds of diseases in the body

7) Blueberries Blueberries are sweet berries that are commonly known as brainpower boosters. Hundreds of studies reveal that these Superfoods can reduce age-related symptoms from dementia.

Consuming just one cup of blueberries provides the following nutrients: Resveratrol, Gallic acid, Lutein, Zeaxanthin, Vitamin K and C, Manganese and Fiber. Besides, they:

Repairs damaged cell structures

Help with brain protection, improving learning capacity and motor skills.

Regulate the body's blood sugar levels

8) Brazil Nuts The greatest health benefit of Brazil nuts lies in their high selenium content. Brazilian nuts are very healthy snacks with great nutritional benefits. Some of the cellular healing benefits of Brazilian nuts are:

They boost the body's metabolism

They help to maintain better bone strength.

They have antioxidants that help to fight many diseases including cancer

They contain Vitamin E which helps with the maintenance of the membrane of the skin

9) Broccoli Broccoli provides 92 micrograms of vitamin K, well over 100% of your daily need. Broccoli is a vegetable that is well-known to carry high amounts of carotenoid and sulforaphane, which helps to flush out chemicals that cause cancer from the body. Other cellular healing benefits are:

Improves the digestive system

Helps in weight maintenance

Improvement of the health of the heart

Better functioning of the cognitive

Helps to reduce tumors

10) Brussels sprouts Brussels sprouts meet your vitamin C and vitamin K needs for the day. Brussels sprouts are low calorie and highly nutritious cellular super food that are a good source of different vitamins and minerals. Its benefits include:

Improves the cardiovascular system

Lowers cholesterol level.

Contains antioxidants that lowers the risk of cancer

Helps flush out the toxic compounds from the body

11) Buckwheat pasta Buckwheat pasta is a great Source of Manganese, Thiamin, High in Protein, high in Soluble Fiber. Buckwheat pasta is very rich in proteins and contains a nutrient called rutin, which is a flavonoid that greatly benefits the human body. Buckwheat pasta is a great substitute for the regular pasta, boasting the following cellular healing benefits:

Insoluble fibers protect against gallstones and other gall bladder issues

Very efficient in weight loss and improves the digestive system

Reduce the risk of getting breast cancer

Protects the body cells against the damaging free radicals

Prevents plaque buildup that leads to high cholesterol

Helps with stabilization of blood sugar

12) Carrots Carrots provide vitamin A and a host of other impressive health benefits including beautiful skin, and anti-aging. Carrots are commonly known for improving the eye. That aside, there are more benefits attached to this super food. Carrots are rich in many nutrients, carrying good amounts of fiber content and beta-carotene that bring about the cellular healing benefits below:

Maintain a healthy skin

Boost immune system

Fights cancer

Improve the oral health

Protects the liver

13) Cilantro Cilantro is very low in saturated fat and cholesterol. Cilantro is a great herb that contains vitamin K, folate, manganese, potassium, chlorine, and powerful antioxidants beta-carotene, lutein, zeaxanthin, and beta-cryptoxanthin. These properties will help you reap some of the following cellular healing benefits:

Lowers blood sugar

Inhibits against unwanted oxidation

Help with curbing insomnia
Fights body diseases and cancer-causing agents
Improves the cardiovascular

14). Coconut oil Coconut oil is easily converted into energy for the body and people will experience a sustained energy from coconut oil. Several research studies show that coconut oil has unique healthy fats called medium-chain fatty acids-Caprylic acid, Lauric acid, and Capric acid. The oil is also rich in vitamin E and antioxidants, and anti-aging properties. You can consume the oil or rub it on the skin to increase hydration and block harmful UV rays. Some of its cellular healing benefits are:
Helps combat bacteria and other infections
It is very good in healing of some disorders of the brain.
Reduces any activities relating to seizure
Fight hunger pangs

15) Dark chocolate Dark chocolate's cocoa polyphenols may be involved in cholesterol control. According to recent research studies, this super food can reduce heart attacks and stroke. Also, if dark chocolate is consumed moderately, it has a variety of cellular healing benefits. Some of the benefits are:
Ensures better cognitive ability
Lowers chances of getting blood clots
Reduces inflammation in the body.
Helps in reduction of high blood pressure
Boosts mood

16) Dried mulberries Mulberries contain alkaloids that activate macrophages. Macrophages are white blood cells that stimulate the immune system, putting it on high active alert against health threats Dried mulberries provide unusually high levels of vitamin C, fiber, calcium, and antioxidants. They are delicious as snack, or you can mix them with yogurt and experience the following cellular healing benefits:
Enhanced oxygen circulation
Getting rid of toxic substances from the body
Protection against stroke and cancer
Protection of the eyes from UV rays

17) Extra-virgin Olive Oil (EVOO) Virgin olive oil can be used in cooking or for salads. Extra virgin olive oil also contains polyphenols which act as antioxidants, reducing the oxidative stress throughout your body. It is very healthy and has some of the following cellular healing benefits:
Reduces chances of breast, respiratory and digestive cancers.
Helps control cholesterol levels
Reduction of heart attack chances
Maintains sugar levels in the blood

18) Fish oil It comes down to omega-3 in fish oil, again and the power of fatty acids. Omega-3 works to decrease inflammation in the body. Fish oil is taken as a pill or just as it is. It has very many cellular healing benefits. Some of these are:
It doesn't have cholesterol
It improves the cardiovascular functions
It helps to prevent cancer
It is very good for the digestive system
It is rich in Omega 3 which is great for the brain

19) Garlic Garlic can help reduce lead toxicity in your body. This popular bulb onion is one of the most widely used spices to stop cancer. Other cellular healing benefits of garlic are:
It is a great cure for the common cold

Helps to reduce acne
Helps with hair growth
Ideal for weight control and loss
Great when it comes to healing sores and psoriasis

20) Ginger Ginger is a root that smells great, and is best known for its cure for stomach aches. Ginger is a blood thinner. It promotes regular digestion and metabolism of your food. Here are the cellular healing benefits:

Helps to control nausea
It relieves stomachaches and other abdominal discomforts, especially for women having menstrual problems.

Great in relieving different kinds of pain
Acts well as an anti-cancer agent

21) Goji berries Goji berries benefits include the ability to naturally treat diabetes, hypertension, infectious diseases, and common illnesses like the cold or a fever. Also known as, wolfberries, Goji berries are low in calories, fat-free, contain 18 amino acids, are a great source of fiber and antioxidants. Whether you eat them raw, dried, or in powdered or liquid form, you're likely to experience the following cellular healing benefits:

Carry properties that help to reduce hunger
Boost immune systems
Contains phytonutrients that helps protect skin and eye health
Boosts the functioning of the brain and muscles

22) Grapefruit Grapefruit is an incredibly healthy food to include in your diet. That's because it's high in nutrients, but low in calories. In fact, it's one of the lowest-calorie fruits. Since they have high amounts of Vitamin C, grapefruits are very good immune boosters. Besides, they help reduce the risk of hearth-related problems-heart attack and stroke. Other cellular healing benefits are:

Help prevent cancer that comes from lycopene
Carry antioxidants that help to curb breast cancer
Reduction of cholesterol levels
Help to detoxify the body
Help in prevention of some diseases like the Alzheimer's

23) Green tea Green tea, especially the Japanese green tea is loaded with powerful nutrients and antioxidants. It is loaded with polyphenols like flavonoids and catechins, which function as powerful antioxidants. These substances can reduce the formation of free radicals in the body, protecting cells and molecules from damage. These free radicals are known to play a role in aging and all sorts of diseases. Whether you drink it warm or iced, this popular drink has tremendous benefits, which include:

Contains catechin and theaflavin that helps to suppress influenza, fight viruses and combat food poisoning
Helps to lower cholesterol levels
Regulates blood glucose

Contains caffeine which acts as a positive stimulant in every organ in the body
Helps combat Alzheimer's disease and cancer-causing agents

24). Hemp seed Hemp seeds are a great protein source, as more than 25% of their total calories are from high-quality protein. Hemp seeds are very rich in amino acids, omega-3 and Omega -6. They are very important for brain health. Its other cellular health benefits include:

Help to stabilize the fatty acid balance
Have no phytic acid that prevents the body from mineral absorption.
Reduces bloating

Improves the immune system

25) Honey High-quality honey contains many important antioxidants. These includes phenols, enzymes and compounds like flavonoids and organic acids. Honey is one of the oldest natural remedies, well-known to sooth coughs or aching throats. It has a sweet taste, and is mainly used in sauces, dressings, cooking, coating, dips and as a facial application. Its magical cellular healing benefits include:

Antiviral properties boost the immune system and fight illnesses like the cold, flu and phlegm.

Helps in faster healing of wounds and cuts.

Helps to give a shine and glow to the facial skin.

Antibacterial and antifungal properties to fight viruses

Reduces acid reflux for effective digestion.

26) Kale Because of the incredibly low calorie content, kale is among the most nutrient dense foods in existence. Eating more kale is a great way to dramatically increase the total nutrient content of your diet. Kale is a very popular vegetable – low in calorie but high in fiber and vitamin C. The vitamin is responsible for increasing natural collagen and skin elasticity. Kale also has beneficial amounts of copper content that protects the skin from inflammation and exposure. Other cellular healing benefits of kales include:

Promote cell growth

Help with detoxification

Control bloating

Promote better vision

Contain anti-inflammatory and antioxidants that protects the body against cancer

Loaded with amazing amount of carotenoid s for improved heart health

27) Kiwi Kiwifruit have high nutritional value and are a good source of fiber, antioxidants and several vitamins and minerals. Kiwi is no ordinary fruit as it contains good amounts of Vitamin C, which acts as a powerful antioxidant that boost the immune system against harmful pathogens. Kiwi can be eaten as a snack or as a slice during breakfast. Here are cellular healing benefits:

Combats constipation and other issues relating to the intestines

Contains high potassium levels that help manage high blood pressure.

Prevents the damage of DNA

Helps with the digestive system

Flushes out toxic substances from the body

28) Lentils Lentils are among the best plant-based sources of dietary protein. Lentils are legumes that are incredibly great for combating indigestion and constipation. They are very rich in proteins and have the following cellular health healings:

Helps with weight loss because of their low- calorie level

Helps with the reduction of heart attacks

Helps with lowering the body's cholesterol levels

29) Mango Mango is one of the most nutritious fruits in the world. It is a great source of copper and vitamins A, C, E and B-Complex. One cup of sliced mangoes supplies 25 percent of the needed daily value of vitamin A, which promotes good eyesight and prevents night blindness and dry eyes. Mangoes contain beta-carotene and flava-carotene that have the following cellular healing benefits to the body:

Aid in assimilation and digestion

Help to prevent insomnia

Prevents lung, breast, blood, oral, prostate and colon cancers.

Alkalizes the body to make it easier to flush out toxins.

30) Oatmeal Oatmeal is a gluten-free whole grain and a great source of important vitamins, minerals, fiber and antioxidants. Oatmeal contains soluble fiber that is very good for the heart and the digestive system. By consuming the super food regularly, you eliminate the stuff that triggers the increase of cholesterol levels in the body. Eaten every day, oatmeal will provide these cellular healing benefits of oatmeal include:

Help to stabilize sugar levels in the blood

Prevents the hardening of the arteries

Reduced chances of getting high blood pressure

Has antioxidants that help prevent breast cancer and fight radicals

31) Onion Onions have antioxidant and anti-inflammatory effects, and have been linked to reduced risk of cancer, lower blood sugar levels and improved bone health. Although onions are widely used and you'll find them in almost every kitchen, most people are not aware of its cellular health benefits. The benefits include:

Promotes hormonal functions

High in anti-oxidants that helps prevent cancer.

Highly boost the immune system

Protect the nervous and the cardiovascular system

32) Oranges Oranges are mainly composed of carbs and water, and contain very low amounts of both protein and fat. They are also low in calories. Oranges are a great source of vitamin C, which is very essential for tissue growth. Also, vitamin C is a natural antihistamine that's scientifically proven to stimulate the immune system. Since the vitamin is water-soluble, it is absorbed effectively and, therefore, you'll reap maximum cellular health benefits: The other benefits of orange include:

They have polyphenols and hesperidin that are essential in regulating blood pressure and fighting infections.

Contain high amounts of antioxidants to combat free radicals linked to causing cancer and protect the skin from any damage from the UV rays from the sun.

The soluble fiber and potassium ensures a healthy heart, fight diabetes type 1 by lowering the glucose level, as well as maintaining low body cholesterols.

33) Papaya Antioxidants, including the carotenoids found in papayas, can neutralize free radicals so that they are no longer able to cause harm. Papaya is very rich in flavonoids that help the body to fight many diseases, including cancer. The super food is easily digested and builds body cells among these other cellular healing benefits:

helps with the digestive system

Helps with detoxifying the body

Helps to boost the body's Immune system

Controls blood pressure

Has anti-oxidants that help in cancer and other disease prevention

Helps prevent blood clots

34) Parsley From the petroselinum plant, parsley is used as a natural detox remedy, diuretic, antiseptic and anti-inflammatory agent. Parsley is mostly used in salads or as a decorative herb in very many dishes. It is rich in vitamins and minerals, as well as chlorophyll. If you want to reap the following cellular health benefits, it would be best to take the super food in when it is juiced.

Helps with bloating especially for women during menstruation

Helps with reduction of urinary tract infections, bladder and kidney problems

Reduces chances of a heart attack

Boosts the immune system

35) Peppermint The aroma of peppermint has been shown to enhance memory and increase alertness. This herb tastes great and has a very sweet aroma. It can be added to food, soups and drinks. Peppermint has the following cellular healing benefits

Clears headaches

Helps to clear nausea

Helps with indigestion and bowel movements

Combats colds and stuffy noses

36) Pineapple Unlike many other fruits and vegetables, pineapple contains significant amounts of bromelain, an enzyme that breaks down protein, possibly helping digestion. Pineapple is a very common fruit, which can be taken as a cocktail or as it is. It is very rich in vitamin C and has good amounts of fiber content that is largely responsible for improved digestive health. Other cellular healing benefits of the pineapple are:

Helps in reduction of gout

Helps in reduction of sore throats and bronchitis

Boosts the immune system

Has antioxidants that help to keep cancer at bay

Helps in lowering the body's cholesterol level

37) Pomegranates Pomegranate has potent anti-inflammatory agent and contain significant amounts of antioxidant polyphenols, including tannins, anthocyanins, and ellagic acid that are responsible for the cellular healing benefits. Pomegranates benefits include:

The juicy seeds are fiber-rich for optimum nutrition

Slows the growth of plaque formation in arteries

Helps combat erectile dysfunction

Inhibits breast cancer, prostate and colon cancers and leukemia

Inhibits cell proliferation and invasion

Promotes apoptosis (cell death)

Reduces joint pain and decreases inflammation in arthritis

38) Sauerkraut Sauerkraut contains probiotics, which are beneficial bacteria that act as the first line of defense against toxins and harmful bacteria. This fermented cabbage is good for digestion. In fact, here are some of its cellular health benefits.

Improves the health of the brain

Helps to detoxify the body

Prevents the skin from drying up

Contains good bacteria that help with the digestion of food

High fiber content gives the body great regularity

39) Seaweed Seaweed is rich in various minerals and trace elements. In fact, it often contains higher levels of these nutrients than most other foods. Seaweed is a very nutritious and very low in calories. It has high nutrients that have amazing cellular healing benefits, including:

Helps with detoxification

Helps to regulate hormones

Curbing high blood pressure

Helps with better digestion

40) Spinach Eating spinach may benefit eye health, reduce oxidative stress, help prevent cancer and reduce blood pressure levels. Spinach contains many flavonoids that are very essential to the body's health. Some of the cellular healing benefits of spinach are:

Immune booster

Contains Omega 3 fatty acids which are good for the brain

Improves the muscles and bones

Improve eyesight

Balances the body's acidic levels

41) Spirulina Spirulina is incredibly good for you. It is loaded with nutrients that can have powerful effects on your body and brain. This is an algae that's scientifically proven to contain high amounts of vitamins, proteins and minerals. It can be taken as juice, in powder form or in the form of a pill. It has the following cellular health benefits:

Reduces the risk of oral cancer

Reduces risks of disorders of the liver

Immune booster

Improves functioning of the heart

Protects against allergies

42) Sweet potato Sweet potatoes are nutritious, high in fiber, very filling and have a delicious sweet taste. Sweet potatoes are tuberous roots, which can be eaten at any time as snacks or as a whole meal. Whether you consume them hot or cold, they are delicious and health relevant. They contain Vitamin A& C , beta carotene, and high fiber content that offer the body the following cellular healing benefits.

Produce sporamins to heal the body when subjected subjected to any physical damage

High in magnesium which is acts as an anti-stress mineral and helps in relaxation

Improves the functioning of the body nerves and brain.

Antibacterial and antifungal properties help fight cancer, heart diseases, and arthritis

43) Tart cherry juice Tart cherry juice contains B vitamins, calcium, iron, magnesium, omega-3 and omega-6 fats, in addition to antioxidants and other beneficial plant compounds. It has excellent abilities to absorb oxygen free radicals, and reduce as well as prevent gout pain. It also has antioxidants that provide protection against cancer. Its other cellular healing benefits are:

Strengthens the cardiovascular functions

Improves the sleep patterns and helps curb insomnia

Boosts the immune system

Improves brain functions

44) Tomatoes They are a great source of vitamin C, potassium, folate and vitamin K. Tomatoes are very common and contain lycopene. Lycopene is an antioxidant that helps in fighting off cancer. Other cellular healing benefits of tomatoes include:

It has high potassium levels that help with better health of the heart

Helps with better sleep management and reduces memory loss

Helps with the health of the brain and nerves

Reduces body cholesterol

45) Turmeric Turmeric is the spice that gives curry its yellow color. It contains several compounds with medicinal properties, the most important of which is curcumin which helps fight and potentially diseases. Turmeric is one of the most popular, and arguably the most powerful herb on the planet Its cellular healing benefits to the body include:

Helps fight the bacteria that causes diarrhea

Help to relieve symptoms of cancer, particularly skin cancer.

Combats osteoarthritis pain

It is an excellent antioxidant that inhibits any cell damage

Loaded with anti-inflammatory ingredients that help fight arthritis and Alzheimer disease.

46) Walnuts Like other nuts, most of the energy in walnuts comes from fat. This makes them an energy-dense, high-calorie food. Walnuts are very good for the brain. They contain Omega 3 fatty acids that have other cellular healing benefits for the body. These are:

They protect the skin membrane

They give the body energy levels from its manganese, iron and zinc contents.

They contain antioxidants that help to fight cancer causing agents

They help in curbing high blood pressure

47) Water Your brain is strongly influenced by hydration status. Studies show that even mild dehydration can impair many aspects of brain function. Water is one of the most important foods. Put it simply, water is the queen of the ball. If taken regularly (8 CUPS A DAY), water does many wonderful things to the body. Basically, a hydrated body helps with digestion, helping the foods pass circulate easily through the system. Some of the cellular healing benefits of water include:

Gives an overall better health for all the body organs

Helps in the natural removal of toxins from the body

Gives you a better clear skin

Reduces fatigue especially of the muscles

48) Wheat grass Wheatgrass contains selenium, which is crucial for the healthy functioning of the thyroid gland. Wheat grass is best enjoyed when taken as a juice. It is easy to blend and has a very rich green color. Whether it is consumed raw or juiced, it has numerous cellular healing benefits that include:

Helps manage sugar levels in the body

Purifies the body

Slows the body's aging process

Helps the body fight many diseases

Improves the blood flow

49) Wild salmon There is growing evidence that the omega 3s from wild salmon help make plaque more stable and prevent heart disease. Wild salmon is a great super food, which carries powerful Omega-3 fatty acids. These acids are extremely important for facilitating the functioning of the brain. In a week, it's generally recommended to eat two four-ounce portions of salmon. The other cellular healing benefits of wild salmon include:

Gives the body improved cognition

Works great for the mood

Decreases chances of degeneration of muscles

Contains peptides which are great anti-inflammatory properties

Decreases the chances of getting a stroke, a heart disease and high blood pressure

50) Yogurt Yogurt is known for containing a lot of calcium, a mineral necessary for healthy teeth and bones. Plain yogurt has a well-balanced combination of protein, fat, and carbs. With its low calorie content nature, it's undoubtedly a perfect super food to include in any diet. It contains several colonies of live microorganisms that can help with cellular health. Some of its cellular healing benefits are:

Reduces vaginal infections

Contains lactic acid that helps create a natural glow and prevent breakouts, as well as diminishing the appearance of lines and wrinkles.

Its antimicrobial properties helps restore and heal the intestinal flora

Increases resistance to disease

Helps prevent osteoporosis

Reduces the risk of high blood pressure

Be sure to combine the Superfoods and make them part of your daily diet If you want to improve your quality of life and reap long-term health benefits. They'll surely bring beneficial qualities to your plate.

THYME:



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Thyme: fights acne, lowers blood pressure, alleviates cough, boosts immunity, disinfectant, repels pests, aromatherapy, mood booster, culinary uses, prevents bacterial infections, treats yeast infections, possible deterrent to cancer, fungal infections, hair loss

Thyme/Thyme Tea: Mucus Buster, and sleep inducer, fights infection.
Thyme Can help with hair loss, fungal infections and so much more.

TURMERIC:



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<https://www.facebook.com/share/r/nSndbKBVwzWZ7ktY/?mibextid=D5vuiiz>



From being nature's anti-inflammatory to an everyday mood balancer, turmeric benefits encompass inner and outer health. Turmeric is also a powerful antioxidant, which allows it to fight free radical scavengers that can accelerate cellular aging.

Turmeric Curcumin - Native to South Asia, Turmeric Curcumin has been the standard essential ingredient that people seek to make sure they are staying on top of their immune support regimen. Additionally, Turmeric Curcumin supports the level of glucose in your blood. This blood sugar support ingredient, Turmeric Curcumin is able to help control blood sugar levels because of its incredible inflammatory support, antioxidant effects and cholesterol support that the herb provides. Turmeric is also known to help protect beta cells which is helpful when looking to help with blood sugar management. However, it doesn't stop there. Turmeric has also been commonly used as a digestive aid which is incredibly beneficial to many people for their daily needs.

1. Combating Harmful Inflammation. Turmeric is perhaps the strongest, natural anti-inflammatory nutrient on earth. Research reveals this powerhouse compound can offer protection at the molecular level – perhaps even matching the effectiveness of some commonly used anti-inflammatories without their related side effects.***
2. Cellular Age-Fighting Antioxidant-You are as young as the health of your cells. While it's natural for the trillions of cells in your body to age over your lifetime, science shows your lifestyle and the environment contribute to how quickly the evolution occurs. This is why antioxidants are vital for protecting your cellular health. The potent anti-oxidative compound properties of turmeric help to neutralize free radicals and beef-up the body's cellular defenses.
3. Strengthening Cardiovascular Health-Extensive research has shown that elevated levels of an inflammation marker called C-reactive protein (CRP) is a strong indicator of long-term cardiovascular risk. Breakthrough new research now shows that turmeric can lower levels of CRP by an amazing 32%. Another recent clinical study showed that turmeric can also significantly lower triglycerides, another major cardiovascular risk factor, by an astonishing 47%.*
4. Protecting Against Cognitive Decline-A recent landmark study found that turmeric promotes the production of brain-derived neurotrophic factor (BDNF), a growth hormone responsible for youthful brain function. According to scientists, higher BDNF levels may hold the key to improved memory and sharper thinking as you age. What's more, a recent study found that daily turmeric intake produced

	<p>short-term memory improvements in adults over 60 who were predisposed to memory loss. It worked like a six-hour memory boost!*</p> <p>5.Helping to Balance Blood Sugar -If the body is overwhelmed with refined sugar, free radicals called advanced glycation end products (AGEs) form by attaching to and damaging structural proteins, such as collagen and elastin. This explains why eating too much sugar can lead to premature skin aging. Scientific research shows that turmeric can help balance glucose levels by binding to sugar and reducing the amount of glucose in the bloodstream.*</p> <p>6.Relieving Every Day Joint Aches and Pains-In a landmark study, turmeric was shown to relieve pain as effectively as a popular pain reliever while reducing stiffness and improving overall joint function—all without side effects.</p> <p>7.Promoting Mood Balance & Eases Digestive Discomfort-Scientific studies show that turmeric’s anti-inflammatory benefits can aid in promoting healthy digestion as well. In one study, turmeric was associated with up to a 25% reduction in digestive discomfort, with two-thirds of participants reporting overall improvement in digestive function.*</p> <p>8. Brighter, Healthier Skin-Turmeric has been shown to inhibit a key enzyme that can reduce elastin formation in the body. Elastin, in tandem with collagen, is skin’s main structural protein responsible for smooth, plump, supple skin. Clinical studies show that turmeric’s antimicrobial and anti-inflammatory effects can improve acne on the face, back and chest. Additionally, a 150-person study was conducted to test the effects of curcumin on eczema, revealing clinical improvement in their condition.</p> <p>USE: Mix one part powdered turmeric to three parts raw honey. When you feel a cold coming on, eat a teaspoon of the mixture every two hours to boost immunity and lower inflammation.</p> <p>Anti-Inflammatory Herb: Turmeric, 6000 milligrams a day.</p> <p>If you apply turmeric topically, it works better and faster for dislocated joints, sports injuries, sprained ankles and even chronic flare ups of arthritis. All you need to do mix 8 teaspoon of turmeric powder with a teaspoon of honey just to hold it together and a dash of ipsom salt, or even regular table salt applied to the affected area. Cover it up with gas, and then put some surround wrap on it so it will keep it in place It won’t make a mess, and then you leave it for few hours or overnight. Wash it up, repeat it for at least 2 to 3 days, and it will work like magic.</p>
<p>USNEA</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>USNEA: also known as Old Man’s Beard, is a super important medicinal heart. It’s actually what’s known as a liking which means it’s made up of two or more things. In this case, it’s both a fungus and an algae, and probably yeast. Many people call this the West Coast echinacea This one is a powerful immune modulator. Maniate can help an overactive or under active immune system. Also antiseptic and antiviral and antifungal. But it’s got a special affinity for the lungs. When we take in extra toxins into our lungs were more susceptible to other disease and cold. And you know what? Please only ever collect usnea from the ground cause it grows very slowly and is very important to the forest</p>

	<p>ecosystem. By slowly, I mean as little as four millimeters per year. This can be made into a tea for immune system or a tincture to get the full array of benefits.</p>
<p>WATER</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>WATER and HEADACHES:</p> <p>I never used to drink water. I was breastfeeding or pregnant non-stop for 14 years. So I am an expert on breastfeeding, child raising, childbirth, because I didn't for so many years. And I helped many, many people because of my experience. But I didn't drink water. I didn't think I need to. I would just have a cup of tea or a cup of echo or Cara. I thought I'm getting enough fruits and vegetables to know I often used to get migraines and headaches whenever we traveled. I'd get headaches. I hated traveling in the car. I'd always get headaches. I got Coles often, and I get terrible sinus. And then I started to study the body. And then I started to study how much work. We have. And then I started to look at what happens when you don't have the water. So I began to drink more water, you know, I never get a headache now. I can't remember my last headaches. I should never say never. That's very, very rare. I can't even remember my last cold. It was few years ago. And when I do get a cold, I don't get any sinus problems. That is so nice. We have a book in our health retreat and store "One of the body's many cries for water" by Dr Batman Gehledge. We'll just call him Dr B. And another title to his book is "He's not sick. He's thirsty".</p> <p>This book explains a new discovery that lack of water in the body-chronic dehydration-is the root cause of many painful degenerative diseases, asthma, allergies, hypertension, excess body weight, and some emotional problems, including depression. The book explains the damaging effects of dehydration in the fourth dimension of time. You will learn how to use water to: Prevent and reverse premature aging Eliminate pains, including heartburn, back pain, arthritis, colitis pain, anginal pain, and migraine headaches Cure asthma in a few days, naturally and forever Cure hypertension without diuretics or other medication Lose weight effortlessly and naturally, without strict diet in</p> <p>The author, a physician trained in Iran (Your Body's Many Cries for Water), not only believes that drinking water is healthy, but makes extravagant claims for its curative powers. He recounts here how he first discovered the healing abilities of water, when he was a political prisoner more than 20 years ago. While incarcerated, he successfully treated with plain water the stress-induced peptic ulcers that afflicted some of his fellow prisoners. According to Batmanghelidj, most people rely on dry mouth to signal thirst and as a result are seriously dehydrated. He posits that symptoms like fatigue, anxiety or depression indicate dehydration, which may result in serious conditions such as asthma, hypertension, brain damage, cancer, constipation, allergies and obesity. In order to compensate for fluid lost through urination, respiration, and perspiration, Batmanghelidj suggests drinking a minimum of two quarts of plain water daily (not alcohol, caffeine beverages or juices). In order to maintain good health, he also advises ingesting half a teaspoon of salt to balance water intake. In addition, a diet consisting of 80% fruits and vegetables and 20% protein should be followed along with an exercise program. To back up his theories, the author presents a wealth of somewhat confusing medical data as well as patient anecdotes that testify to water as a cure for various diseases. Batmanghelidj does state, however, that those diagnosed with specific conditions should not stop taking their medications abruptly, nor should they embark on a water regime until they have consulted with their physician. This controversial program will have the greatest appeal for devotees of alternative medicine.</p> <p>Copyright 2003 Reed Business Information, Inc.</p> <p>Fereydoon Batmanghelidj, M.D., an internationally renowned researcher, author and advocate of the natural healing power of water, was born in Iran in 1931. He attended Fettes College in Scotland and was a graduate of St. Mary's Hospital Medical School of London University, where he studied under Sir Alexander Fleming, who shared the Nobel Prize for the discovery of penicillin.</p>

	<p>So every morning I wake up, this is my drink of choice. Celtic salt, cayenne pepper and lemon and WATER. After all, fully asleep, our bodies are dehydrated and the best thing to do is to drink water. But we're actually just peeing most of what we drink out because there's no minerals in our water to actually pull the water into our cells. Did you know that Celtic sea salt actually contains 82 trace minerals and includes magnesium, which is something that most of us are deficient in? If you take a granule of the salt, it will actually pull water into the cell. And it's the quickest way to hydrate the body. And of course, I add a pinch of Cayenne Pepper. So what is this gonna do? This actually is going to really help with skin. It's going to improve energy. You're gonna have better sleep. It builds immunity. It helps with your electrolyte balance and aids digestion. You can also just grab a few celtic sea salt flakes, put them to your tongue and drink it with ½ a glass of water. And you can do that a few times a day as well. And it's really tasty too.</p>
<p>WATERMELON RIND:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Promotes oxygen in the blood and is fiber rich. Make a smoothie with rind, ice and lemon.</p> <p>Research shows that watermelon rind may help men with mild to moderate erect erectile dysfunction. Its libido boosting powers come from the amino acid, citrulline, which is concentrated in the rind. You can drink this warm or on ice with lemon and honey.</p> <p>Watermelon seeds are one of the most powerful foods you can consume. They are high in protein, fats and minerals like magnesium, zinc and copper.</p>
<p>WILD YAM ROOT:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Wild Yam Cream for Menopause & PMS: An herbal menopause and menstrual cramp relief cream made with organic herbs, oils, aloe. Our 100% USDA Certified Organic hormonal balancing cream is the perfect solution for PMS and Menopause symptoms.</p> <p>Effective: Our wild yam root herb cream relieves PMS and menopausal symptoms like moodiness and headaches, thanks to its ability to support the adrenal glands and promote hormonal balance. Give it time.</p> <p>No Estrogen or Progesterone: With anti-inflammatory properties, wild yam root is a powerful ally for women during menopause. Our PMS mood swing relief cream contains no estrogen or progesterone, ensuring a completely natural approach.</p> <p>Does wild yam increase estrogen levels? The theory is that wild yam may increase or stabilize estrogen levels in the body to help relieve a person's symptoms.</p> <p>Wild yam (<i>Dioscorea Villosa</i>) is a plant that hails from North America, Mexico and parts of Asia.</p> <p>The root and bulb have been used in traditional medicine for many years.</p> <p>Wild yam also goes by these names - American yam, Chinese yam, colic root, devil's bone, four-leaf yam, Mexican yam, rheumatism root, shan yao and yuma.</p>

More recently, studies have found that wild yam contains a chemical called diosgenin, which has been identified as having numerous medicinal qualities.

This chemical, which has also been recognised as being a phytosteroid, is reportedly similar to the steroids that are naturally produced by our body.

Meanwhile, it's also believed to have weak oestrogen-type effects, which is why it's often used as a natural menopause remedy.

The diosgenin that can be found in wild yam is used to make a variety of steroids for medical use, including progesterone, cortisone and dehydroepiandrosterone.

It's believed that the wild yam versions of diosgenin offer similar benefits to steroids that have been manufactured in a lab.

You can take wild yam as a supplement or you can buy wild yam cream that you rub into your skin.¹

The root and bulb from the wild yam (*Dioscorea Villosa*) plant have been used in traditional medicine for centuries.

It contains a chemical called diosgenin that's reportedly similar to the steroids that are naturally produced by our body.

Shop Supplements: What causes menopausal symptoms? The oestrogen-like compounds in wild yam may help ease menopausal symptoms. Hot flushes are the most common symptom of menopause, reported by three-quarters of women.² You may also experience other symptoms, including night sweats, insomnia, joint pain, vaginal dryness and anxiety.

Handpicked content: Intimate dryness: your guide to causes and remedies

These symptoms are caused by a decline in ovarian function – your ovaries start to produce less oestrogen as you go through perimenopause, usually starting in your 40s.

This has a knock-on effect on other hormones and leads to changes in the way your body works.

Wild yam for menopause: So exactly how can wild yam help ease the symptoms of menopause? Keep reading to find out how it affects the hormone levels in the body.

Does wild yam increase oestrogen or progesterone? As we've already mentioned, oestrogen-like compounds in wild yam may help ease menopausal symptoms.

A double-blind placebo-controlled trial of 13 peri-and post-menopausal women in 1997 found that those taking wild yam combined with other herbs experienced a reduction in the number and severity of menopausal symptoms, such as hot flushes, mood changes and insomnia.³

Is wild yam a natural progesterone? Using yam creams to increase progesterone levels is something that's been the subject of much debate over the years.

Why? Because some manufacturers of yam creams claim their products produce natural progesterone in the body or contain natural progesterone.⁴

At present, there is no evidence of the human body converting diosgenin into hormones, namely progesterone. According to endocrinologist, Dr David Zava, from hormone testing centre, Aeron Life Cycles, the body doesn't contain any enzymes that convert diosgenin, the active component of wild yams, into progesterone. More scientific research is needed into the diosgenin that's present in wild yams and its impact, if any, on human progesterone levels.

Oestrogen-like compounds in wild yam may help ease menopausal symptoms.

Meanwhile, yam creams may contain natural progesterone or increase the body's progesterone levels. More research is needed to evidence these claims.

11 natural remedies for menopause & symptoms: From sage to vitamin E, here are 11 natural remedies for menopause symptoms and the scientific evidence that backs them up.

9 wild yam benefits: Wild yam and menstrual problems: Wild yam has long been used by herbalists for menstrual cramps due to the fact it may influence hormones in a similar way to how oestrogen does.⁵

However, more research is required to evidence these claims.

To date, some research has been carried out, and according to a study by the National Institutes of Health, there is 'insufficient evidence' that wild yam can help with PMS, painful periods, low libido or vaginal dryness.

Meanwhile, while most scientific research tends to have focused so far on wild yam's possible impact on menopausal symptoms, the vast majority of results remain inconclusive.

Wild yam for fertility: Wild yam has long been used in traditional medicine to help with infertility.

It's believed to optimise oestrogen levels and improve the quality and amount of cervical mucus.

Meanwhile, its natural antispasmodic properties may help reduce oviductal and fallopian tube spasms, which can prevent conception and implantation from taking place.⁶

However, some researchers and organisations, such as the American Cancer Society, believe that wild yam has no effect on fertility because it doesn't produce progesterone within the body.

Meanwhile, others state that the plant does release a natural form of progesterone that's quickly absorbed by the body when used as a topical cream.⁷

The connection between wild yam and fertility is due to the fact that during a typical reproductive cycle, the body produces increased amounts of progesterone immediately after ovulation.

This progesterone helps the lining of the endometrium to grow and thicken. If an egg is fertilised after ovulation, the thickened endometrial lining provides an environment suitable for the foetus to grow.

Wild yam for heart health

After menopause, women have an increased risk of cardiovascular disease due to a drop in oestrogen, which supports their heart health.

Some experts now believe another use of wild yam could be to reduce cholesterol levels, helping protect against heart disease.⁸

One study published in the journal, Life Sciences, in 1996 that explored the benefits of wild yam revealed that older people taking wild yam had lower triglyceride levels⁹ – a type of fat found in the blood.

More research is required to clarify whether wild yam would be beneficial for people with high cholesterol.

Wild yam and arthritis

One of the many names that wild yam goes by is 'rheumatism root', which dates back to when it was regularly used to treat joint and muscle pain (rheumatism) in the 19th century.

The use of wild yam to help with rheumatism, and claims that it does help in this field, has continued until the present day.¹⁰

Wild yam is believed to be effective at treating the symptoms of rheumatoid arthritis because of its potent anti-inflammatory effects that can relieve swelling, pain, which has been evidenced by some studies.

A 2013 study published in BMC Complementary and Alternative Medicine concluded that a daily dried extract of wild yam significantly reduced inflammatory markers in the blood samples of mice with medically-induced inflammation.

Menopause: The best & worst foods to eat: Although it may be tempting to eat or drink your way through the menopause, there are some foods that are better – and worse – for menopausal symptoms.

Wild yam and nutrition: Wild yams have an impressive nutritional profile. They contain potassium, as well as small amounts of Vitamin C, Vitamin B6 and beta carotene.

While they may be starchy, they are relatively low-glycaemic due to their fibre content, which is around 2% of their overall weight.¹¹

Wild yam and blood sugar levels: As well as having a relatively low GI, some of the sugars that are present in Chinese yam, in particular, exist as polysaccharides, multiple sugar units connected together with chemical bonds. Some of the polysaccharides from Chinese yam reduce blood sugar, while others have strong antioxidant properties.¹²

Meanwhile, yam's dietary fibre content (glucomannan) has been shown to reduce blood glucose due to the way it delays gastric emptying, which slows the flow of dietary glucose to the intestines.

Preliminary studies have found that glucomannan reduced non-fasting glucose and suppressed appetite in individuals with type 2 diabetes.¹³

Wild yam and weight loss: The glucomannan that's found in yams reportedly may be beneficial for weight loss. This is due to the fact that the fibre turns into a gel that sits in the stomach, making you feel fuller for longer. In turn, this can help curb cravings and reduce the likelihood of snacking in between meals.

Wild yam and cancer: In addition to the vitamin and mineral content, yams also contain antioxidants that may prevent cancer.

A study conducted on rats in 2014 found that a diet that's rich in yams can lead to a significant reduction in colon tumours.¹⁴

Further studies have suggested that these results were closely related to the many antioxidants in yams.¹⁵

Yams and brain power: A study in 2017 showed that people who consumed a yam extract supplement showed a higher functioning brain than those who used a placebo.

The diosgenin in yams is associated with improving neuron growth and overall brain health.¹⁶




It has also been found to help enhance memory and learning skills in mice and other animal tests.¹⁷

Minimal side effects have been linked to wild yam. However, some people may experience vomiting, diarrhoea and sickness if they take large amounts of it, e.g. more than 400mg per kilo of their body weight. Most supplements contain 100 to 400mg of wild yam.¹⁸

If you are pregnant or breastfeeding, do not use wild yam until you've checked with your GP or other medical professional that it is safe for you to do so, as is the case when taking any medicines or supplements when pregnant or breastfeeding.

Wild yam is used for numerous health reasons, from potentially easing menopause symptoms and aiding with fertility, to boosting memory and relieving swelling and pain caused by arthritis.

There are minimal side effects to taking it, providing you take the correct dosage. Wild yam may be something you've never heard of or heard very little about, until now

	<p>However, the potential power of yam shouldn't be overlooked; there's a reason why it's long been used within traditional medicine for a multitude of health issues, ranging from easing menopausal and PMS symptoms, to boosting heart health and brain function. Research in relation to yam's health properties is mixed, especially concerning using it to help with menopause, so if you are planning on using it for menopausal or wider issues, make sure you speak to your GP or another health professional about it first.</p>
<p>WHITE WILLOW:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>White Willow Bark: pain relief, and contains "SALICIN" which is converted by the body into salicylic acid which is the active ingredient in aspirin.</p>
<p>WORMWOOD:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>wormwood is the cancer fighting parasite killing superb. Wormwood is commonly used to eliminate parasites from the body. This includes pinworms, roundworms and tape worms. It's also said to destroy cancerous cells It contains antimicrobial and antifungal properties that are said to fight against E coli, salmonella and Candida. Its Also said to eliminate symptoms of Crohn's disease, aids with digestion and is a natural remedy for sebo. Wormwood is also known to stimulate menstruation, supports liver and gallbladder function, strengthens immunity and facilitates the absorption of nutrients in the body. Wormwood is meant to be taken short term only. It's not recommended for small children or pregnant or lactating women.</p>
<p>WORST FOODS:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>These are the 10 worst foods for your health, according to experts. If you want to live healthier, step away from these 10 foods and general food categories.</p> <p>Bacon</p> <p>As tasty as bacon may be, the World Health Organization has classified it in the same category as tobacco.</p> <ol style="list-style-type: none"> 1. Bacon -Let's get this fan favorite out of the way first. Bacon is not good for your health. "Many don't know that the World Health Organization has classified bacon in the same category as tobacco when it comes to carcinogenesis," says Reyzan Shali, MD, referring to the process by which normal cells are transformed into cancer cells. "We have done a good job asking people to give up tobacco, but how come we have not done a good job asking people to not eat bacon?" 2. Turkey bacon -Turkey bacon isn't a healthy choice either. 3. Fried food- "Fried foods, yet another staple of the American diet that is terrible for our health," states registered dietitian Angela L. Lago, also known as the Mental Wellness Dietitian. "I'm not suggesting that one never has fried foods, however, fried foods should not be a staple of anyone's diet. In general, fried foods are higher in fat, salt and calories, all of which are horrible for heart

health and the risk of developing obesity,” she continues, highlighting that the type of oil that fried foods are cooked in is of great concern.

Many American dishes are heavy in oil, but there are alternatives to it such as olive oil, avocado oil or using an air fryer.

“Many times, especially in restaurants and fast food businesses, hydrogenated, trans fats are used, which are associated with heart disease, cancer, diabetes and obesity. A great alternative is to pan fry at home in olive or avocado oil or use an air fryer to get the same effect without the negative health benefits,” Lago comments.

4. Potato chips-Andrea Paul, MD, medical adviser to Illuminate Labs, chimes in on why this popular snack food is bad for you: “Chips are known to be unhealthy for a number of reasons. They’re low in nutrition, and high in cheap fats and sodium,” she says. “This obviously varies by brand, but health-conscious consumers want to avoid chips as a snack.”

5. Added sugars- If you see any added sugars on the nutrition facts panels of packaged foods, steer clear. “Added sugar has essentially zero nutritional value and has been shown in medical research to increase risk of obesity and metabolic disease,” Paul explains.

6. Processed oils-Try to cut processed oils out of your diet as much as possible. Arika Hoscheit, a registered dietitian nutritionist with Paloma Health, an online medical practice focused exclusively on treating hypothyroidism, explains why: “Processed oils like grapeseed, soybean, canola, cottonseed, corn and vegetable oils are generally detrimental to human health and should be avoided. This is because they are heated to extremely high temperatures during processing, which oxidizes the oils,” she says. “Oxidation produces free radicals that can cause damage throughout the body. As we age, our bodies have to work harder than they used to in order to recover from insults,” she explains. “Try to limit or avoid processed oils and eat plenty of fruits and vegetables, which are high in antioxidants. Consuming plenty of antioxidants can help to protect the body from any free radicals that are produced,” Hoscheit notes.

7. Hydrogenated fats --This category of fats lurks in many packaged foods and fast food products. “Hydrogenated fats are conclusively shown to increase mortality rates in population studies. It’s important that consumers read the ingredient label on their packaged food products, because many popular consumer brands of products like peanut butter contain hydrogenated fats,” says Paul, who advises avoiding these fats entirely. “They don’t even add any flavor, and are used to improve cost efficiency for the manufacturer. Peanut butter with a simple ingredient label like dry roasted peanuts and salt is much healthier than peanut butter with hydrogenated fats and added sugar,” she says.

8. Refined carbohydrates-These include white bread, white rice and pasta, pastries, pizza and more. “I like to describe refined carbohydrates as foods that started out as nature intended, yet were then stripped of most of their nutrients to make them more palatable and enjoyable

for the American public. Refined grain products are known to promote inflammation in our bodies, they are generally higher in sugar, and are also associated with obesity,” says Lago. “Gut health is also negatively affected by the standard American diet that lacks fiber and consists largely of processed, refined grain products.” Lago takes the nutrient profile of 100% whole grain sprouted bread as an example. “It is abundant in vitamins, minerals, antioxidants and other nutrients that help our body thrive. Once the bread is processed to become soft, white bread, the nutritional value of the bread plummets, the fiber is stripped, the nutrients are wiped away, and there is little to no nutritional value compared to the original item,” she shares. “Up to 89% of the antioxidant activity in whole grains is lost during processing, flavonoids, zinc, and vitamin E are reduced by 79%, fiber is reduced by 58%,” she adds. “This can be said for rice, pasta, cereals, flour and other whole grains that go through the refining process.”

9. Breakfast sausages-Consider this while loading your shopping cart: “According to a study [published in Current Atherosclerosis Reports titled] ‘Unprocessed Red and Processed Meats and Risk of Coronary Artery Disease,’ the available evidence points to strong associations of processed meat consumption with the incidence of coronary heart disorder (CHD),” says Shali. To reduce the risk of developing heart disease, Shali urges her patients to cut out all processed meats from their diet, especially from their breakfast.

10. Processed meat-Even though it’s been explained that processed meats like breakfast sausage, bacon and turkey bacon are horrible for your health, this category of food is unhealthy as a whole. Therefore, it merits a standalone section. Hot dogs, deli meats, packaged bologna, beef jerky, pepperoni and more should all be avoided as much as possible, if not eliminated from your diet completely. “The World Health Organization has classified processed meats as a group 1 carcinogen, meaning it’s known to cause cancer. Processed meats contain chemicals that are not present in fresh meat,” says Lago.

5 BAD FOODS: Five most faked foods in the world. Most faked foods in no specific order.

1. Maple syrup. Over half of the Maple syrup out there, labeled as pure syrup is fake. And the other fake ones will use words like table syrup or pancake syrup. And those contain corn fructose, caramel color and added flavorings.
2. Wasabi outside of Japan, only 1% of Wasabi is real. So what’s in the fake **** wasabi? You’re eating well. It’s usually horseradish. Sweetener like sorvitol and modified food starch. Horrifying.
3. Parmesan cheese. Never buy it from the shakers or shredded because they add fillers like rice flour or cellulose, which is basically sawdust. Get it imported from Italy. And even then, there’s a huge fraud industry. So be careful. Alright.
- 4 Honey. There’s way more honey out there in the world than bees that can produce it. It’s because a ton of it is fake. Alright. A lot of them are just high fructose corn syrup. Another cheap syrup. Alright, get it in glass from a local farmer’s market. If you want to make sure.
5. Olive oil. They have been faking olive oil since Roman times due to its high value and how easy it is to imitate by using harmful soybean and vegetable oils. (Credit: Paul Fortin)

SODA: 12 ounce soft drink will lower your immune system up to 50% for the next what four hours just a 12 ounce soft drink will lower your immune system up to 50% for the next four hours. I remember a guy came in one day and he was having some health issues and I was going through his health

concerns or his lifestyle and I said so tell me how much water do you drink? I don't do water. Do you do soft drinks? Yes, I do. How much do you do? I do three liters a day Three liters a day. Crazy. That significantly lowers his immune system throughout the day.

FAST FOOD TOXINS:

In addition to discovering animal contraceptives and 80% of America's top 10 fast food restaurants, the dedicated moms across America recently uncovered high levels of heavy metals in 100 percent of samples from twenty different U. S. Fast food establishments, either cadmium or lead was present in every single sample. Surprisingly, in and outs French fries contain the highest levels of cadmium, exceeding the E. P. A. Safe drinking water standards by a staggering 1158%. You may want to say goodbye to your animal fry. Jack in the box fries were also notably high, surpassing the safe levels by 970% and even the sample with the lowest cadmium content still exceeded the drinking water standards by 74%. As for lead Sonics cheeseburger exhibited the highest lead concentrations measuring 912% more than the E. P. A. Permissible limit in our drinking water and astonishingly it doesn't end there. What's even more concerning is that 100 percent of samples again also tested positive for glyphosate. The herbicide widely used on virtually all non organic plants. When you consider the cumulative health risks associated with cadmium lead in glyphosate Especially on a daily occurrence, you're essentially playing roulette with your well being.

Hey, what up what up let me talk to you real quick. Y'all every idiot knows that fast food's bad for you. What if I told you that it's worse than you could possibly imagine the advocacy group moms across America recently reported out in a study regarding fast food and the results are absolutely shocking. So moms across America tested the top 20 fast food brands plus one we found glyphosate in 100% of them we found heavy metals led and cadmium in 100 percent of them we found harmful antibiotics and we found in aviary contraceptive in for instance, the Chick-fil-a sandwich. You may not care if you have fertility issues, but the truth is that's an indigenous repair that's going to affect performance levels of both boys and girls and that has a whole cascade of detrimental effects, including things like depression, anxiety, a dvd hd hormone imbalance estrogen dominance if unchecked can lead to things like cancer. 85 million Americans eat fast food every single day. It's more important than ever to educate yourself to support your health and nutrition to make better choices and to regularly find ways to detoxify man these people do not care about us. They don't care about our kids. We have to be diligent about what we put in our body. You can't stay away from everything But what you can do is protect your immune system.

SECTION 2: TEAS AND ELIXIRS [\(Click to return to top of document\)](#)

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[Section 2: Teas](#)

[Section 3: Illness & Remedy](#)

[Section 4: Links](#)

[Section 5: Other](#)

Teas I drink regularly:

Ashwaganda, Mint, Mullein Leaf, Melissa, Pine Needle, Persimmon, Green Tea, Gogi Berries, Lemongrass, Pomegranite Seed, Cornflower Blossom, Blue Pea, Hibiscus Flower, Assam Black Tea, Pineapple, Vanilla, Apple, Rose Hip, Papaya, Burdock Root, Dandelion Root, Oregon Grape Root, Eleuthero Root, Yellow Dock Root, Milk Thistle, Echinacea, Purpurea Leaves, Elderflower, Thyme, Anise, Fennel, Licorice Root, Blackberry Leaves, Valerian Root, Oatstraw, Elderberries, Marshmallow Leaf, Tulsi, Plantain Leaf, Hyssop, Violet Leaf, White Mulberry, Cassia Leaf, Selfheal Spike, Atractylodes Root, Solomons Seal Root, Figwort Root, Monk Fruit & Jasmine Flower 9-9-23

GENERAL INFORMATION

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When making tea, leaves and flowers are prepared differently from roots and bark, in much the same way that spinach is cooked differently from potatoes.

Leaves and flowers are generally steeped in hot water so as not to overcook and destroy the enzymes, vitamins, and precious essential oils.

Roots and bark and berries are generally simmered to draw forth the more tenacious plant constituents. There are a few exceptions to these rules, which you'll generally find noted in herb books, including this one. But honestly, if you make a mistake and simmer a root that should have been steamed, don't panic. Your remedy will still work.

The process of steeping a plant in boiling water is called infusion, while the process of simmering a plant in lightly boiling water is called decoction. When in doubt, steep. Steeping is much less destructive to many of the important medicinal components of plants. The longer you steep the herbs, the stronger the tea. That's not always preferable, as long steeping times can bring out some of the less desirable parts of the plant. Steep black tea too long and what happens? It goes from being a fragrant, aromatic beverage to an astringent-tasting, tannin-rich medicinal tea. A medicinal tea blend, whether an infusion or a decoction, is defined by its strength and potency. For medicinal purposes, teas need to be fairly strong, and so you'll use a relatively large amount of herbs in making them.

Different types of tea steep at different temperatures for optimal benefit.

HOW TO MAKE A MEDICINAL INFUSION

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Infusions are made from the more delicate parts of the plant, such as the leaves, flowers, buds, some berries and seeds, and other aromatic plant parts. Highly aromatic roots such as valerian, ginger, and goldenseal are often steeped rather than decocted, though I find they are effective either way. After, add the spent herbs to your compost. Here are the basic steps.

Instructions

1. Put 4 to 6 tablespoons of dried herb (or 6 to 8 tablespoons of fresh herb) into a glass quart jar.
2. Pour boiling water over the herbs, filling the jar. Let steep for 30 to 45 minutes. (The length of steeping time and the amount of herb you use will affect the strength of the tea.)
3. Strain and drink.

ANISE

Anise: Great source of antioxidants, Antibacterial and antifungal properties, Anti-inflammatory, gastroprotective, antidiabetic, and anti-viral properties, The ability to control and regulate, blood pressure, Hormone regulation in females, Hair benefits, Skin benefits, Overall lessening of depression symptoms, A source of calcium, vitamin A and C, potassium,

 <p>JUMP TO TOP OF DOCUMENT</p>	<p>iron, manganese, magnesium, and zinc. Certain chemicals in anise may have estrogen-like effects and impact menstrual and menopause symptoms. Hot flashes, Menstrual Pain, Menopause, Blood Sugar Levels, Microbial And Fungal Growth including yeast infections, antiinflammatory, alieves bad breath, promotes deeper sleep,</p>
<p>ASHWAGANDA</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Ashwagandha Tea: Ashwagandha has anti inflammatory, antioxidant and immunomodulatory properties, may be very beneficial for the nervous system and promoting heart health. Avoid using more than 2 months at a time daily use. Blood Sugar Tea: Guava Leaf, Melon Fruit, Licorice Root Sugar Level Tea: White Mulberry Leaf, Cassia Seed, Selfheal Spike, Atractylodes Root, Solomons Seal Root, Figwort Root, Monk Fruit, Jasmine Flower.</p>
<p>COMFREY:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Comfrey-reduces inflammation but not as good as ginger.</p>
<p>CORNSILK TEA</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Cornsilk Tea with parsley and celery and carrot juice for flavor.</p>
<p>DANDELION TEA:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Dandelion tea is an excellent source of potassium, a mineral and electrolyte that stimulates the heartbeat. Potassium may help the kidney filter toxins more effectively and improve blood flow. The polysaccharides in dandelion are known to reduce stress on the liver and support its ability to produce bile. (Direutic, Blood Sugar, Detox, Cholesterol, Weight Loss, Blood Pressure, Urinary Tract Infections, Anti Inflammatory, Immunity, Cancer, Flu, Skin Health and Gut Flora. (Not good is you are allergic to ragweed)</p>
<p>ELDERBERRIES:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Elderberry has been shown to shorten the duration of common respiratory ailments. Several studies have reported that elderberry supplements help to shorten the duration of common respiratory ailments.</p>
<p>EUCALYPTUS:</p>	<p>Eucalyptus has been long used to help cleanse the lungs topically from harmful microbes caused by pollutants and smoke. It's potent aromatic properties help to cleanse the lungs when inhaled or used topically and reduce inflammation. You can often find eucalyptus steam rooms at your favorite spa.</p>



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Eucalyptus is well known for its chest-clearing properties, which make it a popular herb to use in steam baths and chest rubs.

However, you can also benefit from including eucalyptus in your herbal tea. This herb is an expectorant, which means it makes it easier for your body to get rid of mucous and clear your airways.

Like mullein, eucalyptus also has anti-inflammatory properties, easing the symptoms of respiratory infections. And eucalyptus can act as an antimicrobial too, helping your body fight off pathogens that cause respiratory issues.

GINGER ROOT:



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GINGER ROOT: Digestion: Ginger Root Relieves Temporary Water Gain:

Make a ginger poultice and apply to areas where pain is present, it will take away the inflammation. Just grate fresh ginger onto a paper towel then apply to painful area and cover with a cloth or wrap.

3. Ginger

A natural painkiller and powerful anti-inflammatory, ginger is used for everything from soothing joint pain to settling an upset stomach. And those anti-inflammatory properties are also great news for our lung health.

By easing inflammation and relaxing our airways, ginger helps to make it easier for us to breathe freely. It has even shown potential for treating asthma attacks.

Ginger also contains compounds that are antiviral and antibacterial, meaning it can help your body get rid of pathogens. And it boosts your immune system too.

GOLDEN DOLLOP:



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GOLDEN MIRACLE DAILY DOLLOP RECIPE IS GOOD FOR:

Weight Loss, Joint Pain, Memory, Cholesterol, Heart Health, Joint Pain, Blood Pressure and More.

Golden Miracle Daily Dollop Recipe.

- One tablespoon cayenne pepper
- 3 tablespoons ground flaxseed
- 3 tablespoons turmeric powder
- 3 tablespoons ginger powder.
- 1/2 teaspoon ground black pepper.
- One tablespoon apple cider vinegar
- 1/2 Cup honey.
- 1/2 Tablespoon Magnesium
- Juice from 1 Lemon
- 1/2 Tablespoon Vanilla

GOLDEN MIRACLE DAILY DOLLOP RECIPE IS GOOD FOR:

Weight Loss, Joint Pain, Memory, Cholesterol, Heart Health, Joint Pain, Blood Pressure and More.

Golden Miracle Daily Dollop Recipe.

- One tablespoon cayenne pepper

	<p>3 tablespoons ground flaxseed</p> <p>3 tablespoons turmeric powder</p> <p>3 tablespoons ginger powder.</p> <p>1/2 teaspoon ground black pepper.</p> <p>One tablespoon apple cider vinegar</p> <p>1/2 Cup honey.</p> <p>1/2 Tablespoon Magnesium</p> <p>Juice from 1 Lemon</p> <p>1/2 Tablespoon Vanilla</p>
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HYSSOP:



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Hyssop is an expectorant and antispasmodic herb, helping to suppress coughs and help clear the lungs of phlegm. Its expectorant qualities come from the active ingredient marubiin – which has been established to loosen phlegm, making it easier to cough up. Can you drink hyssop tea everyday?

Let the boiling water stand for approximately 10 minutes. It is also recommended that you brew the hyssop tea in a closed container. This prevents the beneficial essences of the tea from escaping. After preparing the tea, you can enjoy hyssop tea two or three times per day.

LICORICE ROOT:



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Licorice is a perennial herb. It's mostly grown in Greece, Turkey, and western Asia. It's been used since ancient times as a flavoring agent. It's also been used as an expectorant, helping to clear excess mucus from the upper and lower airways.

Another herb we love to use for lung support is liquorice. This is a great all-rounder to have on hand during cold and flu season, as it helps to fight infectious diseases, soothe sore throats, and give your immune system a boost.

Liquorice may also help to treat asthma. Like many of the herbs on this list, it is an anti-inflammatory and can help to open our airways by soothing swollen and irritated tissues.

When your chest feels tight or your breathing is constricted, liquorice may also help by getting rid of mucous and relaxing your airways so that air can pass through more easily.



MARSHMALLOW ROOT / MARSHMALLOW LEAF:



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Marshmallow is good for treating the membranes, it makes a good antidote for respiratory challenges such as dry cough, whooping cough, laryngitis, and bronchitis. It relieves the swelling and irritation of the mucous membranes and calms the respiratory system.

MORINGA:



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Moringa Lung Health: Moringa contains molecules that may help manage or prevent asthma, bronchial constrictions, and airway inflammation. One study found that the lung function of guinea pigs improved after researchers gave them a moringa extract.

Licorice Root, Mullein, Oat Straw, Elderberries, Marshmallow Leaf, Tulso, Plantain Leaf, Hyssop,

Violet Leaf and Licorice Root in large quantities can affect blood sugar, blood pressure and Potassium levels.

MULLEIN:



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Mullein leaves are a known medicinal plant to reduce musus and improve lung function. In the general U.S. population, residing in regions with warmer ambient air temperatures was associated with lower lung function.

If your lungs are already bad, they will be worse in HOT climates.

Dr. Sebi associates ALL medical sickness with mucus.

[The relationship of lung function with ambient temperature - PMC \(nih.gov\)](#)

Mullein has been used for thousands of years to treat respiratory conditions. It may be especially effective at relieving asthma, which causes your airway to swell and results in symptoms like coughing, wheezing, and shortness of breath.

Mullein tea benefits the lungs and is effective in treating congestion, bronchitis and other respiratory problems. It is also soothing for the throat. The tea's expectorant properties help to thin out mucus so that it can be expelled more easily from the lungs. It's also effective in treating asthma.

How do you use mullein tea for lungs? As a dried product, 1/2–3/4 teaspoon (3–4 grams) is used three times per day. Mullein is sometimes combined with other demulcent or expectorant herbs when used to treat coughs and bronchial irritation.

Mullein leaf tea is one of our favourites for supporting the lungs and respiratory tract. This tall hedgerow plant has been used to treat lung issues and other respiratory problems for millennia. If your shortness of breath is caused by a cold or another virus, mullein can help by making it easier for you to cough up the mucous that is blocking your airways. Mullein is also high in anti-inflammatory compounds, including verbascoside, a powerful antioxidant. This means it can soothe inflamed lungs and relax your muscles, helping to ease symptoms like wheezing, coughing, and shortness of breath.

NATURAL ANTIBIOTIC:



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Antibacterial, Antifungal and Antiseptic, Digestive Aid, Antioxidants, Lowers Cholesterol, Improves Respiratory , Improves Allergies and Arthritis, Liver Health, Bacteria, Diabetes, Oral Health, Blood Sugar, Ulcers, High Blood Pressure, Stress, Cold & Flu, Detoxing, Kidneys) (1 tablespoon 3X per day when sickly or 1 teaspoon 3X daily for prevention-- Children 1-2 teaspoon per day)

1 purple onion

	<ul style="list-style-type: none"> 2 Garlic Cloves 7 Tablespoons Honey 1 Tablespoon Black Pepper 2 Bay Leaves 1 Tablespoon Turmeric Fresh Ginger 2-3 Star Anise 1 Cup Elderberries 4 cups natural Spring Water 1-2 Cinnamon Sticks 6 Cloves
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OAT STRAW:



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It can help strengthen the lungs and loosen lung mucus, which can help with colds, allergies and asthma. The silica in oat straw is thought to aid in expelling phlegm and mucus buildup in the lungs and bronchial tubes. Oat straw contains avenin, an alkaloid that stimulates the neuromuscular system.

[Oat Straw \(Avena sativa\) - Herbal Healing Inc.](#)

Oat straw tea is made from the grasses that produce the oatmeal you eat for breakfast. It is wonderful for women for it strengthens bones, soothes the nervous system, stabilizes blood sugar, relieves depression by nourishing your pancreas, liver and adrenals and keeps your teeth strong.

PINE BARK NEEDLE:



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Pine Bark Needle: Pine needle tea also contains high levels of Vitamin A, which is good for your eyesight, improves hair and skin regeneration and improves red blood cell production. It can be used as an expectorant for coughs and to help relieve chest congestion; it is also good for sore throats. Good for immunity.

PLANTAIN LEAF:







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Plantain has long been considered by herbalists to be a useful remedy for cough, wounds, inflamed skin or dermatitis, and insect bites. Bruised or crushed leaves have been applied topically to treat insect bites and stings, eczema, and small wounds or cuts.

Plantain loves disturbance. It is a common weed of cultivated pastures, cracks in sidewalks, back yard gardens, and any place that experiences regular activity. Plantain has been used for centuries as an edible food and for its beneficial properties. According to western folklore, the leaf was chewed and placed on the skin for its ability to draw a splinter, or similar nuisance, out.

In traditional western herbalism, plantain leaves have been infused with a multitude of herbs. Plantain can be valuable externally and is often found in skin care products. The young, spring leaves can be eaten as food in salads.

In general, two species of plantain are well-known and preferred: *Plantago lanceolata* and *Plantago major*, the narrowleaf plantain (also known as ribwort) or the broadleaf plantain (also referred to as greater plantain) respectively. Narrowleaf plantain has 3-5 prominent ribs that stripe its long, narrow, lanceolate leaves. Broadleaf plantain has 5-9

	<p>prominent veins that stripe their wide, oval-shaped leaves. Ribwort and greater plantain are native to temperate Eurasia and are widespread across the British Isles. They have since spread across the Americas and to Australia. Both varieties can be used interchangeably.</p> <p>Plantain leaf is commonly steeped as tea and combined with other botanicals in herbal infusions. Can also be used as an ingredient in topical skin care recipes.</p>
<p>RED CLOVER:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Red Clover: Health care practitioners believe that red clover "purified" the blood by acting as a diuretic (helping the body get rid of excess fluid) and expectorant (helping clear lungs of mucous), improving circulation, and helping cleanse the liver.</p>
<p>SLIPPERY ELM:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Will resolve diarrhea and constipation, coats, soothes and heals the gut.</p>
<p>THYME:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p><u>Thyme</u> is a popular herbal remedy for coughs, helping to relax the muscles of the throat and relieve chest congestion caused by a build-up of mucous.</p> <p>The main compound in thyme, which is called thymol, can also help to protect your lung health by supporting your body in fighting off infections. <u>Thymol</u> is antibacterial, antiviral, and antifungal.</p> <p>Thyme has shown promise as a natural treatment for <u>bronchitis</u> – an infection of the lungs that causes coughing, chest congestion, and shortage of breath. As an expectorant, thyme helps to get rid of mucous and keep your airways clear.</p>
<p>TULSO: (HOLY BASIL)</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>Tulsi's broad-spectrum antimicrobial activity, which includes activity against a range of human and animal pathogens, suggests it can be used as a hand sanitizer, mouthwash and water purifier as well as in animal rearing, wound healing, the preservation of food stuffs and herbal raw materials and traveler's health.</p> <p>Tulsi (<i>Ocimum tenuiflorum</i> or <i>Ocimum sanctum</i>) is commonly known as holy basil. "Holy" because of its history of religious and spiritual significance, and "basil" because it comes from the same perennial herb and shrub family as the common cooking basil.</p> <p>A systematic review linked holy basil to better lung function and relief from <u>asthma</u> symptoms in a small short-term study—suggesting that holy basil may have reduced inflammation (swelling) in the airways.¹</p> <p>The small short-term clinical trials suggested holy basil had some effect on the <u>immune system</u> (the body's defense system)—especially against viral infections.</p> <p>In small, short-term studies (two weeks), holy basil did slightly better than a placebo (a substance with no medication) in improving attention and memory.</p>
<p>TURMERIC:</p>	<p>Turmeric Curcumin is fat soluble, which means it breaks down and dissolves in fat or oil. ..and is also a anti-inflammatory. May prevent cancer growth. (Alzheimers, Arthritis, Depression, Heart Disease)</p>



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Because curcumin and other chemicals in turmeric might decrease swelling, it is often used to treat conditions that involve pain and [inflammation](#).

People commonly use turmeric for [osteoarthritis](#). It is also used for [hay fever](#), [depression](#), high cholesterol, a type of [liver disease](#), and [itching](#), but there is no good scientific evidence to support most of these uses. There is also no good evidence to support using turmeric for COVID-19.

Don't confuse turmeric with Javanese turmeric root or tree turmeric. Also, don't confuse it with zedoary or goldenseal, which are unrelated plants that are sometimes called turmeric.

VIOLET LEAF:



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Violet leaf can be tinctured, used in bath and body creations, steeped as violet tea, or blended into nutritional vinegars and herbal formulations. The European or sweet violet is cultivated for its beautiful and fragrant flowers that are also used in perfumes, flavorings, and herbal medicines.

Violets leaves are highly medicinal, with a soothing mucilaginous property. They are antioxidant, anti-inflammatory, and a blood cleanser. They are good for coughs and colds, and can be made into a violet leaf and honey cough syrup.

Preparations:

Eat a fresh flower.

Fresh poultice — Just chew up the leaves and place them on the affected area.

Tea — Steep fresh violet leaves in hot water anywhere from 15 minutes to 4 hours.

Honey — Place the fresh blossoms in local honey and enjoy as needed.

Oil — Place the fresh blossoms in organic olive oil. Let them steep covered with cheese cloth for 2 weeks, checking in on it and stirring it each day. After 2 weeks strain out the blossoms and store the oil in a clean dark jar.

WILD YAM ROOT:



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Wild Yam Root:

9 wild yam benefits

Wild yam has long been used by herbalists for menstrual cramps due to the fact it may influence hormones in a similar way to how estrogen does.

Wild yam has long been used in traditional medicine to help with infertility.

It's believed to optimise oestrogen levels and improve the quality and amount of cervical mucus.

Meanwhile, its natural antispasmodic properties may help reduce oviductal and fallopian tube spasms, which can prevent conception and implantation from taking place.

However, some researchers and organizations, such as the American Cancer Society, believe that wild yam has no effect on fertility because it doesn't produce progesterone within the body.

Meanwhile, others state that the plant does release a natural form of progesterone that's quickly absorbed by the body when used as a topical cream.

The connection between wild yam and fertility is due to the fact that during a typical reproductive cycle, the body produces increased amounts of progesterone immediately after ovulation.

This progesterone helps the lining of the endometrium to grow and thicken. If an egg is fertilized after ovulation, the thickened endometrial lining provides an environment suitable for the foetus to grow.

Wild yam for heart health

After menopause, women have an increased risk of cardiovascular disease due to a drop in oestrogen, which supports their heart health.

Some experts now believe another use of wild yam could be to reduce cholesterol levels, helping protect against heart disease.

One study published in the journal, Life Sciences, in 1996 that explored the benefits of wild yam revealed that older people taking wild yam had lower triglyceride levels

– a type of fat found in the blood.

More research is required to clarify whether wild yam would be beneficial for people with high cholesterol.

Wild yam and arthritis

One of the many names that wild yam goes by is 'rheumatism root', which dates back to when it was regularly used to treat joint and muscle pain (rheumatism) in the 19th century. The use of wild yam to help with rheumatism, and claims that it does help in this field, has continued until the present day.

Wild yam is believed to be effective at treating the symptoms of rheumatoid arthritis because of its potent anti-inflammatory effects that can relieve swelling, pain, which has been evidenced by some studies.

A 2013 study published in BMC Complementary and Alternative Medicine concluded that a daily dried extract of wild yam significantly reduced inflammatory markers in the blood samples of mice with medically-induced inflammation.

Wild yams have an impressive nutritional profile. They contain potassium, as well as small amounts of Vitamin C, Vitamin B6 and beta carotene.

While they may be starchy, they are relatively low-glycaemic due to their fibre content, which is around 2% of their overall weight.

Wild yam and blood sugar levels

As well as having a relatively low GI, some of the sugars that are present in Chinese yam, in particular, exist as polysaccharides, multiple sugar units connected together with chemical bonds.

Some of the polysaccharides from Chinese yam reduce blood sugar, while others have strong antioxidant properties.

Meanwhile, yam's dietary fibre content (glucomannan) has been shown to reduce blood glucose due to the way it delays gastric emptying, which slows the flow of dietary glucose to the intestines.

Preliminary studies have found that glucomannan reduced non-fasting glucose and suppressed appetite in individuals with type 2 diabetes.

Wild yam and weight loss

The glucomannan that's found in yams reportedly may be beneficial for weight loss.

	<p>This is due to the fact that the fibre turns into a gel that sits in the stomach, making you feel fuller for longer.</p> <p>In turn, this can help curb cravings and reduce the likelihood of snacking in between meals.</p> <p>Wild yam and cancer</p> <p>In addition to the vitamin and mineral content, yams also contain antioxidants that may prevent cancer.</p> <p>A study conducted on rats in 2014 found that a diet that's rich in yams can lead to a significant reduction in colon tumours.</p> <p>Further studies have suggested that these results were closely related to the many antioxidants in yams.</p> <p>Yams and brain power</p> <p>A study in 2017 showed that people who consumed a yam extract supplement showed a higher functioning brain than those who used a placebo.</p> <p>The diosgenin in yams is associated with improving neuron growth and overall brain health.</p> <p>It has also been found to help enhance memory and learning skills in mice and other animal tests.</p>
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SECTION 3: ILLNESS AND REMEDY / REVERSE LOOKUP

(Click to return to top of document)

JUMP TO:

[Section 1: Herbals](#)

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[Section 3: Illness & Remedy](#)

[Section 4: Links](#)

[Section 5: Other](#)

<p>ABC's of OVERALL HEALTH: JUMP TO TOP OF DOCUMENT</p>	<p>The body is made up of 102 vitamins and minerals. The following will replenish and balance those: (Bashonomical.com)</p> <ol style="list-style-type: none"> 1. Burdock Root 2. Irish Sea Moss 3. Bladderwhack (seaweed) 4. Moringa Powder-has a LOT of vitamins in it. 5. Celtic Sea Salt & Himalayan Sea Salt
<p>ACID REFLUX: JUMP TO TOP OF DOCUMENT</p>	<p>Lemon, in particular helps to balance acidity in the body. Therefore drinking lemon and cayenne pepper mixed with water regularly can radically reduce heartburn and acid reflux. The combination of this powerhouse duo has serious health benefits that can improve your entire digestion process.</p>
<p>ADHD</p>	<p>The ADHD Doctor: "I've Scanned 250,000 Brains" You (Steven Bartlett) Have ADHD!!! Dr Daniel Amen (youtube.com)</p>

ADRENAL:[JUMP TO TOP OF DOCUMENT](#)**ALKALINITY:**[JUMP TO TOP OF DOCUMENT](#)**Organic Orange Juice, Celtic SeaSalt and Cream of Tartar ---Adrenal Hack**

ALKALINITY: If you really want your diet to be a game changer do research and the alkaline-based diet and you'll see we act just like Energizer batteries as far as energy level goes. Exactly why things like magnesium and calcium and potassium are crucial minerals for your body it's like stored energy. 20 Signs Your Body Is Too Acidic, and 10 Ways to Quickly Alkalize It Every organ in the body is affected by acidity. Our lungs, bones, brain, heart, liver, kidneys, stomach, intestines and skin. Bottom line – if your body is too acidic, then you're not going to be feeling that great. When our bodies enter a state of acidosis, it becomes the perfect breeding ground where illness and disease can easily manifest. A body that maintains its alkaline set-point will have less chronic inflammation – one of the number one causes of pretty much any disease. After a lifetime of consuming a Standard American Diet (SAD), the body remains in a constant state of acidity. When the body is in a chronic acidic state, precious minerals are removed from vital organs and bones to neutralize the acid and remove it from the body. This is why we are seeing an up-rise in osteoporosis – your bones are literally being leached of the precious minerals needed to protect them (like calcium, sodium, magnesium, and potassium). Once these mineral reserves are completely depleted, there are no more reserves to draw upon, and the body just continues to run more and more acidic – and this is when major disease (like cancer) starts to show up. Most grains, dairy products, soy, and meats are acidic. Coffee, alcohol, highly processed foods, refined sugar, sugar replacements and GMO oils (and GMO food altogether) are also highly acidic. When we eat (anything for that matter), acidic waste products are generated from the metabolism of these foods. These waste products must be neutralized or excreted – and so this is where alkaline foods come in. They literally neutralize the acids of an unhealthy diet.

Great alkalizing juice: (Juice your own, not bottled sugar juice from the store)

(Great for babies who cant drink milk-but should not replace water)

80% Fresh Carrot

10% Fresh Apple

10% Fresh Celery

You can also alkalize water with a squeeze of lemon or a pinch of salt (preferably Celtic Sea Salt)

<https://www.facebook.com/share/r/8uGVNFj4yj8ncskH/?mibextid=D5vuiz>

Here are 20 signs that your body is too acidic:

- Excess mucus / phlegm
- Chronic Cough
- Chest Pain
- Chronic Fatigue
- Sinus Issues
- Osteoporosis
- Neurological conditions like Alzheimer's, Parkinson's and dementia
- Reduced mental clarity
- Cardiovascular damage caused by acidic plaques
- increased risk of heart attack and stroke
- Bladder and kidney infections
- Immune deficiency
- Skin issues like eczema, acne, rashes, and dermatitis of all types
- Stomach issues including bloating, indigestion, acid reflex and excess gas
- Candida and yeast infections
- Weight gain and/or obesity
- Diabetes
- Allergies
- Sciatica and stiff neck
- Cavities and sensitive gums
- Joint pain and aching muscles

Acid Foods pH Balance in The Body So why doesn't the body just adjust it's own pH? Well, it does. But it does so at a price. All of the tissues and fluids of the body are alkaline, except for the stomach. If the body becomes too acidic, different tissues will take alkaline-forming elements from other areas of the body (like digestive enzymes of the small intestine, or our bones) – and then creates a less-than-optimal environment for these areas where the alkaline-forming elements were taken. So even though the body can adjust pH on its own, it does so at a price to other systems in the

body. So how do you exactly go about alkalizing the body? Change your diet, and modify your lifestyle a bit – your body literally depends on you to do these things to survive.

How to Alkalize The Body to Fight Disease Here are some things you can do to lower your acidity:

1. Drink plenty of filtered water every day (spring water is the best). This will help flush toxic materials from the body at a faster rate.
2. Remove acidic foods such as those mentioned above. You don't have to remove all of them, but reducing them to a minimum or a couple times a week until you can go without them completely is a good vantage point. If you didn't catch it, foods like soda, popcorn, dairy, pastries, alcohol, coffee, white vinegar, sweeteners, meat, wheat products, eggs, fish, soy and seafood are higher acid-forming.
3. Eat more greens – greens are incredibly alkalizing. Green smoothies, green juices, salads, anything!
4. Your emotional state also affects the pH of your body. Anger, fear, resentment and jealousy produce acidity of the body fluids. Engaging in meditation or yoga will help you de-stress.
5. Avoid GMO foods.
6. Up your intake of alkaline-forming foods – vegetables and fruit are the best, with second best being nuts, seeds, beans and legumes.
7. Drinking lemon water can help balance acid levels, too!
8. Get enough sleep.
9. Reduce sodium intake.
10. Start exercising.

Creating an Alkaline Body

1. Improving your intake of vitamins and minerals through food choices and supplements.
2. Planning nutritious meals and snacks.
3. Reducing sugar and caffeine.
4. Keeping regular meal times—an important factor for maintaining blood sugar levels.
5. Drinking a lot of water.

Dr. Sebi's Alkaline Food List: (The root of ALL Sickness is alkalinity?)

The diet also has you drink one gallon of natural spring water daily, but prohibits a ton of foods, including meat, dairy, fish and alcohol.

Alkalizing (or achieving an alkaline environment) is a big part of the Dr. Sebi diet. He believed that keeping your body in an alkaline (rather than acidic) state would cause toxins to be removed from the body as the bloodstream becomes neutralized. To do this according to his specification.

Alkaline Vegetables

Amaranth greens – same as Callaloo, a variety of Spinach

Avocado

Bell Peppers

Chayote (Chocho, Mexican Squash)

Cucumber

Dandelion Greens

Garbanzo Beans

Green Banana

Izote – cactus flower/cactus leaf

Lettuce (all the varieties except iceberg lettuce)

Mushrooms (all, except Shitake)

Okra

Olives

Onions

Poke Salad – greens

Purslane
Sea Vegetables (wakame/dulse/aramé/hijiki/nori/Sea moss)
Squash – except for pumpkin
Tomato – cherry & plum only
Tomatillo
Turnip greens
Watercress
Zucchini

Alkaline Fruits

Apples
Bananas – the smallest one or the Burro/mid-size (original banana)
Berries – all varieties – no cranberries
Cantaloupe
Cherries
Currants
Dates
Figs
Grapes -Seeded
Lime (key limes preferred with seeds)
Mango
Melons – Seeded
Orange
Papayas
Peaches
Pear
Plums
Prickly Pear (Cactus Fruit)
Prunes
Raisins – Seeded
Soft Jelly Coconut
Soursop
Tamarind

Alkaline Grains

Amaranth
Fonio
Kamut
Quinoa
Rye
Spelt
Teff
Wild Rice

Alkaline Nuts and Seeds

Hemp seeds
Raw sesame seeds

Walnuts
Brazil nuts

Alkaline Oils

Coconut oil (do not cook)
Olive oil (do not cook)
Avocado oil
Grapeseed oil
Hemp seed oil
Sesame seed oil

Alkaline Herbs and Spices

Basil
Cayenne
Cloves
Dill
Habanero
Onion powder
Oregano
Pure sea salt
Sage
Thyme

Got a twitch under your left eye? (or anywhere on your body?) This is known as “Tetany” and is telling you that you are TOO ALKALINE and need to acidify the body with Apple Cider Vinegar. It only takes 1 tablespoon in a glass of water or over a salad or however you want to have it.

Our water at home on Oak Cross has a PH level between 8-9: Is pH 8 alkaline water good for you? The lower the number, the more acidic. Healthline reveals that “normal drinking water generally has a neutral pH of 7; alkaline water typically has a pH of 8 or 9.” Results show that alkaline water is more beneficial by being able to effectively neutralize the acid in your body compared to other waters.

Is Lemon water alkaline?

Lemon juice, in its natural state, is acidic. It's about a 3 on the pH scale (your tap water hovers at around 7 pH). In spite of its low pH, some say that lemon water is alkaline. Lemon water (water with a bit of lemon juice) is not alkaline, but rather, it has an alkaline effect on your body.

Great alkalizing juice: (Juice your own, not bottled sugar juice from the store)

(Great for babies who cant drink milk-but should not replace water)

80% Fresh Carrot
10% Fresh Apple
10% Fresh Celery

	You can also alkalize water with a squeeze of lemon or a pinch of salt (preferably Celtic Sea Salt)
ALZHEIMERS:	<p>Coconut Oil is as good as mother's milk and the best fat because coconut oil in mothers milk are the only two things that contain sodium monoloric acid, which is the basis of human immune system. It gets digested directly as ketones and that is why in America today Coconut Oil is a treatment for Alzheimer's disease with very good results.</p> <p>Methylene Blue: It's neuroprotective. It's an antidepressant. It's good for if you overdose on cyanide and/or monoxide poison. It's an anti malaria medication. And it kills parasites and antibacterial. And it's shown to improve short term and long term memory. It is in an ongoing clinical trial for Alzheimer's.</p> <p>Three supplements to grow new brain cells in adults. Supplement number three is the most powerful. If you're new to my channel high, my name is Robert Love. I'm a neuroscientist. I specialize in helping people prevent Alzheimer's disease with sites. So you probably learned in high school that you can't grow new brain cells as an adult. Current research shows that is not true. I want to cite the work of Dr Elizabeth Gould for Princeton University. She's wrote multiple papers showing that adult mammals can grow new brain cells The hippocampus, the memory center of your brain. That's really good news. So if you could grow new brain 3 minutes to grow new brain cells in adults. Supplement number three is the most powerful. If you're due to my channel high, my name is Robert Love. I'm a neuroscientist. I specialize in helping people prevent Alzheimer's disease with sites. So you probably learned in high school that you can't grow new brain cells as an adult. Current research shows that is not true. I want to cite the work of Dr Elizabeth Gould for Princeton University. She's wrote multiple papers showing that adult mammals can grow new brain Specifically, the hippocampus, the memory center of your brain. That's really good news. So if you could grow your brain cells, why not the memory center? So that's really, really important. And growing new brain cells is associated with a healthy brain and with better memory. Here are some supplements that can help.</p> <p>1. FISH OIL: It is fish oil, specifically the DHA and fish oil provides the healthy fat to make it three fatty acids to help make the new brain cells. That's really, really important, also important for cell membranes throughout your body. If you are vegan, you can do Omega 3 algae oil. Subway</p> <p>2 AB COMPLEX: this one is really, really important with with subtle number one because it helps reduce the risk of Alzheimer's disease. It is AB complex vitamin. So B complex is really important because B complex vitamins are important in making neurotransmitters. So that's really important in having the raw materials to to. Stimulate the growth of new brain cells. And second, a research from Dr David Smith at Oxford found the combining fish oil with AB complex vitamin can reduce the risk of Alzheimer's disease by 30%.</p> <p>3.HESPERIDIN: I learned this from Dr Branch Courtright, who wrote a great book that neurogenesis lifestyle. Which is about the things we can do to grow new brain cells. He shared with me this really powerful supplement with this test is this protects the brain from losing. The new brain cells. This one, it's, it's extracted from citrus fruits. And what this does is this helps protect the newly formed brain cells. So we lose about half of the new brain cells that we make.</p>

	<p>And this helps protect the new ones. This helps expand the. The survival rate of the new brains.</p> <p>4. LIONS MANE: So Lions mane is great for facilitating the growth of new brain cells, new neural connections, because lions mane may increase BDNF, which stands for brain derived neurotrophic factor. This is a growth factor in the brain that facilitates the growth of new brain cells in new neural connections. So lions mane may help stimulate the growth of the brain cells, new neural connections. Lions Mane also helps improve sleep quality and sleep is when we actually form those new brain cells. So lions mane being is really helpful for making because it helps to sleep. And it also supports healthy immune system.</p> <p>Methylene Blue: It's neuroprotective. It's an antidepressant. Good for if you overdose on cyanide and/or monoxide poison. It's an anti malaria medication. And it kills parasites and antibacterial. And it's shown to improve short term and long term memory. It is in an ongoing clinical trial for Alzheimer's.</p> <p>Smothered on my vegetables... Love it on my soups. But if you had Alzheimer's, I'd probably be taking three tablespoons of coconut all the day. And in the book, stop Alzheimer's. Now he gives stories of people who started the coconut oil and were able to turn Alzheimer's around He's also got a book called Stop Autism now and shows that the coconut oil because it's a neuro healer. You know, the ketones that it produces can actually even turn that around.</p> <p>100% of Alzheimer's patients studied were positive for mold/fungus in the brain. A common treatment for fungus in the body is activated charcoal.</p>
<p>ANEMIA</p>	<p>Barbara Oneil: Suggestions for low iron. This is an interesting subject because I suffered low iron for 13 years, until I solved the puzzle. Now, iron is bound up in food, and it needs acid to liberate it or Free it from food. So most people with low iron, they're either bleeding very heavily at period time, so they need the Anna's wild yam cream to stop that. And they also can be low in hydrochloric acid because the acid liberates the iron. So why would someone be low in hydrochloric acid if someone's eating every couple hours that exhaust the digestive enzyme so they're low in hydrochloric acid? If someone drinks with their meals, it waters down their hydrochloric acid. If someone overeats and over burdens the stomach and exhausts hydrochloric acid. If someone's highly stressed when they're eating that will exhaust hydrochloric acid. So to boost hydrochloric acid, only eat at meal times only drink between meals when you sit down to dine. (I read this in an old book), cast off care and anxious thought when you sit to dine. No stressful things should be discussed at the meal table because it does interfere with your ability to digest. If I had, if any of my children made a fuss at the meal table, I quickly picked them up, put them outside shut the door They quickly get the message. They can come back So the meal table should be a peaceful time. So how can you boost hydrochloric acid other than doing all that? Take a little bit of cane pepper with your meal that awake anything up having the juice of a lemon with a little very hot water just before the meal that can also boost hydrochloric acid. So you need to boost hydrochloric acid to have the acid to release the iron from the food. Ferretton is iron stores and the body uses protein to buy. With iron to stir it as ferretin. So often people with low ferritin levels, it's because they're not eating enough protein and they may be eating enough protein, but if they haven't got enough hydrochloric acid, they can't breakdown the protein. So my suggestion is boost hydrochloric acid and start making sure you have lentils every day nuts and seeds with a meal to boost the protein levels.</p>

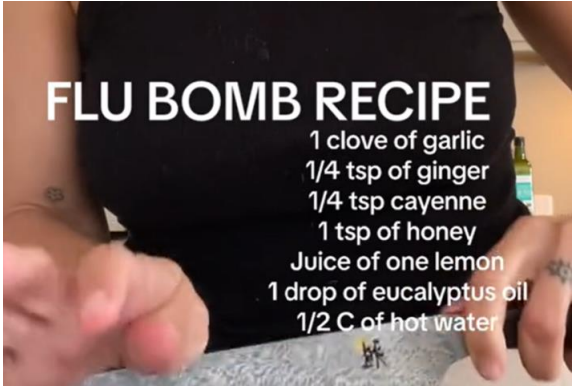
ANTIBIOTICS & IMMUNITY

Organic Echinacea, Purplea Leaves, Elderflower, Thyme, Anise, Fennel, Organic Rosehip, Licorice Root and Blackberry Leaves and Valerian Root, (DO not take Valerian Root more than 2 weeks in a row without 7 day break as it may cause liver stress.)

ANTIOXIDANTS
[JUMP TO TOP OF DOCUMENT](#)

Natural Antibiotics: Sulforaphane and Wormwood Extract taken for 3-4 months

Reishi Mushrooms: Helps to balance levels of liver enzymes and raises levels of glutathione, one of the most powerful antioxidants in your body.



See also: "Cold and Flu"

ANXIETY & SLEEP
[JUMP TO TOP OF DOCUMENT](#)

HERBAL ALTERNATIVES TO XANAX

It's recently been discovered that many traditional relaxing herbs work, in part, by increasing GABA.

These include feverfew, passionflower, valerian, and lemon balm.

These herbal remedies have been used for centuries as sleep aids and to bring about a state of relaxation.

But of all the naturally relaxing herbs, two are standouts for anxiety.

Kava Kava (Piper methysticum) is a traditional relaxing tea that's been an important part of South Pacific culture for thousands of years.

It's also available as an over-the-counter herbal remedy for anxiety, stress, and insomnia in the US and many other parts of the world.

Kava is a well-studied herbal remedy that has been found to be a safe and effective alternative to prescription drugs for anxiety, without the side effects of benzodiazepines.

Like many other relaxing herbal remedies, it works, at least in part, by increasing GABA.

One study pitted kava against two popular anti-anxiety drugs (buspirone and opipramol) and found that kava worked as well as either of them.

You may come across warnings that kava can cause liver damage, but this an unfounded, overblown fear.

The US National Institutes of Health reports that the risk of liver damage from taking a kava supplement is less than one in one million.

This makes it dramatically safer than Xanax and most other prescription drugs.

However, if you have any liver problems, we suggest you err on the side of caution and skip taking kava.

Gotu Kola Gotu kola (*Centella asiatica*) is a Chinese herb whose name means “fountain of youth.”

Traditionally, it has been used to treat anxiety, depression, and mental fatigue.

While the “kola” part of its name suggests that it contains caffeine, it is an important relaxing herb that contains no caffeine whatsoever.

Gotu kola can reduce symptoms of anxiety and increase calmness by reducing levels of the stress hormone cortisol and increasing levels of feel-good neurotransmitters.

If your anxiety keeps you up at night, gotu kola can help that too since it’s also an effective natural sleep aid.

Gamma-Aminobutyric Acid (GABA)

GABA is an inhibitory neurotransmitter. It lessens a nerve cell’s ability to receive, create or send chemical messages to other nerve cells. Many medical conditions are associated with changing levels of GABA. Multiple medications target the GABA receptor. More evidence is needed to learn if GABA supplements and GABA-containing foods can help prevent or treat disease.

What is gamma-aminobutyric acid (GABA)?

Gamma-aminobutyric acid (GABA) is a [neurotransmitter](#), a chemical messenger in your brain. It slows down your brain by blocking specific signals in your central nervous system (your [brain](#) and spinal cord).

GABA is known for producing a calming effect. It’s thought to play a major role in controlling nerve cell hyperactivity associated with anxiety, stress and fear.

Scientists also call GABA a non-protein amino acid neurotransmitter.

How does gamma-aminobutyric acid (GABA) work?

GABA is the most common inhibitory neurotransmitter in your central nervous system. Inhibitory neurotransmitters prevent or block chemical messages and decrease the stimulation of nerve cells in your brain.

Neurotransmitters all generally work in the same way. They are chemical messengers that carry messages from one nerve cell in your brain to the next. Between each nerve cell is a tiny amount of fluid-filled space called a synapse. Neurotransmitters must carry their message across this synapse and then land on and bind to specific receptors on the next nerve cell (like a key that can only fit and work in its partner lock).

There are two types of GABA receptors on nerve cells — GABA-A and GABA-B. Although they work in different ways, when GABA binds to these receptors the result is that they decrease the responsiveness of the nerve cell. This means that as an inhibitory neurotransmitter, GABA lessens the ability of a nerve cell to receive, create or send chemical messages to other nerve cells.

What are the health benefits of GABA?

By slowing certain brain functions, GABA is thought to be able to:

- Reduce [stress](#).
- Relieve [anxiety](#).
- Improve sleep.

What is GABA's relationship to glutamate?

GABA and glutamate act like an “on” and “off” switch. They work in opposite ways. GABA is the main inhibitory neurotransmitter in your brain, stopping the chemical messages from passing from nerve cell to nerve cell. Glutamate, on the other hand, is the main excitatory neurotransmitter in your brain, permitting the chemical messages to be carried from nerve cell to nerve cell.

To have a properly functioning brain, a delicate balance must be maintained between the inhibitory effects of GABA and the excitatory effects of glutamate. GABA also works together with another neurotransmitter, serotonin. In fact, many neurotransmitters work together and against each other and must maintain a certain relationship to achieve a properly functioning body and brain.

GABA is actually made from glutamate following a reaction with the enzyme glutamic acid decarboxylase.

What medical conditions are associated with changes in the level of GABA?

Certain neurologic and mental health conditions are thought to be related to times when GABA messaging activity (“signaling”) isn’t in balance and working as it should. Decreased GABA activity may contribute to:

- Anxiety and [mood disorders](#).
- [Schizophrenia](#).
- [Autism spectrum disorder](#).
- [Depression](#).
- [Epilepsy, seizures](#).

Other medical conditions associated with GABA imbalance include:

- Pyridoxine deficiency. This is a rare disease in which a vitamin that’s needed to make GABA isn’t available. It usually causes frequent seizures during infancy. The seizures aren’t successfully treated with anticonvulsant medications, but do respond to vitamin supplementation.
- [Hepatic encephalopathy](#).
- [Huntington disease](#).
- [Dystonia](#) and [spasticity](#).
- [Hypersomnia](#) (excess daytime sleepiness or excessive time spent sleeping).

Does increasing GABA levels provide any health benefits?

Researchers are still studying the effects of increased levels of GABA. Although the evidence isn’t clear, GABA is being looked at to help treat or prevent health conditions including:

- [High blood pressure](#).
- [Insomnia](#).
- [Diabetes](#).

What medications target GABA?

Many medications have been developed that act on the GABA receptors. These include:

- [Benzodiazepines](#). This class of drugs, which includes diazepam (Valium®) and alprazolam (Xanax®), acts on the GABA-A receptor. Benzodiazepines are used in surgical anesthesia, treatment of epilepsy, REM-sleep disorders, alcohol withdrawal, anxiety, essential tremor and muscle spasticity.
- Barbiturates. These are sedative drugs.
- Vigabatrin (Sabril®). This is a drug used to treat seizures and spasms in infants.
- Flumazenil (Romazicon®). This drug is used to treat benzodiazepine overdose. It’s also used to improve the mental status of people with hepatic encephalopathy.
- Valproic acid. This medication is a mood stabilizer and an anti-seizure medication.

- Zolpidem (Ambien®, Edluar®). This is a sedative-hypnotic. It's used to treat insomnia.
- Gabapentin (Neurontin®, Gralise®, Horizant®). This drug is used to treat seizures and nerve pain.
- Propofol (Diprivan®). This drug is a sedative used in general anesthesia.
- Baclofen (Lioresal®, Gablofen®). This drug is a muscle relaxant.

Is a GABA supplement available?

GABA is available as a dietary supplement. However, much of it might not be able to get into your brain. (Technically, this is called “crossing the [blood-brain barrier](#).” The barrier is a unique membrane that only allows certain molecules to pass through it to and from your brain). So, it's not known what effects — if any — taking dietary GABA supplements may have on your brain. So far, there isn't any strong scientific evidence to support the use of a GABA supplement for treating medical conditions. More studies, in larger numbers of people, are needed.

Is GABA present in food?

GABA is present in some fermented foods, including kimchi, miso and tempeh. It's also found in green, black and oolong tea. Other foods that contain GABA or boost its production in your body include brown rice, soy and adzuki beans, chestnuts, mushrooms, tomatoes, spinach, broccoli, cabbage, cauliflower, Brussels sprouts, sprouted grains and sweet potatoes.

Like supplements, it's not fully clear if eating GABA-containing foods allows GABA to reach your brain. More studies, with large numbers of people, need to be conducted.

A note from Cleveland Clinic

Gamma-aminobutyric acid (GABA) is the most common inhibitory neurotransmitter in your central nervous system. GABA lessens the ability of a nerve cell to receive, create or send chemical messages to other nerve cells. GABA is known for producing a calming effect. It's thought to play a major role in controlling anxiety, stress and fear. Decreased GABA levels are associated with several neurological and mental health conditions, as well as other medical conditions. Increasing GABA levels may help treat high blood pressure, diabetes and insomnia. Because of the abundance of GABA in your brain, the GABA receptor is a major target of drug development by pharmaceutical manufacturers. The effectiveness of GABA supplements and GABA-containing foods to prevent and treat medical conditions needs to be studied in a larger number of people. Before purchasing GABA supplements or eating certain GABA-containing foods, talk to your healthcare provider about the best approach to treat your health condition.

AUTOIMMUNE:	<p>I don't take ice baths because I like them. I take them because my life depends on them. So when I got into this practice, I was sick. I had three autoimmune conditions, Hashimoto's thyroiditis, euthynabilic esophagitis and urticaria. No matter what I was doing in modern medicine, I wasn't getting better. So at the height of this, I was taking more than 20 pills per day. Prescriptions, vitamins, supplements to live antibody shots a month for my allergist. And again, I wasn't getting better. The more these pill bottles grew on my night stand, the worse I was feeling. And so it was hard to work. It was hard to socialize. I was losing parts of my life everywhere I looked, cause I just didn't have the energy to keep up And so I was reading a lot, doing a lot of research. It started with low inflammation food regimen and like paying attention to what I was feeding my body. But even that wasn't enough. I really needed a shock to the system. I started to learn that deliberate cold exposure is a thing. It's something that people use for nervous system regulation. They're using it for immune health, using it for all kinds of different things. And again, this was not my first choice, but I was at my Woods end. And so, you know, figured, how do we make this easy? Put a tub in the backyard, get a few 100 pounds of ice, bring some friends, make it a whole social experience. And now here I am, healthier and happier.</p> <p>There is a virus that is potentially in up to 90% of people that could be your autoimmune trigger. It's called Epstein bar virus. It's actually part of the herpes family. It's transmitted via saliva, even via utensils, drinking out of somebody else's cup. It's a known autoimmune trigger. Isn't a theory. This is scientific fact, particularly in cases of Hashimoto's MS, Lupus and graves in the heal my hashes protocol. There is a document called triggers. This is to try to help you to determine your trigger so that you can heal that in order to heal your household. If you do still need to do something like heal my hashes protocol to put your hashimoto's fully internation, because by the time that it has been triggered, switched on, it will be reacting to all triggers in the world. That includes. Food toxins, stress. How do you heal something like EVV? The most effective non-treatment for EBV is actually vitamin CIV good old vitamin C is that incredible you can get a vitamin CIV pretty easily in America in Australia. It's harder that I have found a place in Brisbane. So do contact me if you need that recommendation. But I would also get antioxidants in it. So things like resveratrol and blue. And glutathione. Showing to reduce viral load in the body. Usually that's an immunity IV, things like Vitamin C, zinc and your antioxidants are going to reduce overall viral load in your body to stop it triggering that autoimmune response. I also recommend prepared immune. Recently I interviewed Professor Patrick Buick, who is an PHD immunologist who started the company prepared immune and they have tons of scientific research of. Decreasing viral load in the body, including HIV. If you do have some kind of virus, any of the herpes viruses, E, V, V, H, I, V, Etcetera, even flu and COVID, then you want to get on some sort of antivirals or prepared immune or immunity IVS to try to reduce that viral load in your body and help your autoimmunity to heal. Sometimes it's hard to detect if you have EBV. How do you know? So I think that certainly taking things like vitamin C, zinc and antioxidants is not going to hurt you and might just help you on your healing journey.</p>
BACK PAIN: JUMP TO TOP OF DOCUMENT	VITAMIN D is good for aches and pains..these pains are your body's way of telling you what it needs.
BLADDER:	Are you prone to getting urinary tract infections, yeast infections, itching, bladder infections, bad odor, itching? These are things as a woman we deal with, right? Well, as most of us know, Castro oil is a antifungal, antibacterial, anti-inflammatory. And it can actually inhibit the growth of yeast and kill it off. Because Castro oil is anti-inflammatory, anti-microbial, antibacterial. It's going to help with these infections. It's going to help with itching and odor as well. And another way you

	<p>can use the panty liner if you have a thicker pantyliner, our thicker pad, you can actually use the pantyliner if you don't have a castor oil pack, and you can actually use it in an area on your belly, or you can actually just use it on your arm if you have an aged spot. But you can also use this as a diy castor pack as well. So if you do try this on your pantyliner, because you have itching odor, yeast infection, bladder infection, UTI, and you try it, and it works, let me know.</p>
<p>BLEEDING: JUMP TO TOP OF DOCUMENT</p>	<p>Cayenne Pepper will stop bleeding, just take a teaspoon, up to 3 teaspoons by mouth and your body will know where to send it to stop both internal and external bleeding.</p> <p>Blood Thinners: NATURAL BLOOD THINNERS</p> <p>ALOE In one case, a woman taking an aloe supplement bled heavily after oral surgery. There's also a risk of bleeding if you take aloe with nonsteroidal anti-inflammatory drugs (NSAIDs) like aspirin or ibuprofen.</p> <p>CRANBERRY There are documented cases of cranberry supplements interacting with warfarin. This can lead to bleeding.</p> <p>FEVERFEW Lab studies of platelets show Feverfew can affect their ability to stick together and form clots.</p> <p>GARLIC Animal and human studies show it can slow blood clotting and lead to bleeding.</p> <p>GINKGO Research shows it can slow clotting. It's also led to bleeding in people who took it alone or with NSAIDs.</p> <p>MEADOWSWEET There are no reports of meadowsweet interacting with warfarin or NSAIDs. But it has a compound called salicylate that affects how well platelets can stick together.</p> <p>TURMERIC Curcumin, one of turmeric's active ingredients, has antiplatelet effects.</p> <p>WHITE WILLOW This supplement has aspirin-like effects in the body. That means it can keep platelets from sticking together. There's no documented evidence of it interfering with warfarin.</p> <p>CHAMOMILE This herb contains the compound coumarin. Warfarin has a man-made version of coumarin in it. But more research is needed to find out if it has any effect on blood clotting.</p> <p>FENUGREEK Like chamomile, fenugreek contains coumarin. But more research is needed to find out if it has any effect on blood clotting.</p> <p>RED CLOVER There's limited research about this supplement, but it also has coumarin. But more research is needed to find out if it has any effect on blood clotting.</p> <p>DONG QUAI It contains several compounds that come from coumarin. It has been shown to worsen bleeding in people taking warfarin.</p> <p>EVENING PRIMROSE OIL Animal studies show Evening Primrose Oil slows the clotting process and stops platelets from sticking together. So it may make you bleed more during and after surgery, and when taken with warfarin or NSAIDs. More research in humans is needed.</p> <p>GINSENG Some lab studies show it can thin the blood, but more research is needed to know for sure. <i>*Courtesy of WebMD</i></p>
<p>BLOATING: JUMP TO TOP OF DOCUMENT</p>	<p>Feeling bloated? You need more acid in your gut. See notes above on "Celtic Sea Salt" to help balance your PH balance in your gut but also Betaine Hydrochloride will help.</p>

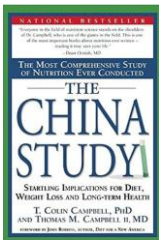
<p>BLOOD CLOTS:</p>	<p>Five foods that dissolve blood clots and clean arteries.</p> <p>By the way, you can put all five of these foods into a blender with water and drink it every day. Try to get all these foods into your life anyway you can.</p> <ol style="list-style-type: none"> 1. Turmeric has curcumin, which can literally destroy blood clots. Always add a little pepper to increase activation. 2. Garlic contains a compound called Allison that is released when it is crushed or chopped. Allison will keep your blood cells from sticking together. Let us sit for 10 minutes after crushing and eat it raw to maximize the Allison. 3. Ginger can inhibit platelet aggregation with the potent bioactive molecules. Ginger roll and ginger own. 4. Cayenne Pepper has capsaicin, which helps blood cells keep moving and not cluster together. They are like the mean bouncers at a shady nightclub. 5. Olive oil contains. Oleic acid, which reduces inflammation, preventing blood cells from feuding.
<p>BLOOD PRESSURE: JUMP TO TOP OF DOCUMENT</p>	<p>Got high blood pressure? Add more potassium and Vitamin D into your diet.</p> <p>HIGH BLOOD PRESSURE AND CHOLESTEROL: Poop is the way the body gets rid of waste right? Wrong. Before heading to the doctor, take a look at the toilet. Yellow pale or clay colored poop can mean there's fatty cholesterol in the bile or even cold stones. Frequent, forceful or bloody poop that may be signs of high cholesterol affecting blood flow to the bowels. But instead of going to the doctor and getting stuck on statin drugs, lowering cholesterol can be easier. It can be safer, specific foods, lower cholesterol and unclogged blocked arteries. For instance, green vegetables in 12 other foods can make a huge difference in our health by treating sickness right at the source. The number 1 mistake made by cholesterol and blood pressure drug takers. I'm dr living good. And if I'm breaking down the truth and they want to teach you on the biggest mistake that I see after taking care of 25,000 people. Behind me is the health scale. Most of you judge it on how you look or how you feel. Health doesn't have To do with those things, says the World Health Organization. What it is is how well you function. 100 percent function designed and working the way your body is supposed to work is where health comes from. Zero percent function. That's death.</p> <p>Dr. Livinggood: Which pill should you take to help blood pressure? What if I told you you didn't need to take any pills? I am a primary care physician. I'm frustrated, and it is not what I signed up for. I'm tired of our sick care model. I'm not choosing not to participate. I got in this to help people get well. That's not what I'm seeing in the healthcare system. Why don't doctors tell you to take something as simple as magnesium instead of a stool softener, knowing that the stool softener dehydrates your bowels? Why don't doctors tell you to take D3 in the winter because you can't get it from the sun? And it radically improves the immune system and impacts your sleep. Why don't doctors tell you to change your diet? Why don't doctors tell you to focus on certain foods to heal? Why are you informed by your doctor that if you eat something as simple as a grapefruit everyday, that it'll support blood pressure naturally? Why don't doctors create diets and lifestyle plans for patients when we know that over 90% of diseases due to lifestyle? Why don't doctors teach you the manager emotions? Because that stress that anxiety is going to</p>

lead to physical bodily damage and the stream that you're under can play a significant role in your overall health? Why don't doctors take a real role in helping people be healthy in their lives? Doesn't make sense to me. I think it needs to change I believe that real health is possible. I believe that you're the solution. I believe that the greatest doctor in the world is inside of you.

The single most common cause of high blood pressure is a deficiency in the mineral magnesium, really. Yeah, it's interesting how that works, right? You have two types of blood vessels in the human body. You have arteries and you have veins. Arteries carry blood away from the heart. Veins carry blood back to the heart. But what's the difference? Well, there's one significant difference between the two. Arteries have muscles, veins do not. Why does an artery have muscle? Because God is smart. So when the part pumps blood out of the heart, it goes into the artery. And the muscle in the artery constricts and relax. And relaxes in order to help the heart pump the blood. Fascinating mechanism like a snake crawling down the street. The artery constriction relaxes constriction relaxes in order to help the heart pump the blood. That's fantastic. Well, how does the muscle constrict and relax the same way that AA bicep constricts and relax, or any muscle in the body? It's done through magnesium and calcium. If you. Do not have enough magnesium, the muscle will constrict, but it cannot relax. So it stays constricted. Now, if you have a garden hose and there's water coming out of it and you squeeze the hose just a little bit, the water comes out faster, right? It's cause you decrease the volume, the pressure goes up. So when the artery gets collapsed because of not enough magnesium, the blood pressure spikes. So you don't have high blood pressure.

BONES Bone Health: See "[Comfrey](#)"

CANCER:
[JUMP TO TOP OF DOCUMENT](#)
 Best book ever written on treatment: "The China Study"
[The China Study: The Most Comprehensive Study of Nutrition Ever Conducted And the Startling Implications for Diet, Weight Loss, And Long-term Health: Thomas Campbell, T. Colin Campbell: 8588879768419: Amazon.com: Books](#)



This book is a tedious read but VERY, VERY life changing. All other books about diet, herbals, disease and similar subjects refer to this epic study. Everyone who has ever been diagnosed with any sickness or disease needs to read this.

Great video about holistic treatment of cancer: [Cancer Causes and Treatment--Barbara O'Neill - YouTube](#)

Starve CANCER: Cancer loves glucose, so cut all sugar out of your diet. 6 weeks no sugar. No honey, eat beans, legumes, vegetables, and reduce acidic foods by adding baking soda.

Barbara ONeil recommends "RED CLOVER" (The Herbal Scalpel) to remove benign **tumors**. Use 1 teaspoon of tea to 1 cup of water...drink 1 litre per day.

For **SKIN CANCER** use “Black Salve” (Primary ingredient: Bloodroot, aka “Kansema”) Put a TINY DOT of black salve on affect skin and cover with a bandage for 24 hours. Then remove the bandage and the area, if truly cancerous, will be red and irritated. Leave it uncovered and DO NOT add more black salve. Wait and watch. Over the course of a week it will begin to heal leaving a small pit or cavity. Over the next three month it should heal completely, if not, you can then repeat the process..but NOT SOONER.

Black ointment, also known as Kansema, is a pseudoscientific alternative cancer treatment. This product is generally classified as a crusting agent. This is a topical paste that breaks down skin tissue and leaves scars called crusts. Escarotics were widely used to treat skin lesions in the early 1900s, but have since been superseded by safer and more effective treatments. Scabs, such as black ointment, are currently being promoted by some alternative medicine vendors as a treatment for skin cancer.

Cancer ointments were first used in the Victorian era. As the medical profession began to gain a better understanding, many home remedies, black ointment as an example, began to be criticized by the medical profession. This example was documented in a 1955 Time magazine article, classified as a form of phony. A 37-year-old housewife had a skin condition that was later found (at Duke University) not to be cancer. Convinced of this, she went to an outback healer and had an ointment applied. A quarter-sized hole soon bruised her nose, leaving her nostrils open. Duke's plastic surgeon had to make her a new nose. They are not recommended by medical authorities as a treatment for skin lesions or skin cancer, but are marketed as such by some alternative medicine practitioners. The use of crusting agents, especially when used instead of proven treatments, can be dangerous. Scab treatments may not remove all cancer cells and often healthy tissue is also removed. Physicians who use or sell escarotics often provide testimony in lieu of scientific evidence to convince others of nonexistent efficacy and safety. There are safer and more effective treatments for skin cancer, including: Topical agents such as imiquimod, fluorouracil, and ingenol mebutate. Radiation therapy; surgical resection, including Mohs surgery (microscopically controlled surgery used to remove and examine cancerous tissue). Scab disease can cause severe scarring and damage to normal skin. Its manufacture is largely unregulated, so the strength and purity of commercial products are unknown and unverified. Numerous reports in the medical literature describe the serious consequences of substituting crusts for standard skin cancer treatments, ranging from disfigurement to preventable cancer recurrence. In 2008, the website Quackwatch published a source document summarizing the issue of patient injury from the use of escarotics and warned against the use of escarotics. A more recent study revealed that many people who used black ointment were unaware of its potential dangers. In 2016, the American Academy of Dermatology urged patients to consult a dermatologist before using home remedies for skin cancer. Moreover, choosing to delay conventional treatment to attempt treatment with black ointment increases the risk of further complications and death. In 2017, as breast cancer patients continued to apply black ointment, I posted photos and updates to the black ointment research group. Despite her worsening symptoms, she sincerely believed that the black ointment would cure her cancer. "And please don't comment on the doctor's visit. I've been there. This is my path and I trust it and my God to heal me," she wrote. rice field. Ultimately, she sought conventional treatment, but died several months later from a long-lasting infection. In 2018, it was reported that the use of black ointment was extended to pets. In Facebook groups, people said they used black ointment on cats, dogs and horses, and in 2018 the death of Australian Helen Lawson was strongly linked to black ointment. Under the guidance of self-proclaimed healer Dennis Wayne Jensen, Ms. Lawson covered her abdomen with a black ointment. Jensen advised that it would bring out ovarian cancer. The black ointment left a large amount of scars on Lawson's abdomen, which became too large for surgeons to operate on within weeks. Ms Lawson's sister-in-law said the wounds were "raw, severed, bubbling flesh" that stretched "from above the pubic bone all the way to the abdomen, almost to the ribcage". Lawson passed away in April 2018. In 2019, Jensen was issued a restraining order by the Victorian Health Complaints Board for providing substances "that he (or others) claim can treat or treat cancer or other serious illnesses and conditions." was permanently prohibited. . This also includes black ointment.

Barbara O'Neil: I wanna look at what cancer loves, because if cancer loves this, we're gonna do the opposite. Can. Loves an acid environment. And mold creates an acid environment and thrives in an acid environment. So Dr Tulio Simoncini would put a port of caffeine and he'd put the most alkalinizing substance on the planet. Our stomach lining makes it our pancreas makes it. It's called sodium bicarbonate. Unfortunately, not for us, but unfortunately for the pharmaceutical company, they can't patent that one. But when when sodium bicarbonate hits cancer, it causes a wave of alkalinity that the cancer can't thrive in. It's a simple as that. Cancer also loves glucose. It loves glucose to the point that it consumes 15 times the glucose of any other cell. Cancer also loves an Oxygen free environment.

So now we're gonna make a list of what cancer hates. Cancer hates Alkaline foods. Cancer hates Glucose. So what we do in a program to help conquer cancer is to get that glucose right down. And cancer hates oxygen.

Easy, just take lots more deep breaths, eat less sugar, maintain alkalinity... I have many books in my library at home. And Many books by doctors, professors, naturopaths, nutritionists, scientists who have success with conquering cancer and there are many different. Tangents And I look for the three common denominators, amongst them all. And there they are. These are the three common denominators to conquer cancer, create an alkaline environment, get the glucose way down and ensure an oxygenated body. I love it when it's simple.

Caster Oil 2X daily dabbed on skin for 3 months will address skin cancer..but not as quickly or as radically as the black salve.

The Budwig Diet is an unproven anticancer treatment developed by the German biochemist Dr. Johanna Budwig in the 1950s. The diet consists of multiple daily servings of flaxseed oil and cottage cheese, as well as vegetables, fruits and juices. Processed foods, meats, most dairy products and sugar are prohibited. (25 grams a day may reduce tumor growth in breast and prostate cancer) GO check out some of the miracle stories on TikTok and Instagram..pretty convincing.

Budwig Diet: two to one ratio of cottage cheese and flaxseed oil mixed with an immersion blender for a smooth consistency. And add a tablespoon of freshly ground flax seed stirred in.

The Budwig Diet is an unproven anticancer treatment developed by the German biochemist Dr. Johanna Budwig in the 1950s. The diet consists of multiple daily servings of flaxseed oil and cottage cheese, as well as vegetables, fruits and juices. Processed foods, meats, most dairy products and sugar are prohibited.

Baking Soda for Cancer? Cancer loves acid and cannot survive in an alkaline environment.

FENBENDAZOL: Pet Medicine that some people say treats cancer like a miracle drug.

Caster Oil: You can use it to clear your glands..use packs under your arms and on your chest or abdomen...to clear cancer cells.

Remember, CANCER feeds off of sugar and bacteria that sits in the gut... but is neutralized by Celtic Sea Salt.

Researchers have successfully used sodium chloride nanoparticles to DESTROY cancer cells.

What diseases can cloves cure? Top 11 Health Benefits of Clove - Nutritional Values and Side ... Clove is a small-sized spice but has numerous health benefits. This spice provides many nutrients that help in controlling sugar, reduce cholesterol and triglycerides, improve bone, liver, and gastric health, reduce pain, reduce risks of heart disease and cancer, and is also good for oral health.

White clover is alien and native to Europe. Leaf tea used for colds, coughs, and fevers. Flower tea used for rheumatism and gout. Like many clovers, white clover contains the estrogenic isoflavone genistein which has cancer-preventative and antioxidant activity.

Onions are full of antioxidants and quercetin. (Remember, quercetin fights cancer and heals the gut)

Remove the core of the pineapple, (It has Bromelade in it) boil it, (include skin if you want to) breathe in the steam...or just eat it. Anti-cancerous, cell regeneration, anti inflammatory, good for sinuses, digestion, diarrhea, swelling, and more.

Here are 6 potential health benefits and uses of rosemary tea, as well as possible drug interactions and a recipe to make it.

Rosemary Tea is High in antioxidants, antimicrobial, and has anti-inflammatory compounds. Antioxidants are compounds that help protect your body from oxidative damage and inflammation, which can lead to chronic diseases like cancer, heart disease, and type 2 diabetes.

Studies have also investigated the effects of rosmmary and carnosic acid on cancer. They have found that the two acids may have antitumor properties and even slow the growth of leukemia, breast, and prostate cancer cells.

SOURSOP for Cancer: has 167% more vitamin C

Sea moss is rich in minerals, which can help fight prostate enlargement. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of prostate cancer.

Sea moss is rich in vitamins and minerals, which can help reduce the impact of radiation poisoning. Additionally, sea moss contains anti-inflammatory properties which can help reduce the risk of cancer.

While most research is limited to test-tube studies, soursop may be beneficial in helping to fight and prevent cancer. One study found that a soursop extract could reduce the size of breast cancer tumors and kill cancer cells. A second study found that an extract could stop the formation of leukemia cells. Fights inflammation. Antioxidants fight free radicals, reducing the damage to your cells caused by oxidative stress. One of the side effects of oxidative stress is inflammation. The antioxidants in soursop may, therefore, help to reduce inflammation in the body.

Saffron: antioxidant, improve mood, treats DEPRESSION, has CANCER FIGHTING PROPERTIES, REDUCES PMS, it is an APHRODISIAC, it aids in WEIGHT LOSS AND it is an APPETITE SUPPRESSANT.

Dandelion tea is an excellent source of potassium, a mineral and electrolyte that stimulates the heartbeat. Potassium may help the kidney filter toxins more effectively and improve blood flow. The polysaccharides in dandelion are known to reduce stress on the liver and support its ability to produce bile. (Diuretic, Blood Sugar, Detox, Cholesterol, Weight Loss, Blood Pressure, Urinary Tract Infections, Anti Inflammatory, Immunity, Cancer, Flu, Skin Health and Gut Flora. (Not good if you are allergic to ragweed)

Turmeric Curcumin is fat soluble, which means it breaks down and dissolves in fat or oil. ...and is also an anti-inflammatory. May prevent cancer growth. (Alzheimers, Arthritis, Depression, Heart Disease)

Read Dr. Sebi's book about "ALKALINITY"—Alkalinity plays a huge role in how your body responds to attacks of various sicknesses and diseases.



Cancer Research suggests that vitamin D could play a role in the prevention and treatment of a number of different conditions, including type 1 and type 2 diabetes, hypertension, glucose intolerance, and multiple sclerosis.

Coffee also has compounds that help liver enzymes get rid of cancer-causing substances.

Ginger also contributes benefits for cold and flu, nausea, stomach pain, cancer prevention, and more. While the drink is generally sweet, it is still low in calories if consumed in moderation.

CARE BASKET FOR CANCER PATIENTS:

Hypoallergenic, unscented hand lotion, Unscented hand sanitizer (chemotherapy can weaken the immune system, so hand sanitizer comes in handy), Tissue travel packs, Mints, Popsicles, Chapstick, Microwaveable heat/ice bag, Neck pillow, Eye mask (he or she may want to take a nap or take a break from the bright lights), Calming essential oils, like lavender, jasmine, bergamot and ylang-ylang, Energizing citrus oils, such as orange or grapefruit, Reusable plastic cutlery (chemotherapy can impact taste receptors and cause a metallic taste, so many people undergoing treatment prefer plastic utensils) Fleece blanket (thin, easy to transport, machine washable) Hat or scarf, Journal ("We do a lot of journaling in our community at Cancer Wellness," she says. "There is a lot of research to support the notion that journaling has a positive impact on physical well-being. University of Texas at Austin psychologist and researcher James Pennebaker contends that regular journaling strengthens immune cells, called T-lymphocytes.") Coloring or activity book for adults to promote mindfulness, stress relief and relaxation, Pens and colored pencils, Earpods to listen to an audio book or movie. Personal note, even if it just says, "I care about you." Coconut water (helps with hydration and maintaining healthy pH levels) Ginger candy (great natural remedy for nausea), Decaffeinated herbal teas. Caster Oil: You can use it to clear the glands..use packs under your arms and on your chest or abdomen...to clear cancer cells. Celtic Sea Salt (NOT TABLE SALT)(Remember, CANCER feeds off of sugar and bacteria that sits in the gut... but is neutralized by Celtic Sea Salt.) Quercetin Supplement (great cancer fighting properties) Pineapple (Anti-cancerous, cell regeneration, anti inflammatory, good for sinuses, digestion, diarrhea, swelling, and more.) Rosemary Tea & Dandelion Tea (Studies have also investigated the effects of rosmarinic acid and carnolic acid on cancer. They have found that the two acids may have antitumor properties and even slow the growth of leukemia, breast, and prostate cancer cells) Best book ever written on fighting disease: "The China Study". Baking Soda because Cancer loves acid and cannot survive in an alkaline environment...so adding baking soda to teas or whatever helps. Money to pay for parking. Door Dash Gift Card, Cleaning Service for when they are too weak to do it, Stanley Cup, Extension cord and/or battery pack to recharge phone.

Cooling Cap: The cooling cap *may* reduce or eliminate the hair loss associated with chemo by reducing or preventing the uptake of the chemo agents by the hair follicles, which is what normally kills them & leads to hair loss. The patient puts one on just before each chemo session to chill their scalp & prevent/reduce the uptake. Long chemo sessions may require two so that as one 'thaws' out, it can be swapped out with a fresh one. They are reusable/ refreezable.

What not to include: Sugary snacks, processed foods, artificially scented items, processed meats and all soft cheeses. Avoid foods salted with table salt.

Who created antineoplastons?

The posts refer to peptides (small proteins) that are naturally present in human urine and blood, and were proposed as a possible cancer treatment in 1976 by a Texas physician, Dr. Salislaw Burzynski, based on a National Cancer Institute history of antineoplastons last updated in 2019 (here).

What is the Dr Burzynski treatment NZ?

Burzynski believes that antineoplastons form a natural part of our body's immune (defence) system and that people with cancer don't have enough of these compounds. The Burzynski clinic

proposes that increasing these compounds will result in the body fighting the cancer and result in tumour shrinkage.

What cancers do antineoplastons treat?

Cancer patients have been studied and treated with antineoplastons at the clinic where antineoplastons were first made. A few trials and case studies have been done outside of the clinic. Cancer types studied include breast, bladder, cervical, prostate, liver, lung, brain, leukemia, and lymphoma.

What are antineoplastons for leukemia?

Antineoplaston cancer treatment is an alternative therapeutic approach involving naturally occurring substances known as antineoplastons. These peptides and amino acid derivatives that occur naturally in blood and urine supposedly possess anticancer properties.

Antineoplastons are made up mostly of peptides and amino acids originally taken from human blood and urine. Sodium phenylbutyrate is used together with a proper diet to help treat urea cycle disorders (including a specific liver enzyme deficiency) that help remove ammonia from the body.

In addition, boron has anti-inflammatory effects that can help alleviate arthritis and improve brain function and has demonstrated such significant anticancer effects that boronated compounds are now being used in the treatment of several types of cancer.

There is some evidence that graviola may help against some types of cancer. According to 2016 research Trusted Source, graviola extract was toxic against some breast cancer cell lines.

It also increased T cells, which are lymphocytes in the body that kill cancer cells, and other damaged cells.

A 2012 study found graviola may be beneficial against some pancreatic cancer cell lines by inhibiting cellular metabolism.

Still, researchers caution graviola alone is insufficient to eradicate pancreatic tumors, and doctors should not use it as a primary treatment. Studies are ongoing to evaluate the efficacy of graviola as an adjuvant therapy for pancreatic cancer.

CANCER:

4 Things that increase your risk of cancer and four things that decrease your risk of cancer. I'm Dr Amy. I'm a cancer recovery expert in 6 year stage 3 cancer survivor. And let me show you how it's done:

1. processed meats. Process meats is anything like hot dogs or deli meats, bacon, sausage, any meat that's had something done to it to either change the taste, the Prolonged shelf life.
2. Alcohol. Alcohol, yes, has been shown to increase your risk of cancer. This is relatively new literature. Check out the World Health Organization. It's unfortunately true. And many people are having a hard time taking this information in.
3. Tobacco. I think everyone knows that.
4. Being at an unhealthy body weight. If you're overweight or obese, this will actually increase

your risk of cancer before things.

4 Things that decrease your risk of cancer:

1. Plant based foods, more fruits and vegetables that will lower your risk of cancer.
2. Exercise, you can decrease your risk of cancer by up to 59% through targeted exercise.
3. Stop alcohol. That will lower your risk of cancer.
4. The last thing that will lower your risk of cancer. And this is so not used enough by women with cancer. That's to eat more fiber.

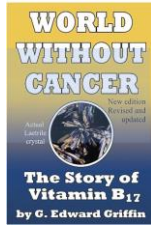
CANCER: Here's how to supercharge two anti cancer, antivirals, super nutrients by 2000%. I am dr Shintani MD and nutritionist trained at Harvard. Curcumin, known to have powerful anti cancer, antiviral and anti-inflammatory properties is the active ingredient in turmeric. We now know that it's taken with piperine, which is found in black pepper. It's absorption is increased by 2000 percent. Another powerful anti-cancer antiviral substance is sulforaphane found in broccoli and other cruciferous vegetables. You can supercharge this nutrient by eating it as broccoli sprouts, which has up to 10 to 100 times the concentration of sulforaphane. So consider adding turmeric and pepper to your favorite foods such as stir fries and stews or added to a salad dressing and use it over broccoli sprouts in a salad. I'm Dr Shintani for your health..

Starve CANCER: Cancer loves glucose, so cut all sugar out of your diet. 6 weeks no sugar. No honey, eat beans, legumes, vegetables, and reduce acidic foods by adding baking soda.

The herb is **frankincense** and its active ingredient is Boswellic acid, also available as Boswellia. What ancient biblical herb can fight cancer, diabetes, respiratory inflammation and inflammatory bowel disease. Hi, I'm dr Shintani MD and nutritionist trained at Harvard. This ancient herb has been used throughout the Middle East and Asia as medicine for digestive and arthritic disorders. Modern research shows that this herb has potent anti-inflammatory effects that may alleviate the symptoms of arthritis and inflammatory bowel disease, of great interest is that it has shown the ability to improve insulin sensitivity and lower blood sugar in animal studies. And it also shows promise and cancer control as it can induce apoptosis or natural cancer cell death and prevent angiogenesis the formation of new blood vessels to feed tumors. So to learn more ways to fight cancer, see my lecture at PeaceDiet.org.

God said, I want you to eat the herbs, the fruit and the seeds. Genesis 1:29. When you eat the fruit, you should eat the seed. When you eat a peach, eat the seed. Well crack it open with a hammer. (The seed is inside the hull). OK, you should eat the seed. Now be sure to get organically grown seeds, not the ones raised on steroids and pesticides. The seeds contain a bitter substance called cyanide. That'll give you a pucker that'll last about an hour and a half. But these. Seeds contain a vitamin called Vitamin B-17 which is half cyanide. You've been told it's a poison, No, it's not either, not in this form. So the cyanide found in the seeds is mixed with benzaldehyde. Both are poison, but together they're harmless until they bump into a cancer cell. There's a book about this topic called "World Without Cancer". There's a tribe of folks in northern Pakistan called the Hunza. The Hunza people never get cancer. The hounds of people's favorite food to eat is apricot seeds. Hoon says eat these apricot seeds like we eat peanuts. They just love them, and they never get cancer. Jason Vale teaches you should eat apricot seeds to cure cancer. And he said cancer cannot survive in a body of a person that consumes apricot seeds. Jason Vale simply

recommended the people eat apricot seeds, and they arrested him and put him in jail because the FDA wants people to take drugs to get well and not seeds to get.



Mr. Griffin marshals the evidence that cancer is a deficiency disease - like scurvy or pellagra - aggravated by the lack of an essential food compound in modern man's diet. That substance is vitamin B17. In its purified form developed for cancer therapy, it is known as Laetrile. This story is not approved by orthodox medicine. The FDA, the AMA, and The American Cancer Society have labeled it fraud and quackery. Yet the evidence is clear that here, at last, is the final answer to the cancer riddle. Why has orthodox medicine waged war against this non drug approach? The author contends that the answer is to be found, not in science, but in politics - and is based upon the hidden economic and power agenda of those who dominate the medical establishment. This is the most complete and authoritative treatise available on this topic.

My name is Wayne Rolland. I'm just like you. I have heard that the secure for disease that's been suppressed. I have cancer. I'm not going to accept the modality of the day. I need to know if there's going to be. If there's a cure that's suppressed out there. And I offer a \$10,000 reward. But one man called me one. Man. And he impressed me. He sent me to somebody that had an original rifle or a unit. And I used it three months later. The cancer was gone. So was my arthritis. And so Jacob showed me that I wasn't using the hurts rates to get rid of cancer at all. Not upset me because I paid good money for this. Now the cat. And why did the cancer leave? And I looked at the Hertz rates that I was using. And lo and behold, there were hertz rates to get rid of worms and parasites. And parasites It turned out that the lead poisoning was giving a bed for Paris. For parasites to breed infuriously. And it was their waste that had given me cancer. I was absolutely in shock. And the more research I did, and the further I got into this, the more I found out that pretty much all diseases caused by worms and parasites.

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CHOLESTEROL:

There was a study done in Ohio State University where they were feeding rabbits, diets that were extremely high in cholesterol, and they found to their amazement. There was one group of rabbits that never got. The high cholesterol levels. After a while, they found out that the technician who was feeling these rabbits instead of just throwing the food at them, he would stroke them and pet them and cuddle them and kiss them and then feed them the same poisonous food. But now, as a result of that experience of happiness, they made chemicals inside their brain and the body that turned the cholesterol into a completely different metabolic pathway. So it's not just the food you eat, but what your awareness, what your consciousness and your state of emotions is at the time you're eating. Nectar into poison and the other way around to poison into nectar.

Were told that when someone has a heart problem, stop the fats. Why are they told to stop the fats? Because of cholesterol. So now I want to give you the truth on cholesterol. So your liver makes cholesterol, and your liver makes cholesterol according to the body's demands. An 80% of the cholesterol that your liver makes is made from glucose. And 20% of the cholesterol that your liver makes is made from fat. You see, it's not the butter on

	<p>the bread. It's the bread under the butter. That's the problem The wrong guys been shot. I have to tell you. So there are two main types of cholesterol. There's HDL, high density lipoprotein. And there's LDL, low density lipoprotein. HDL is called the good guy because HDL is the carrier, and it carries excess cholesterol back to the liver. That's why it's called the good guy. LDL called the bad guy. But you know, the body doesn't make anything bad. What's LVL 's role? This role is out of a repairer and a rebuilder. That's what it is. That's what it does. But it does something else too, which is also very important, It delivers cholesterol to the brain because the brain loves cholesterol. Do you know the fattiest food on the planet with the highest cholesterol levels? Is breast milk in the first month of life? Because that developing brain will not develop without rich amounts of cholesterol and fat. Did you hear that?</p>
<p>COLD & FLU: JUMP TO TOP OF DOCUMENT</p>	<p>See "Flu"</p>
<p>COLD INTOLERANT: JUMP TO TOP OF DOCUMENT</p>	<p>Got the shivers and feel freezing even when its not that cold? You may need more Iodine in your system. Remember, your body is a well balanced machine and it needs a balance of vitamins and minerals to run properly.</p>
<p>COLD THERAPY TOP</p>	<p>See also: "Ice Baths"</p> <p>Cold showers are the new cocaine understand that when you eat chocolate, it increases dopamine by 200 percent. When you have sex, hopefully it's good quality sex. It increases your dopamine by 200%. When you smoke tobacco, it also increases your dopamine type 200%. But here's the thing, all of those things are very quick hits of dopamine. They're short term gratification. So you think with cocaine. You hit that line and guess what? You want more. But with cold showers, you get a 250% boost in dopamine. Then there's last up to four hours. Think about that. Everyone who wants to get high off of life should be starting cold showers every morning.</p> <p>There is nothing on the surface of the earth that will remove calories from your body or burn fat at the rate that getting in cold water well. If you actually read the story about Michael Phelps when he actually went into Beijing to compete in the Olympics, Gorgon take one to 10,000 calories a day. But why did go to 10,000 calories a day? Not because his training regimen changed because the pool he was in was four degrees colder than the pool he was used to training in. So water is 29 times more thermogenic than air. So when we get into cold water, 4 major things happen. Number one, our liver panics and it floods the bloodstream with something called a cold chalk protein. These are miracle proteins. These proteins will scour the body of free radical oxidation. They will quadruple the rate of protein synthesis, muscle repaired. The second thing this happens is you have a major peripheral vasophas. It drives oxygen into the core. It forces oxygen into the brain. The 3rd thing that happens is he. Now heat is flooding out of your body. There is no amount of hits cardio. There's no amount of intense exercise, weight training, nothing even comes remotely close.</p>
<p>CONGESTION: JUMP TO TOP OF DOCUMENT</p>	<p>See: "Lungs"</p>

<p>CONSTIPATION: JUMP TO TOP OF DOCUMENT</p>	<p>½ Cucumber ½ Pineapple</p> <p>Put in blender and make a “juice” and drink 1X a day. (Pineapple is the ONLY food source of Bromelain)</p> <p>Also, as an alternate to cucumber and pineapple try sublingual Magnesium drops.</p>
<p>CLOTHING: JUMP TO TOP OF DOCUMENT</p>	<p>Toxic Clothing? What are common toxins in clothing? Toxic Textiles: The Chemicals in Our Clothing</p> <p>These include, but are not limited to, flame retardants, Polyfluorinated substances (PFAS)*, lead & chromium, phthalates, chlorine bleach, AZO dyes, and volatile organic chemicals (VOCs)+ such as formaldehyde.</p> <p>Just how much risk is still not clear, but toxic chemicals have been found in hundreds of consumer products and clothing bought off the racks nationwide. Thousands of perfluoroalkyl and polyfluoroalkyl substances, or PFAS, exist since the first ones were invented in the 1940s to prevent stains and sticking.</p> <p>Buying organic cotton not only reduces the number of toxins you breathe and expose your skin to, but can lessen the amount of pesticide chemicals released into the water supply when washing your clothes. Other good fabric alternatives to look for are silk, flax, wool, and Tencel (made from sustainable wood pulp).</p>
<p>COLD SORES & FEVER BLISTERS:</p> <p>(SKIN CONDITIONS) JUMP TO TOP OF DOCUMENT</p>	<p>Frankincense and Caster Oil (2 drops of Frankincense per 1 tablespoon of Caster Oil)</p> <p>Frankincense promotes collagen growth and helps eliminate scars and wrinkles and dark spots as well as cuts and bites. This mixture is a good moisturizer that will not rob your skin of needed nutrients. It is anti-inflammatory, antibacterial, and promotes circulation.</p> <p>SKIN TAGS, MOLES AND WARTS: Apple cider vinegar, Caster oil and frankincense oil will remove pesky skin disorders. You can use any frankincense oil, just makes sure it’s 100 percent. I know that Apple cider vinegar itself works okay but it burns, and it’s not a fun process. Take a cotton ball, dip it in apple cider vinegar, and then put castor oil on top of that. Do two drops of frankincense oil on top of that. Put that on the skin tag, wart or mole, and then put a band aid over that and wear that overnight. I’ve been using this combination for five days now, and my mole has scabbed over. Caster oil is very healing, and so you don’t get that burning sensation as much. And the frankincense is also very healing at the same time.</p> <p>Health experts consider graviola an alternative treatment for herpes, but the supporting evidence is still inconclusive. However, a 2012 study showed it had some antiherpes activity in the laboratory.</p> <p>Additionally, according to an older study from 1999Trusted Source, graviola extract may have antiviral effects against herpes simplex 2 virus (HSV-2). HSV-2 is responsible for most cases of</p>

	<p>genital herpes outbreaks. Using an in vitro technique, or outside a living body, graviola was toxic to HSV-2 cells.</p> <p>SKIN CONDITIONS: Castor oil penetrates Very deep, and it penetrates deeper than any other oil So it can be used externally. And What it does, wherever Castrol penetrates, it breaks up lumps, bumps, congestions, adhesions. It can even break up a bone spurs. It can break up tumors. I have known women have told me this that's breaking up lumps in the breast, and those lumps may be systs or other maladies. (Credit Barabara Oneil)</p> <p>FACIAL TONER: Did you know you got some grapes (about 9) and put some in a blender. Add some fresh mint And blend it. Strain it with a cheese cloth or coffee filter. Green magic. What you have right now is a homemade natural toner. Using this toner restores vitamins and antioxidants leaving your skin glowing and these are high anti bacterial anti inflammatory is your help to cleanse the skin and unplug pores. This natural toner also helps of blemishes and scars and restores elasticity and heals acne, it's anti aging and it boosts collagen production in your skin</p> <p>Barbara O'Neill: So be careful what you're putting on the skin, because it can inhibit its ability to breathe. And it can also inhibit its ability to throw off waste. And the skin also absorbs another reason why we should be careful what we touch. I was consulting with a lady she was only in her early 40s who'd had a stroke So I was immediately intrigued. Why did she have a stroke? She's a chemist or a pharmacist, and she was from one of the Caribbean islands. And she said she mixes all the tablets up together with bare hands So the chemicals from the from the tablets are all going into her hands. The same thing happened on their event once a vet nurse. And she did the same thing, and she had major liver problems. You see the skin absorbs. So 1 must be very careful as to what 1 touches, and also what one puts on their skin.</p>
<p>CONSTIPATION:</p>	<p>MAGNESIUM, Liquid Drops will clear your system.</p> <p>Barbara O'Neil's Tea: one part cascara 2 parts licorice 3 parts buckthorn</p> <p>Mix that up. and take one teaspoon to one cup of water. and simmer it for 15 minutes and drink it.</p> <p>Drink in the morning for slight issue up to 3 times daily for more stubborn blockage. Continue to take it till your body heals from whatever problem you were having and cut back to once a day then only as needed.</p> <p>COLON TEA: (Barabara O'Neil) Barbara O'neill talks about tea, a special tea to help a stubborn gut: She tells a story about a lady who only went to the bathroom once a week. And she needed three cups of this tea a day And then eventually, her: her gut, everything started working, and she started using the bathroom, and she went down to two cups and then to 1 cup, and then to no cups. And she was able to go to the bathroom on her own. I started. With a teaspoon of each</p>

	<p>herb. But Barbara says to do it a little differently. This way has worked miracles for me, but I'm sure Barbaras way is just as good.</p> <p>Barbara says: One part Cascara, 2 parts licorice Three parts. Buckthorn</p> <p>She says to mix that up and take one teaspoon to 1 Cup of water and simmer it for 15 minutes and drink it all. I would also like to add that the pot that I'm using here is not good. It's very toxic. So Barbara also says not to even use stainless steel to simmer your herbs that you must use glass.</p>
<p>COOKWARE: JUMP TO TOP OF DOCUMENT</p>	<p>Teflon Flu--Is your cookware killing you? Teflon is a safe and stable compound. However, at temperatures above 500°F (260°C), Teflon coatings on nonstick cookware start to break down, releasing toxic chemicals into the air (18). Inhaling these fumes may lead to polymer fume fever, also known as the Teflon flu.</p>
<p>DEFICIENCY VITAMIN D JUMP TO TOP OF DOCUMENT</p>	<p>Vitamin D Deficiency November 15, 2022In this Article If you shun the sun, wear sunscreen, suffer from milk allergies, or adhere to a strict vegan diet, you may be at risk for vitamin D deficiency. Known as the sunshine vitamin, vitamin D is produced by the body in response to skin being exposed to sunlight. It also occurs naturally in a few foods -- including some fish, fish liver oils, and egg yolks - - and in fortified dairy and grain products.</p> <p>Vitamin D is essential for strong bones because it helps the body use calcium from the diet. Traditionally, vitamin D deficiency has been associated with rickets, a disease in which the bone tissue doesn't properly mineralize, leading to soft bones and skeletal deformities. But increasingly, research is revealing the importance of vitamin D in protecting against a host of health problems</p> <p>Symptoms and Health Risks of Vitamin D Deficiency</p> <p>Symptoms of bone pain and muscle weakness can mean you have a vitamin D deficiency. However, for many people, the symptoms are subtle. Yet, even without symptoms, too little vitamin D can pose health risks. Low blood levels of the vitamin have been associated with the following:</p> <ul style="list-style-type: none"> Increased risk of death from cardiovascular disease Cognitive impairment in older adults Severe asthma in children <p>CancerResearch suggests that vitamin D could play a role in the prevention and treatment of a number of different conditions, including type1 and type 2 diabetes, hypertension, glucose intolerance, and multiple sclerosis.</p> <p>Causes of Vitamin D DeficiencyVitamin D deficiency can occur for a number of reasons:You don't consume the recommended levels of the vitamin over time. This is likely if you follow a strict vegan diet, because most of the natural sources are animal-based, including fish and fish oils, egg yolks, fortified milk, and beef liver. Here are the best vitamin d foods for vegetarians.</p> <p>Your exposure to sunlight is limited. Because the body makes vitamin D when your skin is exposed to sunlight, you may be at risk of deficiency if you are homebound, live in northern latitudes, wear long robes or head coverings for religious reasons, or have an occupation that prevents sun</p>

exposure. During the winter, vitamin D deficiency can be more prevalent because there is less sunlight available.

Your kidneys cannot convert vitamin D to its active form. As people age, their kidneys are less able to convert vitamin D to its active form, thus increasing their risk of vitamin D deficiency. Your digestive tract cannot adequately absorb vitamin D. Certain medical problems, including Crohn's disease, cystic fibrosis, and celiac disease can affect your intestine's ability to absorb vitamin D from the food you eat. You are obese. Vitamin D is extracted from the blood by fat cells, altering its release into circulation. People with a body mass index of 30 or greater often have low blood levels of vitamin D. Tests for Vitamin D Deficiency The most accurate way to measure how much vitamin D is in your body is the 25-hydroxy vitamin D blood test. A level of 20 nanograms/milliliter to 50 ng/mL is considered adequate for healthy people. A level less than 12 ng/mL indicates vitamin D deficiency.

Treatment for Vitamin D Deficiency Treatment for vitamin D deficiency involves getting more vitamin D -- through diet and supplements. Although there is no consensus on vitamin D levels required for optimal health -- and it likely differs depending on age and health conditions -- a concentration of less than 20 nanograms per milliliter is generally considered inadequate, requiring treatment. Guidelines from the Institute of Medicine increased the recommended dietary allowance (RDA) of vitamin D to 600 international units (IU) for everyone ages 1-70, and raised it to 800 IU for adults older than age 70 to optimize bone health. The safe upper limit was also raised to 4,000 IU. Doctors may prescribe more than 4,000 IU to correct a vitamin D deficiency. If you don't spend much time in the sun or always are careful to cover your skin (sunscreen inhibits vitamin D production), you should speak to your doctor about taking a vitamin D supplement, particularly if you have risk factors for vitamin D deficiency.

Top Foods for Calcium and Vitamin D

Written by WebMD Editorial Contributors

Reviewed by Kathleen M. Zelman, RD, LD, MPH on November 16, 2022

In this Article

Your body needs calcium and vitamin D. Are you getting enough? Many people don't.

The best way to get more calcium is from your diet. You probably already know that dairy products -- such as milk, cheese, and yogurt -- provide calcium. Other foods that are high in calcium include:

Spinach

Kale

Okra

Collards

Soybeans

White beans

Some fish, like sardines, salmon, perch, and rainbow trout

Foods that are calcium-fortified, such as some orange juice, oatmeal, and breakfast cereal

Foods that provide vitamin D include:

Fatty fish, like tuna, mackerel, and salmon

Foods fortified with vitamin D, like some dairy products, orange juice, soy milk, and cereals

Beef liver

	<p>Cheese Egg yolks To get vitamin D from food, fish is a good option. Three ounces of cooked salmon has about 570 international units (IU).</p> <p>How Much Do You Need? Here's how much calcium and vitamin D you need every day, according to the Institute of Medicine.</p> <p>Calcium</p> <p>Children 1-3 years old: 700 milligrams (mg) Children 4-8 years old: 1,000 mg Children 9-18 years old: 1,300 mg Adults 19-50: 1,000 mg Women 51 to 70: 1,200 mg Men 51 to 70: 1,000 mg Women and men 71 and over: 1,200 mg</p> <p>Vitamin D Age 1-70: 600 IU Age 71 and older: 800 IU Your doctor may recommend higher levels of calcium and vitamin D, especially if you aren't getting enough of them or are at risk for osteoporosis.</p>
<p>DEFICIENCY GENERAL</p>	<p>I'm gonna show you some real simple ways to detect if your deficient in a certain thing.</p> <p>So if you have pain or discomfort anywhere on the right side of your body, all the way up and down, suspect gallbladder is either plugged or you might have a stone and the remedy for that is bile salts. So make sure you take it after a meal, not before.</p> <p>Lightheadedness is usually a salt deficiency because you need more sodium.</p> <p>And of course, muscle cramps are usually a magnesium deficiency, but you can get magnesium from consuming a lot of leafy greens.</p> <p>Now, anytime you're irritable or you have nervous energy, it's a classic B 1 deficiency. It can be one will probably give you the most relief with mental stress.</p> <p>Chronic coughing is usually a deficiency in calcium. You can simply take a calcium magnesium right before bed, and that usually should handle it.</p> <p>Cracking in the corners of your mouth right through here is a vitamin B-2 deficiency and in a classic deficiency of zinc, you may end up with either gastritis or an ulcer.</p> <p>And lastly, if you're driving on the road at night and you have a difficulty seeing in the dark, that's at vitamin A deficiency. So the next time your body is trying to tell you something, find out what it really needs.</p>
<p>DENTAL: JUMP TO TOP OF DOCUMENT</p>	<p>https://www.facebook.com/reel/1058307808507192?sfnsn=mo&s=F5x8gs&fs=e&mibextid=f70aF0</p>

STOP CAVATIES:

1 teaspoon baking Soda
1 Teaspoon Coconut Oil
1 Pinch Celtic Sea Salt
1 Clove (pulverized into a powder) (Or soak in water-see below)
Brush 2X daily

How do you gargle with cloves? Take a few cloves and grind them to a fine powder. Add this powder to a glass of warm water. Gargle with water with clove powder for toothache. (Alternately, you can soak cloves in water overnight and then gargle the water)

Is clove water good for mouth rinse? You can also add a few drops of clove oil to a glass of water and use it as a mouthwash to help promote oral hygiene. Whole Cloves: You can also use whole cloves to alleviate toothache. Place a whole clove on the affected tooth and bite down gently to release its oils.

Is clove good for mouth infection? This is why cloves are used to cure different health problems such as a toothache, cough, sore gums, indigestion, asthma, mouth ulcers, and stress. Cloves contain a strong anaesthetic known as eugenol which similarly works as an antiseptic to fight bacteria that may cause infections.

Is clove water good for throat infection? Packed with medicinal properties, cloves not only relieve a sore throat but also alleviate pain caused due to persistent coughing.

Can I boil clove and drink it? They'll bring a warm, distinctive flavor to desserts, curries, or chutneys. You can also simmer whole cloves in boiling water for 5–10 minutes to make a soothing cup of clove tea. Cloves are delicious and may provide many important health benefits.

How long should you keep clove in your mouth? Take 2 or 3 cloves and keep them in your mouth as close to the sore area as possible near your teeth and gums. In a minute or two, they will soften and you'll be able to chew on them. Chew lightly and the oils will be released to your aching tooth or gums.

What are the side effects of clove mouthwash? itching, rash; mild skin irritation; or. sore gums, mouth irritation, bleeding or swollen gums, or tooth changes after using clove inside the mouth.

What diseases can cloves cure? Top 11 Health Benefits of Clove - Nutritional Values and Side ...

Clove is a small-sized spice but has numerous health benefits. This spice provides many nutrients that help in controlling sugar, reduce cholesterol and triglycerides, improve bone, liver, and gastric health, reduce pain, reduce risks of heart disease and cancer, and is also good for oral health.

What is the strongest natural antibiotic for gum infection? Saltwater offers a powerful anti-inflammatory effect on the gums and helps destroy harmful bacteria. Moreover, it improves the healing process. Dentists recommend mixing half tablespoon of salt in a glass of warm water. Afterward, rinse typically for around a minute.

How long can you leave cloves in water? 10-12 days You can keep this clove water in the refrigerator for almost 10-12 days. If it is still left, you can discard it and make a new mix.

Toothpaste:

½ Teaspoon Turmeric
1 Teaspoon Baking Soda

Juice from 1 slice of lemon
Teaspoon or more of water to make a paste the consistency of honey.

Turmeric will remove bacteria and prevent tooth decay.

Gum Issues: Make a sage infusion

Aphthae: Rinse with Salt Water (2 teaspoons of salt in a glass of lukewarm water, & rinse up to three time daily.)

Toothache: make a mouthwash with cloves, it is antibacterial, antiseptic, and antiinflammatory.

Stains: Use baking soda with a drop of water to make a paste and brush for 2 minutes.

Cavities: Apple Cider Vinegar (1 tablespoon in glass of water) Rinse 3X daily.

To whiten teeth: Make a "paste" of 2-3 strawberries (or kiwi) and baking soda and brush into teeth and leave in place about 5 minutes. DO this no more than 1 X weekly. The strawberry will break down the malic acid that causes stains and brighten and whiten your teeth.

Ginger poultice for tooth or joint pain.

Most dangerous thing you can have in your mouth is root canal. And the reason for this is a root canal filling is a dead tooth. The root has been taken out. So there is now no blood, no lymph going through that tooth to clean it. Microbes can live in there. The body tries to reject something dead. So an infection can be set up here. And sometimes. You don't know cause you've got no. If so, feeling in that tooth, every tooth has a link for different parts of the body. Kidney is not working well because the tooth that has the connection to the kidney part has a root canal in it. So I say to people, if you've got a root our feeling that it is all at all tender, if it has any discoloration, my advice is, try and get it out this week. If you have root canal fillings that don't appear to be a problem, I would still get them out, because they are a piece of dead teeth. Now, the other danger in the mouth is mercury fillings, mercuries and neurotoxin. There is no safe dose of that in some. Countries, mercury fillings are tightly banned.

We all lose minerals in our teeth when we eat too much sugar, the sugar as it gets to the bloodstream pulls the calcium from our teeth and bones. What we have to do is lose our teeth OR keep our teeth healthy. We have to re-mineralize our teeth. You must add minerals back to the teeth. You must do a coconut pull. Use 100 percent coconut oil..basicall swish 1 teaspoon around in your mouth for 3 minutes 2x daily. Then use bentonite clay. Its the best stuff you ever going to use for the teeth. Bentonite clay acts as a man and it draws all the toxins and plaque from the teeth and adds minerals back into the teeth.

In my last video, I told you how to heal small cavities using a combination of bentonite clay, calcium carbonate, crushed cloves and kaolin clay. Now, for those with receding gums, here are four holistic practices. Number one is oil pulling. Swish a tablespoon of coconut oil or sesame. Or sesame oil in your mouth for about 15 minutes. Then spit it out. This practice can help reduce plaque buildup and promote healthy gums. Number two is aloe vera. Apply pure aloe vera gel to

your gums and massage gently. Aloe vera has anti-inflammatory and healing properties that help soothe gum tissues. Number three is green tea. Rinse your mouth with cool green tea. Green tea contains antioxidants that promote healthy gums and reduce inflammation. #4. Which I highly encourage is to seek probiotic specifically formulated for teeth and gums. Many common dental products, such as toothpaste and mouthwash, contain toxic ingredients that can destroy the microbiome in the mouth, leading to a whole list of health problems.

ROOT CANAL: (Barbara O'Neil)

No, the most dangerous thing you can have in your mouth is root canals. And the reason for this is a root canal filling is a dead tooth. So there's your jaw. There's the tooth. And it's connected by periodontal ligament. I'll give it another color. So that's the periodontic ligament that's connecting it. Now, when someone's got a root canal filling, the root has been taken out. So there is now no blood, no lymph going through that tooth to clean it. And the inside of a tooth is like honeycomb. So you just picture this dead tooth in your mouth. No blood, no lymph microbes can live in there, not. Only this the body tries to reject something dead. So an infection can be set up here. And sometimes you don't know cause you've got no nerves or feeling in that tooth. I've got a book at home called root canal. Cover up and it's by the head of the orthodontic association in America. He's written a book. Well, he's not the head anymore of how dangerous root canals are. So that what you've got here? That's the jawbone you've got. You've got blood, let's say. That's blood. And you've got your lymphatic system also going through there. So if that gets you, then can affect your lymphatic system. It can affect your blood system and it can make a person very sick. Just a root canal filling. So I say to people, if you've got a root canal filling that it is all tender and all tender if it has any discoloration, my advice is try and get it out this week. If you have read canal fillings that don't appear to be a problem, I would still get them out because they are a piece of dead teeth. And if your dentist says this is ridiculous, there is absolutely nothing wrong with that tooth. I'm not going to do it. I would say, well, if you don't do it, I'll go to someone that will. It's your mouth But you couldn't reckon our fillings into the web and you'll get a whole lot of scary stories coming out of there. So the root canal fillings are dangerous for many reasons. Another one is that every tooth has a link for different parts of the body. So a person can have a, you know, kidneys not working well because the truth that has the connection to the kidney part has a red canal in it now. The other danger in the mouth is mercury fillings. Mercury is a neurotoxin. There is no safe dose of that. In some countries, mercury fillings are totally banned. And they were banned in America for 300 years till the 1920s three dentists came over from Europe and started their own dental association, where they legalized mercury. They don't even look nice, do they? The mercury fillings are the silver colored fillings. Now, mercury, little by little leeches into the body. And it's a neurotoxin. So some people can be sick, especially if someone says. But I'm doing everything right And then I ask any mold exposure, though, chemical exposure, no. Have you got any root canal for links? Ah, yes. Have you got any mercury in your mouth? Ah, yes. And mercury is the number one cause of multiple sclerosis because it eats away that myelin sheath. Now, crowns, I am not sure on a crown it would depend what was under the crown, if there was mercury under the crown, if there was a rootkineling canal under the crown. So basically, I think, for the person asking this question, it would be good, maybe, for them to have an X ray of the tooth to just see exactly what's happening under there. But if there's, if it's a dead tooth, if it's root canal underneath or mercury, then it would certainly be better to to have it out.

Audrey Edwards tell me 5 things that you do different now that you're a holistic dentist.

1. Fluoride is not in my office anymore and not even in my life. Flouride is a neurotoxin and it is a hormone disrupter and it lowers your IQ and it really does nothing for cavities.
2. Mouthwash: We don't use mouthwash. We can use an oil pooling, but mouthwash actually decreases the good bacteria that in your mouth that are responsible for nitric oxide, which in turn is responsible for basal dilation and lowering the blood pressure.
3. Metal fillings: We don't do any kind of metal in the office because the metal, especially mercury, which, when you chew causes your body to decrease in the hydrochloric acid. Therefore you have the disrupted gut microbiome and cannot digest through properly. Not only that, it's a neurotoxin and messes with your brain.
4. Airway is the foundation for most of all the things you don't brush too hard. Nobody brushes too hard that cause dimples. That's from an airway issue from clenching and grinding.
5. Biofilm is not just a hygiene problem. So no no no no no it's not because you haven't been brushing that you have some plaque build up.

Dental Salt Rinse and Oil Pulling to HEAL cavities:

And you know that you can remineralize your teeth and heal cavities. It's possible. Do these two things every day and you want up cavities? Well, if you still come to sugar, you still might. First thing you're going to get some more water, and you're going to get a good amount of salt. I use any type of sea salt. This is actually pink salt, but it's the only thing I have at the moment. Do you get twice a day? You want to make sure the water is warm so it disintegrates the salt. You're going to do it a salt rinse. So you're going to gargle salt water, rinse it in your mouth twice a day. Next thing you're going to do is you're going to grab a handy coconut oil, and you're going to be oil pulling. That's all you need. You just need some salt and some coconut oil. You're going to do this for 10 minutes a day, preferably in the morning, but in the season of life, I'm not going to do that night when the kids go to bed. You just grab a tablespoon, put it in your mouth. You're going to squish this in your mouth for about 10 minutes. This has amazing anti microbial properties to it. It's going to kill all bad bacteria in your mouth. Doing these two things today is going to up your dental hygiene so much. Trust me, you're going to save hours and hundreds of dollars after that.

Our children are getting way too much fluoride, which is a direct correlation between high levels of fluoride in drinking water and low IQ. 2/3 of children living in fluoridated communities have dental fluorosis in at least one tooth. Dental fluorosis is the visible manifestation of toxic overexposure to fluoride during their developmental years. We're all on medication right now. Did you use toothpaste with fluoride today? It says drug facts. I know it's a drug. If I already give it to you, it'd have to be a prescription. When it comes to toothpaste, don't swallow. And if you do swallow, contact the poison control center. That amount is ¼ milligram. And that's the same amount of fluid as what we find in eight ounces of water. 400 milligram of fluid, quarter milligram of fluid. Don't swallow in wide division fluoride in our water with many are surprised to learn that the fluoride using our drinking water is actually a byproduct of aluminum in other metal production processes. Raw aluminum doesn't come all perfect and soft. It needs to be chemically processed and broken. Down. And this produces a lot of highly toxic chemicals like Thora. And we're not talking about the natural fluoride that occurs in caves and stuff. I'm a colleague this afternoon in Rock Island, but hazmat crews were called to the Rock Island water treatment plant. The chemical hydrofluorocid is used to add fluoride to the plant's water. Jonaka was so strong it was burning through the concrete there.

ALL NATURAL TOOTHPASTE (BECAUSE FLOURIDE IS TOXIC)

Oil pulling is great for fighting cavities. A lot of people don't have the mouth strength to do that for 25 minutes a day. On the average, you have to do it from 15 to 25 minutes a day to even start pulling the cavities out. So a quicker way is to make your own toothpower. See below for a few recipes:

Bentonite Clay

Yes, I'm talking about the stuff I wash my hair with. Bentonite clay is a gentle cleanser that is rich in minerals which support tooth remineralization. It's detoxifying properties help freshen breath and fight gum disease, while it's adsorptive properties help remove stains from teeth. (See Activated Charcoal for more about adsorption)

Baking Soda

Baking soda is a mild abrasive tooth polish that helps mechanically remove stains while other ingredients such as clay and activated charcoal draw them out. It also helps freshen breath.

Sea Salt

Unrefined sea salts such as this one and this one contain 60+ trace minerals that aid in tooth remineralization. Salt is also highly antiseptic, which helps keep bacteria in check.

Herb & Spices

Spices and herbs such as clove powder, ground cinnamon, and ground mint add flavoring, but they also have astringent properties that support gum health.

Stevia

The whole herb form of stevia is used in this recipe as a sweetener. My kids like the flavor so much they actually refuse to spit when they brush their teeth. Of course, that's okay with me because all the ingredients are edible.

Activated Charcoal

As I wrote here, "Activated charcoal – also called activated carbon – is made by processing charcoal with oxygen and either calcium chloride or zinc chloride. It was used medicinally by both Hippocrates and the ancient Egyptians, and it is still the poison remedy of choice in modern day emergency rooms. Why? Because it's highly adsorptive, which in plain English means it attracts substances to its surface like a magnet. Like absorptive substances which work like a sponge, adsorptive materials bind with certain compounds and prevent our bodies from using them.

Fortunately for us, activated charcoal is a bit particular about what it locks onto. It's not interested in calcium, copper, iron, magnesium, inorganic phosphorus, potassium, sodium, zinc and other compounds you probably want to hang onto (including your tooth enamel). It does, however, happen to like tannins – the compounds found in coffee, tea (even herbal tea), blueberries, wine and spices like cinnamon that stain our teeth. As a bonus, activated charcoal also balances the mouth's pH and is even considered beneficial enough to be used in some tooth re-mineralization formulas."

Homemade Tooth Powder Recipe

Note: Feel free to add or adjust ingredients based on your needs. For example, if you have very sensitive teeth you might want to skip the baking soda and salt at first, or if you want to focus on removing stains add a little more activated charcoal to the homemade tooth powder recipe.

Ingredients

4 tablespoons bentonite clay (You don't need an expensive brand – something like this will work well)

2 teaspoons baking soda
1 ½ teaspoons finely ground unrefined sea salt (I use this brand and this brand)
½ teaspoons clove powder (where to buy organic clove powder)
1 teaspoon ground cinnamon (where to buy organic cinnamon)
1 ½ teaspoons ground peppermint leaves, spearmint leaves or 5-10 drops peppermint essential oil (where to buy spearmint oil or peppermint essential oil)*
1 ½ teaspoons unrefined stevia powder – optional (find it here)
¾ teaspoons activated charcoal – optional (I open up about 4 capsules of this brand to add in)
* If you don't have peppermint leaves, just grind some peppermint tea in a coffee grinder. Voila!

Directions

Using a stainless steel or plastic spoon, mix all ingredients in a clean glass jar. To use, add a little to a wet toothbrush and brush as normal.

Why These Ingredients?

Baking soda removes plaque and helps to whiten teeth.

Clay cleanses, polishes, and is full of minerals.

Sea salt whitens and is antibacterial.

Sage, peppermint, cloves, and cinnamon are for flavor. Plus, they have healing and cleansing properties.

Neem is cleansing and antibacterial. Note that it can also act as a contraceptive.

Stevia is for sweetness.

Essential oils can be added for flavor. They also have beneficial properties. Although many feel they are safe to ingest, I personally do not.

Coconut oil heals and is also antibacterial. However, it may be too solid for use during the winter.

Dr. Bronner's is a great cleanser if you can stand the taste. Mix it with herbs and oils to avoid the feeling of "washing your mouth out with soap".

My Own Recipes

5 from 3 votes

Print

Homemade Herbal Tooth Powder and Toothpaste

Combine base ingredients with liquids to make either the tooth powder or toothpaste.

Course Household & Health

Author Andrea Sabean

Ingredients

Base Ingredients (pick 1, 2, or all 3!)

baking soda

finely-ground calcium powder buy calcium tablets and grind yourself!

Kaolin clay or Bentonite clay

Optional Base Ingredients (use what you have!)

sea salt finely ground

spirulina add by the 1/4 teaspoon

ground sage peppermint, cloves, and cinnamon

neem

powdered stevia extract for sweetness, optional

essential oils such as peppermint

Liquid Ingredients (choose one or a combination)

coconut oil too solid to use during the winter months

pure water or herbal tea such as peppermint

liquid castile soap such as Dr. Bronner's

Instructions

Mix together 2 tablespoons of base ingredients with 3 to 4 teaspoons herbs and add-ins.

Store in a container with a shaker lid (spice jars work well for this!).Toothpaste

Stir together 3 tablespoons of base ingredients with 2 to 4 teaspoons herbs and add-ins.

Next, slowly add enough liquid to make a paste, a little at a time.

Recipe Notes

*Prepare water-based pastes in small batches to reduce the risk of spoilage

Homemade Herbal Tooth Powder & Toothpaste | Why would anyone think about making homemade toothpaste? Or homemade tooth powder? Maybe because there are questionable ingredients in conventional products and a high price tag on natural alternatives. Not to mention, the satisfaction of doing it yourself, and knowing exactly what you're putting in your mouth.

Convinced yet? Then here are recipes so you can brush your teeth with your own personal mix today! | TraditionalCookingSchool.com

4.8 from 5 votes

Print

My Favorite Homemade Tooth Powder

I actually prefer a tooth powder to a toothpaste for many reasons. There is no worry over shelf life since there are no wet ingredients. It is easily stored in a shaker container. Also, it has no actual contact with the toothbrush so it is easily and hygienically shared with family members. And, it's quick and easy to make!

Course Household & Health

Author Andrea Sabean

Ingredients

1 tablespoon calcium powder buy calcium tablets and grind yourself!

1 tablespoon baking soda

1 teaspoon sea salt

1 teaspoon neem

1 teaspoon dried peppermint

1/4 teaspoon spirulina

Instructions

Mix together and store in a container with a shaker lid. (Spice jars work well for this!)

Variation...

I also like this combination: 1 1/2 tablespoons clay, 1/2 tablespoon baking soda, 1 teaspoon sea salt, 1 teaspoon sage, and 1 teaspoon peppermint.

2.67 from 6 votes

Print

My Favorite Homemade Toothpaste

I like this recipe in the summer months, when coconut oil stays soft.

Course Household & Health

Author Andrea Sabean

Ingredients

3 tablespoons clay

1/2 teaspoon baking soda

1/4 teaspoon spirulina

1/4 teaspoon sea salt

1 teaspoon dried peppermint

coconut oil

Instructions

Stir together base ingredients and add-ins.

Then, slowly add liquids, a little at a time, until you get the right consistency.

Toothpaste Recipe 2:

½ a cup of unrefined coconut oil.

one tablespoon of baking soda

and then began to mix until it had a paste light consistency.

4 to 5 clove oil drops and mix well.

One tablespoon of coconut oil in your mouth for 15 minutes has these five benefits. You'll whiten your teeth. It'll strengthen your gums, teeth and jaw. It gets rid of bad breath, prevents cavities, heals. Cracked lips to make a herbal mouthwash. Boil cloves, ginger, oregano, a stick of cinnamon bay leaf and sage. Like follow and share so others can heal.

TOOTHPASTE COLOR CODES:

If you have the green block on the base of your toothpaste, it means it's all natural. If you have the blue, it is natural plus medicine. If it has red, it's natural with chemicals and it has black. It's all chemicals.

DEPRESSION

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MOOD DEPRESSION

Hormones. We know cold water immersion increases production of mood-elevating hormones and neurotransmitters (beta-endorphins, noradrenaline and dopamine) that can improve symptoms of depression and anxiety by changing the chemistry in our body and brain. Dopamine is the reward chemical, when you are praised for something well done or when you express gratitude to God for things you are thankful for it releases dopamine playing a role in your happiness. Oxytocin is often referred to as the cuddle hormone. Your brain releases oxytocin when you hug someone or play with a kitten or a puppy or peaceful infant. When you feel down, go hug someone. Serotonin is the happiness chemical, 2 things will increase serotonin in your brain.

1. Exercise.

2. Laughter. Interestingly, even fake laughter can trigger this hormone. Try this: Just say Ha, the Ha ha, then ha ha ha..and on and on till you get to 10, but the time you reach 10 ha ha's in a row you might actually laugh for real. Endorphins are produced to help relieve pain, reduce stress and

improve mood. Endorphins can be boosted by exercising, eating, eating chocolate, having sex, getting a massage and many other ways.

<https://www.intrepidmentalhealth.com/blog/8-ways-that-rosemary-can-improve-your-mental>

The any of you ever suffered from depression, or how many of you know somebody who has suffered from depression? Look at the hands in the room. **44% of this country is on an antidepressant.** 44% of Americans are on an antidepressant. Do you know how we define depression in this country? We define depression as an inadequate supply of the neurotransmitter serotonin. If your serotonin is low, you are by. That definition depressed. So wouldn't. you think that the cure would be to raise serotonin if I'm depressed? Because I have low serotonin. Then why don't I raise serotonin? Well, that's not what we do. You know, we do to people that are depressed. We put them on an SSRI, serotonin re-uptake inhibitor. We take what little serotonin you have, and we ration it. So by definition, it never ends depression because it never raises serotonin. And this is. Why I have patients come in all the time to 10X health and say Gary, I've been on antidepressants for 18 years I go when did you think it was going to kick in? Serotonin is made in the gut. There's a factory right here in the gut. And 90% of it is made in the gut before it travels up the Vegas nerve to the brain. We can turn that factory back on. And in 14 days you are no longer depressed because you didn't have depression. **You just had low serotonin. And as soon as we fixed that gene mutation, serotonin skyrockets and depression takes a backseat.**

There are some things that should not enter the human body if you want to conquer depression. Let's have a look at them. Sugar, refine sugar. Why? Refine sugar? Well, this brain cell, it consumes 15 times the glucose of any other cell. Well, wouldn't sugar be good for the brain cell? Well, when sugar goes in, blood glucose levels rise dramatically. Brain function is overloaded. So very quickly, insulin release. Get that blood glucose level down and now goes too low. Hybridized wheat. What's this got to do with depression? Sugar has a lot to do with depression because you're getting those quick highs and the corresponding dumps. The hybrid eyes week does the same thing. It was hybridized in the 50s. Went worldwide in the 70s by the 1990s every week. Product you buys a hybridized wheat. It was pushed through quickly, so no safety studies were done. Those are the covid vaccine, doesn't it? And how many products are these two together? How many cookies, biscuits, cakes, dynards, coal matter? He quotes a few psychiatrists who take their schizophrenic, severely depressed patients off wheat, off refined sugar and off the next one. Dairy. 50% improvement. Many guts cannot break that down. And so what gets into the blood is something called Casio morphine and the wheat breaks down to glutamorphine. What's morphine? It's an opiate derivative.

DETOX-HEAVY METALS:
[JUMP TO TOP OF DOCUMENT](#)

IODINE—HEAVY METALS REMOVER: Did you know whether or not another nuclear catastrophe is heading our way? We're all cooking at low level radiation that's increasing all the time from cell towers and Wi-fi. This is just 1 of the reasons we always keep a good supply of iodine, which converts to iodide in the body. Fluoride, which is a neurotoxin in water and bromide, a poison in our food, both head straight for a pineal gland and thyroid and iodine, is one of the only ways to

get them back out. It also binds to you and removes a wide variety of other heavy metals and toxicants and place a crucial role in keeping your liver and limb system flowing. Good iodine levels are one of the best ways to prevent infections by those germs they try so hard to get us to be scared of. And most importantly to us, after our son was diagnosed with stage 4 cancer, iodine deficiency is tight to cancer diagnosis and poor. Survival, whereas iodine sufficiency is tied to cancer prevention and improve survival. There are a lot of things we take just about every day, but iodine is one of them.

How do you cleanse your body of heavy metals?

Dangers of Heavy Metals & How to Do a Heavy Metal Detox - Dr. Axe

Heavy metal detoxes use foods, herbs, supplements and treatments to excrete metals from the body via the urine, feces, sweat and breath. Some of the most effective include chelation therapy, bentonite clay, milk thistle, triphala, bone broth, bitter leafy greens, algae, raw juices and herbs.

How long does it take to detox from heavy metals?

So, depending on the amount of contamination and the condition of your body, it can take months, sometimes up to a year and a half, to finally get rid of all the toxins and heavy metals.

Heavy metals and waste products are excreted by organs such as the liver, spleen, lymph, kidney and intestine.

Does Epsom salt detox heavy metals?

One of the best-known ways to detox heavy metals from the body is through the skin, submerged in a salt bath. The sulphates in Epsom salt help flush out toxins and heavy metals. The process is called reverse osmosis, and it literally pulls toxins out of your body.

What vitamin removes heavy metals?

7 Foods That Help You to Detox from Harmful Heavy Metals

Fruits and vegetables high in vitamin C can reduce the damage caused by heavy metal toxins by acting as an antioxidant. Vitamin C helps convert toxins into a water-soluble form that may be eliminated easily from the body

How do I know if I need a heavy metal detox?

Heavy metal toxicity might be triggering inflammation, causing you persistent pain. Skin Problems: Your skin can be a real telltale sign of what's going on inside your body. If you're dealing with persistent skin issues like acne, rashes, or eczema, heavy metal toxicity could be playing a part.

How do I know if I have heavy metals in my body?

A heavy metal blood test, also known as a heavy metals panel or heavy metal toxicity test, looks at a small sample of your blood for the presence of metals. The test looks for common metals such as: Lead. Mercury.

Does magnesium get rid of heavy metals?

Along with zinc and vitamins C and E, magnesium is an essential part of detoxification, and when taken in conjunction with these other antioxidants can help to cleans a person's body of potentially harmful heavy metals.

DETOX THE COLON: ½ Cucumber and ½ Pineapple
Pineapple is the ONLY FOOD SOURCE of Bromelain)
This will clear your colon, relieve constipation and excess waste.

DETOX:

Is a solution that we make to correct the radiation in our system. And that is to take a quart... stop, because this is a formula. Write this down.

¼ distilled water. By doing distilled water it absorbs and pulls down all these elements that are pouring to the physical well being of our body.

one teaspoon of soda,

1 teaspoon of sea salt, and start to stir in it, divide that into four doses.

Now, your first dose, then drink the next one every two hours until you have taken the portal. And your system will be pretty well cleaned out. Now, when you prepare the baths to them and put them together, you'll be surprised at the results that you get.

DETOX BATH: They take care of radiation poisoning. They take care of pesticides. They take care of heavy, heavy metals, all kinds of things, even some parasites. So if you got a bathtub, you know, someone's got a bathtub, that's the easiest, fastest way. Good old baking soda. So 1 or two cups of baking soda, 1 or two cups of Epsom salt in there that already is a wonderful radiation detox against fungus and yeast out of your body as well. You add a little bit of bentonite clay as tech secret is a wonderful one. One half to One Cup. Now you've also got a major pull of poison coming out. You add in one cup of borax, you know that laundry detergent that'll take nanotechnology out of you. You scrub down, scrub down, scrub down 20 minutes.

Barbara O'Neil highly recommends this recipe for a bath detox:

1-2 Cups Baking Powder

1-2 Cups Epsom Salts

1/2-1 Cup Benzonite Clay

1 Cup Borax

Hottest water you can tolerate & scrub for 20 minutes.

The Baking Powder & Epsom Salts get rid of:

Radiation Poisoning

Pesticides

Heavy Metals

Parasites

Yeast

The Benzonite Clay pulls Poison out of the body

The Borax pulls Nano Technology out of the body

DETOX FASTING-BARBARA ONEIL:

The best ways to detox is stop eating for a couple of days when we stop eating all those energies that usually go to digest and now start to cleanse and detox through the body.

Please run with this voice to detox and stop eating for a couple of days. When we stop eating, usually go. To digestion. Now start to cramps and detox through the body. Well, living springs. We do juices every two hours. And then the main juices. 80% carrot. 10%. Apple 10%. Sorry. And that can be taken every two hours. Sometimes we had a bit of cucumber. Sometimes we add a few more greens, sometimes we add a bit of ginger, sometimes a little bit of beach, beetroot. So we automate the juices a little bit. So two days on juices is a great detox.

DIABETES & SUGAR:
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[24.02.2016 - Barbara O'Neill - Diabetes and Weight Loss - YouTube](#)

Gymnema-reduces sugar cravings and treats diabetes. Coleus-breaks down body fat If you are Anemic and/or B12 deficient with Chronic Inflammation: Zinc, Apple Cider Vinegar and take a probiotic and add a bunch of Broccoli Sprouts and Micro Greens and Saurkraut and Pickles.

DIABETIC? Insulinanemia? Hypoglycemia?

[Top Blood Sugar Supplements To Help Support Glucose, Fatigue, and Bloating | Smarter Reviews \(smarter-reviews.com\)](#)

Low magnesium levels lead to insulin resistance.

What are the warning signs of prediabetes?
Symptoms
Increased thirst.
Frequent urination.
Increased hunger.
Fatigue.
Blurred vision.
Numbness or tingling in the feet or hands.
Frequent infections.
Slow-healing sores.

Above link recommends top 5 supplements for diabetes.

1. Magnesium-carb processor
2. Zinc-ultra important
3. Alpha-lipoic Acid- neuropathy help
4. Gamma-limpoic Acid: nerve damage help, numbness, digestive, heart
5. Carnitine-keeps dangerous acids out of the bloodstream

Chromium-improves glucose tolerance, lowers cholesterol, lowers triglycerides, lowers blood glucose
Vitamin D-regulates blood sugar, mood and depression
Biotin

[10 Supplements to Help Lower Blood Sugar \(healthline.com\)](#)

Top Ingredients To Look For In A Blood Glucose Supplement

Unique compounds found in cinnamon have been shown to support insulin function, helping keep blood sugar levels balanced. We recommend clinically studied cinnamon extracts such as CinSulin and Cinnulin PF, which distill these compounds for maximum glucose support.

This unique mushroom blocks a specific enzyme associated with blood sugar imbalance. When this enzyme is blocked, your blood sugar is lowered.¹

This essential mineral can help regulate insulin.² It's especially useful for people with type 2 diabetes, helping control their blood sugar and improve the body's response to insulin in clinical studies.

Why Berberine Is Critical for Blood Sugar Support

For centuries, berberine was used in traditional Chinese medicine to treat a wide variety of ailments. Modern medicine has discovered that berberine helps decrease insulin resistance, helping your cells absorb sugar from the blood. This helps decrease blood sugar, brain fog, and muscle stiffness.

Look for a supplement with at least 500 mg of berberine bark extract to get the most of its effects.

Avoid Magnesium Stearate

This cheap filler is used to help bind ingredients together and lubricate the supplement so it doesn't gum up when it is run through the manufacturing machines. Magnesium stearate adds no nutritional value and can become toxic to your system.

Using supplements for diabetes

It's always best to let the foods you eat provide your vitamins and minerals.

However, more and more people are turning to alternative medicine and supplements. According to the National Center for Complementary and Integrative Health [Trusted Source](#), few supplements have enough evidence to support use for preventing or treating diabetes.

Supplements should not be used to replace standard diabetes treatment. Doing so can put your health at risk.

It's important to talk with a healthcare professional before using any supplements. Some of these products can interfere with other treatments and medications. Just because a product is natural does not mean it's safe to use.

The following supplements have shown promise in improving blood sugar management and other diabetes-related complications.

Cinnamon

Chinese medicine has been using cinnamon for medicinal purposes for hundreds of years. It has been the subject of numerous studies to determine its effect on blood glucose levels.

A 2019 research review suggests that cinnamon helps lower fasting blood glucose levels. More studies are being done, but cinnamon is showing promise for helping treat diabetes.

According to the National Center for Complementary and Integrative Health (NIH)Trusted Source, “Cinnamon should not be used in place of conventional medical care or to delay seeking care if you have health problems.” The NIH states this is particularly true for those living with diabetes.

Chromium

Chromium is an essential trace element. It’s used in the metabolism of carbohydrates. However, research on the use of chromium for diabetes treatment is limited. A 2020 review of literatureTrusted Source involving 28 trials suggests that chromium supplements may help reduce fasting glucose levels in those living with type 2 diabetes.

Vitamin B1

Vitamin B1 is also known as thiamine. Many people with diabetes are thiamine deficient. This may contribute to some diabetes complications. Increasing evidence also links low thiamine to heart disease and blood vessel damage.

Thiamine is water-soluble. However, benfotiamine, a supplemental form of thiamine, is lipid-soluble. It more easily penetrates cell membranes. Some research suggestsTrusted Source that benfotiamine can prevent diabetic complications. However, other studies have not shown any positive effects.

Alpha-lipoic acid

Alpha-lipoic acid (ALA) is a potent antioxidant. Research suggestsTrusted Source it may:

- reduce oxidative stress

- improve vision

- improve neuropathic symptoms

- decrease fasting plasma glucose (FPG)

However, more research is needed. Furthermore, ALA needs to be taken with caution, as it has the potential to lower blood sugar levels to dangerous levels.

Bitter melon

Bitter melon is used to treat diabetes-related conditions in countries like Asia, South America, and others. However, human data has been limited until recently.

Research conducted in 2020 suggests that bitter melon helped lower glucose levels in people living with type 2 diabetes. However, this study was fairly small. More research is needed before a definitive conclusion can be made.

Green tea

Green tea contains polyphenols, which are antioxidants.

The main antioxidant in green tea is known as epigallocatechin gallate (EGCG). Laboratory studies have suggested that EGCG may have numerous health benefitsTrusted Source including:

- lower cardiovascular disease risk

improved glucose management
better insulin activity

Resveratrol

Resveratrol is a chemical found in wine and grapes. In animal models, it helps prevent high blood sugar. Animal studies have also shown that it can reduce oxidative stress, but human data is limited. It's too soon to know if supplementation helps with diabetes.

Magnesium

Magnesium is an essential nutrient found in many foods.

Research suggests [Trusted Source](#) supplemental magnesium may improve glucose levels in those living with diabetes. It may also improve insulin sensitivity in those at risk.

Eating foods rich in magnesium is always a good idea. But talk with a healthcare professional before taking magnesium supplements. Too much can be dangerous and lead to side effects like nausea and diarrhea.

Frequently asked questions

Below are some frequently asked questions about herbs and supplements for diabetes.

What supplements may help with diabetes?

Supplements like cinnamon, chromium, vitamin B1 (benfotiamine form), alpha-lipoic acid, bitter melon, green tea, resveratrol, and magnesium may be beneficial for those living with diabetes. But it's important to talk with your healthcare professional before adding any supplements to your routine.

Are there any natural remedies for diabetes?

Many people have found success with lifestyle modifications and natural remedies to manage diabetes. Eating a nutritious, balanced diet, exercising regularly, reducing stress levels, and supplementing with certain vitamins and minerals may all be helpful. Always talk with a healthcare professional before making changes to your diabetes treatment plan

Are there any over-the-counter treatments for diabetes?

Diabetes is a complex condition and cannot be treated with over-the-counter medications. It's important to work with a healthcare professional on an individualized treatment plan. However, certain vitamins, minerals, and supplements may help support diabetes management.

A quick look at the best diabetes apps • Best for community conversations:

Bezy T2D • Best for healthful eating:

Fooducate • Best for comprehensive diabetes management:

MySugr • Best for integrated tech:

Glucose Buddy • Best for phone and tablet:

Diabetes:M • Best for the newly diagnosed:

Beat Diabetes • Best for blood glucose tracking:

OneTouch Reveal • Best for easy shopping list creation:

Diabetic Recipes • Best for personalized tracking:

Glucose tracker –

Diabetic diary • Best for simple blood glucose tracking:

Diabetes Symptoms of type 1 and type 2 Type 1 and type 2 diabetes share common symptoms. They are: going to the toilet a lot, especially at night being really thirsty feeling more tired than usual losing weight without trying to genital itching or thrush cuts and wounds take longer to heal blurred vision. Hyperinsulinemia (hi-pur-in-suh-lih-NEE-me-uh) means the amount of insulin in the blood is higher than what's considered healthy. On its own, hyperinsulinemia isn't diabetes. But hyperinsulinemia often is associated with type 2 diabetes. Insulin is a hormone that the pancreas makes. It helps control blood sugar. I am not diabetic that I know of, my glucose levels have tested close..but Ive been taking this diabestes medicine for weight loss and have noticed some changes as they pertain to sugar and after following a few diabetics on tiktok I think blood sugar may be playing a much larger role in my heath than I previously understood..then also, found out that most docs don't test for insulin resistance they just test for glucose levels and that doesn't tell the full story. When your blood sugar is too high is is called HYPOGLYCEMIA. Look it up. Compare my past blood test results. Look up hyperinsulinanemia 3 Supplements that Destroy Insulin Resistance 1. Tumeric Curcumin-fights inflammation and is an antioxidant and improves insulin sensitivity. 2. Berberine-clears glucose out of the blood --brings insulin levels down and glucodine levels up. 3. Fish Oil4. Ashwagandha: anti inflammatory, balance hormones, good for immune system 5. Anise Tea: good for treating viruses, including herpes and covid. Deficiencies in certain minerals such as zinc, chromium, iron, calcium, and magnesium may lead to sugar cravings as well, Elia says. Magnesium deficiency is specifically worth paying attention to. Many sugar cravings stem from a blood sugar imbalance. When your body ingests sugar, your blood sugar spikes and your body releases insulin to lower it to a safer level. If the insulin brings your blood sugar level a bit too low, as often happens, your body craves foods that will raise it and increase your energy. Our bodies use glucose as a primary fuel source, so our brains have evolved to like sweet foods. Consuming sugar activates the mesolimbic dopamine system, which is the brain's reward system. Dopamine, the feel-good chemical messenger, is then released and reinforces our desire for sugar. B vitamins are effective in curbing sugar cravings because they provide a boost to the adrenal system. When the adrenal system is not functioning well, cravings for sugar increase. Take a daily zinc supplement. Zinc can reduce sugar cravings. Can You Beat Sugar Cravings With a Pill? Technically, yes. Research indicates that pills made of Gymnema sylvestre can reduce the sweetness and flavor of foods. Pills meant to curb sugar cravings can be a helpful tool for people with diabetes as well as for people who want to lose weight. Some little-known jobs of magnesium include regulating blood sugar, insulin production, and releasing dopamine. Many doctors believe sugar cravings could actually be a magnesium deficiency, especially if the person craves chocolate. Men should get between 400-420mg per day, with women up to 320mg of magnesium. Mineral deficiencies might be another reason for your sweet tooth. An iron deficiency will leave you with very low energy and may be a reason for your sugar cravings because the body will crave quick energy to boost itself up. Iron supplements may help fight fatigue and other symptoms of iron deficiency.

diabetes and weight loss

Start your day with fruits and proteins like nuts and meats not carbs not breads not toast not doughnuts not kolaches not pancakes not biscuits not sugars not syrup

	<p>All of these except the proteins get absorbed as glucose and processed in the liver paired with oxygen...and create energy.</p> <p>The liver causes some to be stored as glycogen. "Quick release every stores" the diabetics best kept secret.. accessed by demand..and with water.</p> <p>The rest is stored as fat calls.</p> <p>The pancreas lives under the left rib and releases insulin under demand..high glucose equals high insulin.</p> <p>Fiber fat and protein stay in the stomach longer</p> <p>It takes 3-4 hours to pass thru the stomach then the stomach needs an hour rest</p> <p>The herb is frankincense and its active ingredient is Boswellic acid, also available as Boswellia. What ancient biblical herb can fight cancer, diabetes, respiratory inflammation and inflammatory bowel disease. Hi, I'm dr Shintani MD and nutritionist trained at Harvard. This ancient herb has been used throughout the Middle East and Asia as medicine for digestive and arthritic disorders. Modern research shows that this herb has potent anti-inflammatory effects that may alleviate the symptoms of arthritis and inflammatory bowel disease, of great interest is that it has shown the ability to improve insulin sensitivity and lower blood sugar in animal studies. And it also shows promise and cancer control as it can induce apoptosis or natural cancer cell death and prevent angiogenesis the formation of new bloods vessels to feed tumors. So to learn more ways to fight cancer, see my lecture at PeaceDiet.org.</p>
<p>DIET: JUMP TO TOP OF DOCUMENT</p>	<p>See: "Weight Loss"</p>
<p>DIGESTION: JUMP TO TOP OF DOCUMENT</p>	<p>LEMONS LEMONS LEMONS—Daily in your water, on your salads, everywhere.</p> <p>Papaya Seeds</p> <p>Coconut Oil in place of other oils it actually has a fat burning side effect.</p> <p>What the researchers did was they gave one group of people a homemade meal. They actually made noodles from scratch, just from flour and water and served it in a broth made from water and vegetables and salt and pepper. And then the other group they were given bought noodles from the supermarket that come with the sachet that you add hot water to. And that was served with a blue drink, a blue sports drink. And then they swallowed these cameras to give the visuals of what then went on. And four hours after they swallowed, the real food meal all that was left was white fluff in the digestive system. And that's how it's supposed to be really well broken down by that stage. But for the people who had the bought food meal 4 hours after they ate it and swallowed the camera, you could still see the teeth marks in the noodles. So what that suggests is, if you have food in your digestive system for four hours exposed to all of your digestive enzymes, and it hasn't been broken down, it suggests that maybe there are substances in some of these processed foods that we have no ability to breakdown But then further to that, the blue drink had actually dyed the noodles blue. And that's because the dye in the blue drink was derived from petroleum. And we have no ability inside of us to breakdown petrol. So a number of artificial substances and colors and sweeteners are created synthetically. And some of the substances that they're derived from, I have concerns about whether they even belong in the human body What the research.</p>

DNA

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Any woman who becomes pregnant, even if that woman suffers a miscarriage, even if that woman tragically makes the wrong choice and gets rid of the life within her through an abortion, or if the baby comes to full term, cells are exchanged between the mother and the child, so that after either a miscarriage tragically, sadly, an abortion or birth, those cells will remain in your body. Ladies, for the rest of your life, you have. Living cells of all your children in your body right now, even if you had a miscarriage, scientists discovered that when a woman becomes sick who has been a mother, they noticed certain clusters of selves from her body going to the ill area in her body and would be seeking to make her well to fight off the whether it was the disease, whether it was a sickness, whatever it was. And guess what sells those were the cells of your children See maternity has its blessings. That's why even at the beginning when Adam and Eve fell, when God says you will be saved through childbearing, the word saved literally means health. When those cells run to the defense of the mother, even if the child no longer is here on Earth through a miscarriage or through an abortion, your child is fighting to save your life.

According to the bible, I will when two people have sex. These two become one. Now, when I first read that years ago, I just thought that was a spiritual analogy. Fast forward a few years, and you find out something like this exist. It came from my genetic doctor. She said to me that a woman's partners DNA can be found in their system for up to decades. Microchimerism, every time a woman has sex with a man, and he leaves behind a dna sample, her body retains that sample for decades. And it even comes with certain possible health risk for the woman. You can have a weakened immune system because your partner had a weak immune system. Now we can come up with a whole list of the negative implications of this. But consider this one very common scenario. Typical attractive young woman gets a lot of attention, starts having sex in high school and continues to find herself throughout her 20s. She hits the wall around 28 goes on a healing journey, and she finds God. Now she's 30-31. She's healed. She's ready to settle down if you're ready to step up. So you step up and wipe her up, start popping out kids. Now, I don't think this parts actually been proven, but it stands to reason that her DNA is commingled with the DNA of 50 other men how does that affect the DNA of your children?

Microchimerism is defined by the presence of circulating cells, bidirectionally transferred from one genetically distinct individual to another. It can occur either physiologically during pregnancy or iatrogenically after blood transfusion and organ transplants.

Is microchimerism permanent? Scientists call this occurrence microchimerism. This phenomenon has lifelong consequences on the mother's body and health.

What is male microchimerism?

Male microchimerism, the presence of a small number of male cells, in women has been attributed to prior pregnancies. However, male microchimerism has also been reported in women with only daughters, in nulliparous women and prepubertal girls suggesting that other sources of male microchimerism must exist.

Does your child's father's DNA stay in you?

Research suggests that male DNA can persist in a mother's blood for several years after giving birth to a male child. A study published in the Journal of the American

Medical Association (JAMA) found that male DNA could be detected in the blood of women who had given birth to male children up to 27 years ago.

Do sons leave DNA in mother's brain? A new study shows that male DNA — likely left over from pregnancy with a male fetus — can persist in a woman's brain throughout her life. Although the impact of this foreign DNA is unclear, the study also found that women with more male DNA in their brains were less likely to have suffered from Alzheimer's disease.

What DNA do fathers pass to daughters?

X chromosomes: A striking characteristic of X-linked inheritance is that fathers cannot pass X-linked traits to their sons; fathers only pass X chromosomes to their daughters and Y chromosomes to their sons. In contrast, mothers pass X-linked genes to both sons and daughters.

EARACHE:
[JUMP TO TOP OF DOCUMENT](#)

Barbara O'Neil:
 ONION & EAR ACHES: Please learn that wheat and dairy and refined sugar are three of the main causes of ear aches in children I went to the old lady next door. I was about 26 by now, and she was 86. I said, what did your mother do when you had an earache? She said, mum would steam up an onion on the stove. So I went home. I steamed up an onion in the stove when it was all soft. I wrapped it in a cloth. I put it on James ear. James fell asleep. James slept for 2 hours. What does that tell you? He's not in pain. James woke up happy all day. I'm following him around. I can't believe it. I can't believe it. That experience set me on the path of natural remedies. So it's with great joy. I show you how to make an onion powder. So you steam an onion on the stove, and you steam it like this. It's got to have that little core there, which will hold it all together now. Steam it or dry bacon. If you boil it some of the healing properties, we're going to the water. So steam it or dry bacon. And when it is soft, you cut it in half. And you cut it in half. So that you're looking at the rings and what you can do when you've cut it in half. Remember, this is hot and boiling. Squeeze some of the juice into a teaspoon. Now, that will be boiling, but when it's squeezed into the teaspoon, the cold teaspoon, of course, will cool it. And you can put that into the ear and then. You will wrap this up. And you can wrap it up with a tea towel or a hand towel or cloth, or maybe even a chucks. Now, most onions are a bit bigger than this. Usually I would do an onion that would fit your ear. And so you, you wrap it up until you can bear that temperature. And then. That surface area there, you would put straight on the ear and then you cover it with. A piece of plastic. What did they do before plastic square of wool? And you certainly are in New Zealand. The land of sheep. You can certainly use a square of wool and then you might put a beanie on. Do you call those beanies as it will enhance or you might bandage it on? Or sometimes the person might lay down with that into the pillow. You see that But if you can keep it warm, you keep it on. So as long as you can keep it warm, you keep it on. Now, what will the onion do? The onion is a drawer and it will draw the inflammation, reduce the inflammation. It'll break down any puss areas and that can be taken away from the through the bloodstream. Sometimes it will do just that. It will reduce the swelling and that will be taken away through the bloodstream. Or sometimes the ear will make a hole and the pus will come out through there. Don't worry if that happens, because if the body makes a hole in the ear, it'll easily heal. And how else does the puss get out Now, if someone pokes a sharp instrument and makes a hole in your eardrum, you're in trouble. But if the body does it, the body knows what to do. You just got to give it the right conditions. How do you know what the right conditions are? Well, I knew this was the right condition on James, cause what was

	<p>the result? He's. slept. He was in no more pain. Some of your science, the body will speak to you. So a cooked onion on the ears, one of the best thing for earrings. How long do you need to keep it on? Well, as long as it takes when it gets cold, take it off. If the earache returns in a few hours, put it back on again. You just keep doing it until the body says enough. In fact, one of our workers, she wore an onion poulters for a week. Every day to come back. So every day she'd go back on. Who are you listening to? The body would get. Relief. Ah, the body's going. That's what I want. After 7 days, no more irate came back. Sometimes we don't know why. This lady each and lives really well. Maybe something was just coming out from her childhood. Well, maybe she had a gluten and a daring tolerance then. And maybe she had a lot of earaches then. You know, sometimes we don't know why, but the body knows why. And it will tell you if this is the right thing to do.</p>
<p>EYES</p>	<p>Because of a high acid diet that many people are living today with a lot of sugars, a lot of caffeiines, a lot of starches, cereals, breads, the body releases Calcium phosphate to neutralize the acidity. And that calcium phosphate can build up as crystals in the kidneys, in the gallbladder, on the eyes, cataracts, And there is a way that you can get rid of cataracts and floaters. And that is one drop of Castor Oil wiped over the eye lid. It will go through the lashes, the caster Oil will penetrate in through the eyelid, and also into the eye through the lashes. Caster Oil penetrates deeper than any other oil. And wherever it penetrates, it breaks up unnatural formations which are what cataracts are. I've had several people get back to me and testify that their cataracts are gone by doing the Castor oil. It works similarly on kidney stones, gallstones and other cluster formations in the body including cancer.</p> <p>Repair blurry vision. You will regain your vision in a natural and fast way with this potent recipe. We will use two lemons, preferably ripe ones, which we will cut into small pieces, including the peel. We will also use 3 garlic cloves, which we will chop into small pieces. Garlic helps reduce the risk of macular degeneration and other eye diseases. We will also use four tablespoons of olive oil, as it is excellent for preventing blindness. Now, in a glass container with a lid, add. All the ingredients and cover them completely with honey. This is a very effective recipe for blurry vision. You will regain your vision in the most natural and fast way. Take 1TABLESPOON of this remedy every morning for a month, and you will be amazed by the results.</p> <p>Barbara Oneil: Sunglasses are not good for eyes. You see, your eyes are an extension of your brain. Whereas if we go outside on a hot, sunny day, the. The strength of the sun is being monitored by the eyes and the message is sent to the brain. And when the sun is very hot and very strong, it gives a message to the skin to close up little receptors so you don't burn so easily. But if you go out into hot sun with sunglasses on, you can burn a lot easier because your brain didn't get the message that the sun's hot and it needs to close a little receptor sites.</p> <p>Barbara Oneil: And there is a way that you can get rid of cataracts. And that is one drop of Castor oil wiped over the eyelid. It'll go through the lashes, the Caster Oil will penetrate in through the eye there and also into the eye through the lashes. Castrol penetrates deeper than any other oil. And wherever it penetrates, it breaks up unnatural formation, which are cataract is.</p> <p>Dr William Bates says even in the middle of a hot, sunny day, go outside, close your eyes and look up with your eyelids closed, and then put your head down and then open your eyes. So you're actually getting some through the skin. He also says to raise your eyelid. Look down and let the suns race touch the whites of your eyes. Obviously only for a few minutes. It will increase circulation to the eye board and increase eyesight. One of the problems with eyes today is too</p>

much exposure of the eyes to just screens. A friend of mine went to a really old optometrist. She said my eyes are failing and he said, I know why he said, you've got too much time at the screen, and I loved him what he said. He said, we need to spend more time at. Gazing at the mountains the vastness of nature rather than our eyes going to these little boxes. And he said one way to get those muscles working well because the muscles that you use in looking at the screen all pull in. So he said very gently you just squeeze your eyebrows like this, not heart very gently cause they're very delicate little muscles.

FASTING:
[TOP](#)

If you have a brain that's not working well because of things that have been done in times past, claim the promise of Ezekiel 36 36 you can claim the promise, but there are also some other things you've got to do. And my suggestion is, try a fast one day or two days a week, it will stimulate brain derived neurotrophic factor, causing new brain cells to be developed, no matter what the age. But they are. Some requirements. Let's have a look at the requirements for the release of brain derived neurotrophic factor, a fast. So this can be 1 day or 2 days, or it can be another type of fast that Ella White defines in the Ministry of Healing. And that is having two meals a day for myself. I have breakfast at 7:00 o'clock like a king. I have lunch at usually about 1:30 like a queen And often I do not eat again till breakfast the next day. That's an 80 hour fast. And that is such an easy fast, because when we would be the most hungriest, we are asleep. And your. Stomach is very happy because it gets to sleep when you're sleeping. So the fast can be 1 day or the fast can be 2 days or whatever.

Breakfast:
Why breakfast has no business being in the morning when you wake up: Everyone who's ever had to read a physiology textbook knows that when you wake up in the morning, just prior to waking up, your liver gets squeezed by 2 hormones, 1 called glucagon, the other one called cortisol. In order to dump sugar into the bloodstream so that when you wake up, you have all of the energy you need to get out there and start your day. So why in the world, when you wake up in the morning, would you put the sugar from orange juice, oatmeal, fruit, breakfast, cereal, pancakes, waffles, any of that into your bloodstream when your body already took care of your need for breakfast? As a matter of fact, those foods are going to increase insulin, and it's going to pull sugar out of your bloodstream and actually reduce your energy. And not only will you reduce your energy, you'll increase your fat production. Why not wait a few hours to have breakfast? Wait until noon before you have breakfast. Then you can have a nice, big breakfast, preferably a protein like bacon and eggs. And that will help you restore what you've used in the hours before. Remember, the purpose of insulin is to pull sugar out of your bloodstream when you wake up first thing in the morning. Your liver just gave you a whole bunch of sugar to use, and now you're going to pull it all out by releasing insulin with those silly breakfast foods.

Autophagy fasting is about 17 hours without food. Your cells will turn within, and they'll start to kill themselves. And that was what Dr. O's discovery was, is that the cells clean themselves up. So what's interesting on this one, is when you stimulate autophagy, what you're doing is you're training on the intelligence inside the cell. And that intelligence is looking around, and it's going, hey, there's a virus. There's a bacteria. Get them out. So let's push these infections out of the cell. That mitochondria, it's not working well. We need to repair it. That endoplasmic reticulum inside here, it's, it's lagging. We need to fix it. So it literally goes in and fixes everything inside the cell, just at 17 hours. But one of the greatest studies that was I've seen in fasting was done during COVID. And it showed that it's a virus comes into a cell that's in the state of autopsy. It can't replicate. Viruses have to live off of your energy system. So when viruses go into a cell

	<p>that's laden with glucose, they have a party in there. They love that. They munch on that, and then they go out and they start replicating. If you were in a fasted state when a virus comes in, it can't replicate. There's nothing inside that cell for that virus to take over.</p> <p>This is how you can cleanse every cell in your body when you eat processed food and unnatural. Sugar. It builds up in your body as mucus, lining your cells. First you need to fast for at least 3 days. This will stop further accumulation and encourage your cells to clean themselves. Then you need powerful herbs like soursop that can help remove excess mucus and toxins from the body. Lastly, use Jimerito honey. This honey comes from a stainless bee that only feed on medicinal flowers, giving the honey antibacterial anti-inflammatory and nerve healing properties.</p>
<p>FEET: JUMP TO TOP OF DOCUMENT</p>	<p>Feet have over 2000 sweat glands. A foot detox can help pull toxins out through the pores of the feet. This helps remove pain and inflammation as well as improve circulation.</p> <p>Use: ½ cup Bentonite Clay, Apple Cider Vineger, Epsom Salt and Baking Soda and soak for 30 min.</p> <p>For a whole body soak, use baking soda and Epsom salt and a few drops of lavender, peppermint or tea tree essential oil.</p> <p>The biggest pores on your body are on the soles of your feet.</p> <p>Dice an onion and put in in a plastic bag and put the bag over your foot so the onion is resting on your foot bed, then put your sock on. So the onion is soaking into your skin. This is good for your lungs. It will help alleviate congestion in children and adults...even as problematic as pneumonia.</p>
<p>FEMININE CARE:</p>	<p>Are you prone to getting urinary tract infections, yeast infections, itching, bladder infections, bad odor, itching? These are things as a woman we deal with, right? Well, as most of us know, Castro oil is a antifungal, antibacterial, anti-inflammatory. And it can actually inhibit the growth of yeast and kill it off. Because Castro oil is anti-inflammatory, anti-microbial, antibacterial. It's going to help with these infections. It's going to help with itching and odor as well. And another way you can use the panty liner if you have a thicker pantyliner, our thicker pad, you can actually use the pantyliner if you don't have a castor oil pack, and you can actually use it in an area on your belly, or you can actually just use it on your arm if you have an aged spot. But you can also use this as a diy caster pack as well. So if you do try this on your pantyliner, because you have itching odor, yeast infection, bladder infection, UTI, and you try it, and it works, let me know.</p>
<p>FEVERBLISTERS: (HERPES) JUMP TO TOP OF DOCUMENT</p>	<p>See: "Cold Sores"</p>
<p>FITNESS: JUMP TO TOP OF DOCUMENT</p>	<p>What's the history of backwards sled walking? Backwards walking was passed on from generation to generation in Asia to prevent arthritis in elderly. Then Louise Simmons, most successful power lifting coach ever, observed power lifters in Finland with a really strong legs and they credited to dragging trees as their dayjob in the forestry industry. So Louis Run forward and backward sledding into exercise. Derek, can I become obsessed with going backward? I use the backward to get off painkillers for my knees. Modern research has shown that for the knee, if you have pain, forward activity doesn't shift you into position the way backward does. So if you go forward, the muscles don't engage the same as someone who doesn't have knee pain. If you have knee pain. But if you go backward, all of a sudden you can get that shift to angles that protects the need more. So Work the more protected you make the knee.</p>

<p>FLU, COLDS, SICKNESS JUMP TO TOP OF DOCUMENT</p>	<p>“FLU BOMB” made with all natural straight from the source herbals: (Use as a preventative or to lessen symptoms after onset) (Dose: Daily as prevention or twice daily after symptoms start)</p> <p>½ Cup Hot Water (Not Boiling, just hot) 1 Teaspoon of Honey Juice and Pulp from ½ a Lemon ¼ Teaspoon Cayenne Pepper ¼ teaspoon ground cloves 1 Drop of Tea Tree Oil or Eucalyptus Oil ¼ Teaspoon of Ginger (raw and grated is best but powdered will still work) 1 Clove of Garlic, minced & crushed ¼ Teaspoon Turmeric</p> <p>Take the flu bomb 3X daily for 3 days...Eat light, stay well hydrated.</p> <p>Onion on the feet for cough and cold and congestion and to CLEAR THE LUNGS. ..but double bag it...cuz warm onion on your feet smells awful for days... but it does work. (Lori)</p> <p>GARLIC HONEY: Drug company can make all these promises and all they’re doing is putting chemicals in our body to basically kill us. Chances are. Your grandparents knew very well. They might have even made this remedy as it was common knowledge 7 years ago. They took the remedy at the 1st signs of cold or flu or her throat and lung infections. It’s also good for stubborn cough. I will begin to ferment and extract the garlic’s anti-inflammatory substances. All you need is a cup of peeled, cut garlic clothes and one cup of the honey, whichever kind you prefer. Just make sure the cloves are fully covered in honey and do not use a metal spoon under any circumstances. Honey has an acidic PH that reacts with metallic surfaces. You don’t want that. Then sit the jar in your kitchen counter, within a few days, your medicinal garlic will be ready. The first sign your remedy is ready to consume is when you see bubbles. You can also wait for a few days or weeks until you eventually see the garlic floating in the jar. Keep the jar in a cold, dark place. It will last for 12 months or so. I like to take one spoonful a day to keep my Immune system as strong as possible. Take in the morning because the honey and the garlic is better absorbed with consumed on an empty stomach.</p>
<p>GALLBLADDER: JUMP TO TOP OF DOCUMENT</p>	<p>GALLBLADDER: My first gallbladder attack was severe and practically debilitating...and I was advised to have surgery. I elected not to do surgery because I was leaving in a week for a cruise and opted to try a herbal option “Chianca Piedra” (Cleanse Drops) and it totally worked that was August 2017.</p> <p>Castor oil can be used to treat gallstones by using castor oil packs¹²³. To use castor oil packs, you need to:</p> <ul style="list-style-type: none"> • Spread castor oil on a soft cloth and lay it on your abdomen. • Cover the cloth with plastic wrap and lay a hot water bottle or electric heating pad on top. • Keep these in place for 30 to 60 minutes a day¹. Castor oil contains compounds that exhibit anti-inflammatory properties and may enhance blood and lymphatic circulation in the abdominal area, aiding healing and reducing inflammation in the gallbladder³.

The gallbladder is an organ that stores and releases bile to aid in digestion. The term gallbladder disease is used to describe various issues and diseases that negatively affect your gallbladder. These conditions include: Gallstones- Hard particles that block the passageway to the gallbladder and bile ducts. Cholecystitis- An inflammation of the gallbladder which is typically caused by gallstones. Over time the gallbladder can shrink and lose its ability to release bile. Choledocholithiasis- When a gallstone is lodged in the exit way of the gallbladder, the gallbladder can become inflamed. Acalculous gallbladder disease- When your gallbladder becomes inflamed without the presence of gallstones. Biliary dyskinesia- Lower than normal gallbladder function Sclerosing cholangitis- Ongoing inflammation and damage to the bile duct system that leads to scarring. If you have a condition of the gallbladder such as any of the listed conditions above, you should have an expert gastroenterologist guiding you through the treatment process. To locate a skilled gastroenterologist near you, contact GI Alliance. A variety of methods have been devised for extracting gallstones that are not easily removable using standard methods (ie, a retrieval basket or a balloon). As a general rule, these methods crush or fragment the stone (known as lithotripsy). In addition to laser light, methods include mechanical, electrohydraulic, and extracorporeal shock wave lithotripsy [3-7]. This topic will discuss the mechanism, equipment, indications, technique, and efficacy of laser lithotripsy for the treatment of bile duct stones. Other methods for treating bile duct stones including mechanical and electrohydraulic lithotripsy are discussed separately. (See "Endoscopic management of bile duct stones" and "Electrohydraulic lithotripsy in the treatment of bile and pancreatic duct stones".) The use of extracorporeal shock wave lithotripsy for the treatment of pancreatic stones is discussed separately. (See "Extracorporeal shock wave lithotripsy for pancreatic stones".) The nonsurgical management of gallbladder stones is discussed separately. (See "Overview of nonsurgical management of gallbladder stones".) Endoscopic laser lithotripsy and lithotomy through LAMSs could be a safe and effective approach for removal of giant gallstones. Extracorporeal shock wave lithotripsy (ESWL) is a nonsurgical alternative to manage gallstones. You can receive this treatment as long as your gallbladder is functioning normally and your stones are small. You do not need anesthesia for ESWL, and the procedure may be performed as an outpatient. What happens if gallstones are left untreated? If gallstones lodge in a bile duct and cause a blockage, it eventually results in severe life-threatening complications such as bile duct inflammation and infection, pancreatitis or cholecystitis (an inflammation of gallbladder). In addition, if left untreated, it might increase risk of "gallbladder cancer". What fruit is good for gallstones? Fiber helps speed up your digestion, which may reduce your risk for gallstone disease. Research suggests the following foods may support gallbladder health: whole fruits and vegetables high in vitamin C, like kiwi and broccoli. citrus fruits, like orange and grapefruit

When magnesium becomes low, tyrosine is not able to penetrate the cell, leading to decreased insulin sensitivity.

However, oral synthetic magnesium doesn't work.

Less than 1% of the magnesium in them actually gets absorbed.

It would make you sick and cause digestive issues.

Take note that our gut is crucial to creating optimal health.

Ursodiol link (Actigall) and chenodiol link (Chenix) are medicines that contain bile acids that can break up gallstones. These medicines work best to break up small cholesterol stones. You may need months or years of treatment to break up all stones. Shock wave lithotripsy.

Because of a high acid diet that many people are living today with a lot of sugars, a lot of caffeine, a lot of starches, cereals, breads, the body releases Calcium phosphate to neutralize the acidity. And that calcium phosphate can build up as crystals in the kidneys, in the gallbladder, on the eyes, cataracts, And there is a way that you can get rid of **cataracts** and floaters. And that is one drop of Castor Oil wiped over the eye lid. It will go through the lashes, the castor Oil will penetrate in through the eyelid, and also into the eye through the lashes. Castor Oil penetrates deeper than any other oil. And wherever it penetrates, it breaks up unnatural formations which are what cataracts are. I've had several people get back to me and testify that their cataracts are gone by doing the Castor oil. It works similarly on kidney stones, gallstones and other cluster formations in the body including cancer.

What should you drink for gallstones?

What can I drink with gallstones? Some common drinks that you can safely consume while you have gallstones are – [apple cider vinegar](#), [apple juice](#), [peppermint tea](#), [turmeric tea](#), [buttermilk and water](#). You should avoid drinks like caffeine that can further upset your digestive system.

Dandelion

A [2022 review Trusted Source](#) suggests that dandelion products may be beneficial against gastrointestinal disorders, including gallstones.

This might involve drinking dandelion teas or coffees to remove their gallstones. However, more research into the benefits of dandelion specifically for treating gallstones is necessary.

It is best for a person with gallstones, gallbladder issues, or kidney problems to contact a doctor before consuming dandelion.

[Learn more about dandelion.](#)

Milk thistle

People have used milk thistle medicinally to detoxify the liver [for centuries Trusted Source](#). While it may support the liver and gallbladder, there are no studies evaluating its effects on gallstones specifically.

A person may take milk thistle as a tonic, capsule, or tablet form.

While [some medical professionals](#) might recommend milk thistle to treat some conditions affecting the liver, there needs to be more research about the benefits of milk thistle for gallbladder health and gallstones.

[Learn more about milk thistle.](#)

Lysimachiae herba

Lysimachiae herba is a popular traditional Chinese medicine remedy for gallstones. Research from 2015 suggests it [may be beneficial Trusted Source](#) for treating or preventing cholesterol gallstones.

The supplement is available as a powder or liquid. It is best for a person to seek medical advice before taking lysimachiae herba for gallstones, as more research is necessary.

Artichoke

Research has shown that extracts of artichoke [stimulate Trusted Source](#) bile production and aid both gallbladder and liver function.

However, there is no research specifically focusing on the effects of artichokes on gallstones.

It is essential for a person to contact a doctor before taking artichoke extract. This is because it may cause a gallbladder attack if there is a [bile duct obstruction](#).

[Learn more about artichoke extract.](#)

Psyllium

[Psyllium](#) is a soluble fiber derived from the seeds of the *Plantago ovata* plant.

An [old 1975 study Trusted Source](#) found that psyllium hydrocolloid protected hamsters from the formation of cholesterol gallstones.

A [slightly more recent study from 1999 Trusted Source](#) supports these findings.

Scientists still need to study the effects of psyllium on treating or preventing gallstones in humans.

Castor oil pack

Castor oil packs are a popular remedy among some naturopaths and natural living enthusiasts for a wide variety of issues. Some people and organizations, such as the charity [The Weston A. Price Foundation](#), recommend castor oil packs for improving gallbladder health and reducing pain and discomfort.

To apply a castor oil pack, soak a cloth in warm castor oil and place it on the abdomen, then cover with a towel. Some people choose to place a heat source, such as a hot water bottle or heating pad, on top. Leave the pack on the abdomen for up to an hour.

However, there are no scientific studies to support the use of this treatment for gallstones.

Acupuncture

Acupuncture may relieve gallstone symptoms, although the research is very limited.

In an older [2012 study Trusted Source](#) on 60 people with [cholecystitis](#) (gallbladder inflammation), acupuncture

alleviated [back pain](#), stomach ache, and nausea while also regulating the volume of the gallbladder.

It is important to note that this research does not look specifically at gallstones and may only relieve symptoms rather than help people pass the stones.

[Learn more about acupuncture.](#)

What medical treatments can help remove gallstones?

Medical treatments may not be necessary if gallstones do not cause any symptoms. However, doctors may recommend surgery or other treatments.

Surgery

Surgery for gallstones [usually involves](#) [Trusted Source](#) removing the gallbladder. This type of surgery is called a [cholecystectomy](#).

Cholecystectomy ensures that the gallstones cannot reform. A person's doctor can provide more information about what the surgery involves.

[Learn more about gallstone surgery.](#)

Nonsurgical treatments

Nonsurgical treatments are generally not as effective as surgery for gallstones, as there is a risk that the gallstones will return. However, doctors may recommend nonsurgical treatments if a person is unable to undergo surgery.

Possible treatments include:

- **Oral dissolution therapy:** This involves taking medications that contain bile acid to break up the gallstones. It can take months or years for all of the gallstones to break up. Examples of medications include chenodiol and ursodiol.
- [Endoscopic retrograde cholangiopancreatography \(ERCP\)](#): This involves inserting an [endoscope](#) down a person's esophagus and into the duodenum. This allows the doctor to use tools to remove small gallstones.
- [Shock wave lithotripsy](#): In rare cases, a doctor may use this procedure to blast the gallstones to break them down into smaller pieces. They may use this in combination with oral dissolution therapy.

There is no medicine available in allopathy to dissolve stone either in kidney or any where else in stomach. There is only one treatment available in allopathy and that is "**operation**". Yes, there is medicine available in Homeopathy to discover stone.

There is one best and tried and tested home treatment for stone in stomach, whether it is in kidney or gallbladder. Infact it is not a medicine. It is a food grain item and there is no side effect too.

You might have heard a name **barley (बारी)**. Barley is called jau (जौ) in hindi. You may get this barley powder at any grocery shop or medical shop.

How to use ?

Mix 1 teaspoon of barley powder in half glass water and boil it. After boiling it will be thick like soup. Simply add little salt, sugar and lamon juice as per taste and drink it **twice** a day till stone **dissolve completely**.

Before starting this treatment, obtain a sonography to know the size of stone. And after 2 months, again have a sonography to compare and to be ascertain, how much size of stone is remaining now and how long you need to drink barley.

I came to know about this treatment from older generation and 100s of patients are cured up till now who believes me. If you too want to avoid operation, try it.

Warning :- it is my personal experience that people stop drinking barley as soon as they get relief from pain. Relief from pain is not a sign of completely dissolve of stone in the stomach. It happens due to reduction of stone size. And after that when again size of stone increase, the feel pain again and complaint that the barley treatment is fake or useless. **Thus all you are requested to drink barley water till the time, stone dissolve completely and verified by ultrasound/sonography**

Just the symptom: "(1) 5.5 mm Gallstone" does not need surgery.

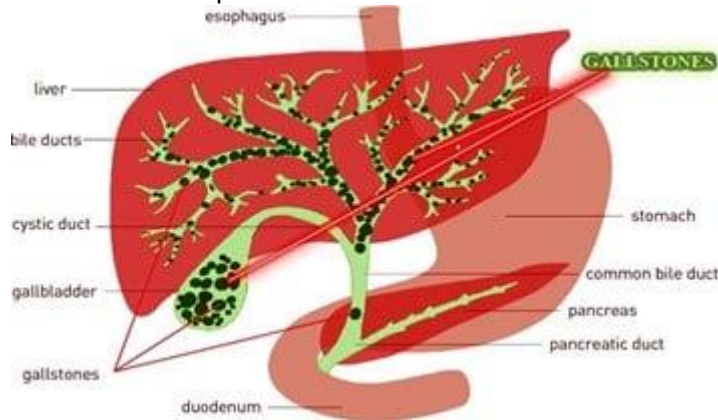
But patients rarely have just (1) 5.5 mm Gallstone found on accident during some other routine abdominal radiological procedure.

Size alone is not important until they are over 10 mm. Large stones can cause ulceration and erosion and should be removed. Smaller stones need to be removed if they cause symptoms (pain, nausea, abdominal troubles, etc). Small stones that are discovered incidentally while looking for other problems in a person without GB symptoms do not require surgery.

A 7mm stone is not "large" and I would not remove it unless it is causing you trouble.

Unless the stone is causing problems for you then the unequivocal answer is no. Most people live long happy lives with a gallbladder(GB) full of stones, blissfully unaware. It's only when either- 1: The stones are ejected into the biliary ductal stsem causing irritation or obstruction or 2: The GB stone volume hits a critical mass such that they interfere with the normal GB functioning, that action needs to be taken.

Being the largest internal organ in the body, the liver has hundreds of functions. A congested liver has effects on rest of the body. Most of us have thousands of gallstones in our gallbladder with stress on the liver, sometimes the bile forms hard crystals in the gallbladder and these accumulate and can disrupt the digestive process and lead to serious health problems. The purpose of the liver and gallbladder flush is to eliminate that congestion in order to improve our overall health in a multitude of ways. The liver-flush can help to relieve symptoms of fibromyalgia, including sore muscles, achy joints, digestive issues, chronic fatigue, poor quality of sleep, yeast infections and depression.



Instructions

These instructions are from the book “The Amazing Liver and Gall bladder Flush” by Andreas Moritz. It can be done in conjunction with a 3- or 5-day juice cleanse, Colon Hydrotherapy and Ozone Therapy.

1. Up until the day of the flush, take one capsule of **Malic acid** per day, to help soften the gallstones. This will ensure you have a successful liver flush.
2. On the day of your liver flush (day 5 or 6), have a light breakfast with no fat. You will then have your second **Colon Cleanse** and Vivien will supply you with your ‘Flush pack’ necessities.
3. At 2:00 PM that day, mix the 4 tablespoons of Epsom Salts in 3 cups of water, pouring this into a sealed jug. Make sure NOT to drink or consume any foods after 2:00 PM. You will just prepare your drink for later in the evening.
4. At 6:00PM, drink 3/4 cup of the Epsom salts mixture. It may not taste too pleasant, but you can add a dash of lemon juice to make it taste better.
5. At 8:00PM, drink another 3/4 cup of this mixture. This helps your liver prepare for the flush. Make sure to get all your errands and bedtime routines complete as you want to lay down and go to sleep right after the next part and NOT DO ANYTHING ELSE.
6. At 10:00 PM, mix the olive oil and grapefruit juice into a glass and whisk together thoroughly. Drink this mixture then lay down immediately in bed. This mixture will help to expel the stones from the gallbladder. Lie down on your back and go to sleep.
7. When you wake up in the morning, drink a 3rd dose of your 3/4 cup of Epsom salts. You can go back to sleep if you like. You may feel like you need go to the bathroom, in which case, do so as necessary.
8. Two hours later, drink the last dose of Epsom salts.
9. After 2 hours, you may start with liquids and slowly move to fruit, then eat solids.

NOTE: The first 2 Epsom salt drinks act to dilate the bile ducts inside the liver. The olive oil and grapefruit drink will trigger a release of bile that had been saved up for over 24 hours. This large amount of bile will push the gallstones out of the bile ducts into the intestines. Throughout the first night and the second day, you can expect to have a little diarrhea due to the Epsom salt's laxative effects. This will quickly settle as you feel the incredible benefits of the cleanse.

Look for the green-coloured gallstones to appear when you go to the toilet. Some will float to the top and might range from the size of a tiny yellow-green pieces or small peas, even to the size of a golf ball. Some will also sink to the bottom as they are calcified stones. You may use a stainless-steel colander in the toilet to capture the stones.

POST-FLUSH INSTRUCTIONS

Two days later you will have your final Colon Cleanse, which is essential to ensure that all gallstones have been removed from the colon.

NOTE: Andreas Moritz believes recommends a *Colon cleanse a day before* or on the morning of the flush. He emphasises that the *post-flush Colon cleanse, 2 days after the flush IS ABSOLUTELY ESSENTIAL*, to ensure that all the gall stones are flushed out of the body and that none remain lodged in the colon and toxins expelled by liver cleanse will go back into the body.

Even if you have gone under gallbladder removal surgery, bile is slowly secreted into the small liver. The resulting bile is then insufficient or too diluted to function, which causes faulty digestion and metabolism of fat. As a result, this might be a reason for weight gain after gallbladder removal.

Get access to my FREE resources 🖱️ <https://drbrg.co/4a0YyEF>

Have you had a cholecystectomy or are considering having your gallbladder removed?

Learn everything you need to know about your digestive system before and after a gallbladder removal surgery.

Acupressure for Gallbladder:

▶️ • Amazing Gallbladder FL...

Video on TUDCA:

▶️ • The Benefits of TUDCA

DATA:

<https://www.ncbi.nlm.nih.gov/pmc/arti...>

0:00 Introduction: Post gallbladder surgery

0:22 What is the gallbladder?

1:15 What is bile?

2:32 Benefits of bile

11:07 Symptoms of a gallbladder problem

14:08 Cholecystectomy risks
16:33 How to support your gallbladder and bile level
22:33 Thanks for watching

In this video, we're going to talk about what to do after a gallbladder removal surgery (cholecystectomy). If you've had your gallbladder removed or you're considering having a cholecystectomy, this video is for you.

The gallbladder is an important organ that holds bile salts, concentrates bile (5X more potent), and regulates the release of bile into the digestive system.

When you eat, your gallbladder contracts and releases concentrated bile salts. Without a gallbladder, your bile is diluted and constantly trickles down into the small intestine.

Bile is created in your liver and stored in your gallbladder. When it's released, it helps break down fat-soluble nutrients, including fatty acids and fat-soluble vitamins. This is why vitamin deficiencies can be associated with low bile and gallbladder issues.

The benefits of bile include:

1. Helps with fat-soluble vitamin absorption
2. Helps break down essential fatty acids
3. Helps prevent gallstones
4. Converts T4 to T3
5. Supports healthy blood sugar levels
6. Helps break down fat-soluble phytonutrients
7. Helps rid excess cholesterol
8. Helps eliminate toxins
9. Has an antipathogenic factor
10. Helps balance acidity by increasing alkalinity

Symptoms of a gallbladder problem:

1. Bloating
2. Burping/belching
3. Nausea
4. Right shoulder pain
5. Tightness underneath rib cage
6. Constipation
7. Gallstones and bile sludge
8. Cravings for fatty foods
9. Itchiness
10. High cholesterol

Potential cholecystectomy risks include:

- Injury to the bile ducts
- Bile leaks
- Injury to blood vessels
- Jaundice

- Infection
- Hernia
- Pancreatitis
- Injury to bowels or liver
- Blood clots
- Heart attack
- Death
- Continued symptoms

How to support your gallbladder and bile level:

1. Get on Healthy Keto and intermittent fasting
2. Take purified bile salts with meals
3. Try manual therapy/acupressure massage
4. Take TUDCA

Dr. Eric Berg DC Bio:

Dr. Berg, age 57, is a chiropractor who specializes in Healthy Ketosis & Intermittent Fasting. He is the author of the best-selling book The Healthy Keto Plan, and is the Director of Dr. Berg Nutritionals. He no longer practices, but focuses on health education through social media.

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TikTok: <https://bit.ly/TikTok-DrBerg>

#keto #ketodiet #weightloss #ketolifestyle

I hope this helped explain everything you need to know about post gallbladder removal surgery (cholecystectomy).

FREE PDF: Top 25 Home Remedies That Really Work 🙌 <https://drbrg.co/4e547oT> NEW KETO RECIPES CHANNEL: / @ketorecipes7915 Insulin: • What Is Insulin? – Dr....

• How Insulin Works? – I... Cortisol: • How To LOWER Cortisol ... Estrogen Dominance: • Understanding the Wome... Could these simple remedies help dissolve gallstones? Learn more. Timestamps 0:00 How to help dissolve gallstones 0:28 What causes gallstones? 1:00 Two natural gallstone remedies 2:08 What can increase your risk of gallstones? Today we're going to talk about two things that can help dissolve gallstones. If you just have one or two stones, you may want to consider giving these natural remedies for gallstones a try. Gallstones are caused by supersaturated cholesterol with a bile deficiency. It's not a high level of cholesterol that causes gallstones. Instead, it's a superconcentrated amount of cholesterol with a lack of bile salts. Bile salts can help keep the cholesterol from saturating and forming crystals. 2 things to help dissolve gallstones: 1. Omega-3 fatty acids (Polyunsaturated fatty acids) Fish oils can help decrease biliary saturation of cholesterol, and therefore decrease the risk of gallstones. Cod liver oil may be the best option because it also has vitamin A and vitamin D. 2. Purified bile salts Your body makes bile salts. You can also get bile salts in supplement form. Bile salts can potentially dissolve stones and decrease crystal formation. These things in high amounts can

potentially increase your risk of getting gallstones:1. Insulin Remedy: Cut down your carbs 2. Cortisol Remedy: Cut down your stress3. Estrogen Remedy: Handle any type of estrogen dominance situation Dr. Eric Berg DC Bio:Dr. Berg, age 56, is a chiropractor who specializes in Healthy Ketosis & Intermittent Fasting. He is the author of the best-selling book The Healthy Keto Plan, and is the Director of Dr. Berg's Nutritionals. He no longer practices, but focuses on health education through social media.DR. BERG'S SHOP: <https://bit.ly/2NjaFVu>Follow us on FACEBOOK: fb.me/DrEricBergABOUT DR. BERG: <https://bit.ly/37OOzE3>Disclaimer:Dr. Eric Berg received his Doctor of Chiropractic degree from Palmer College of Chiropractic in 1988. His use of "doctor" or "Dr." in relation to himself solely refers to that degree. Dr. Berg is a licensed chiropractor in Virginia, California, and Louisiana, but he no longer practices chiropractic in any state and does not see patients so he can focus on educating people as a full time activity, yet he maintains an active license. This video is for general informational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical exam, cure, treatment, diagnosis, and prescription or recommendation. It does not create a doctor-patient relationship between Dr. Berg and you. You should not make any change in your health regimen or diet before first consulting a physician and obtaining a medical exam, diagnosis, and recommendation. Always seek the advice of a physician or other qualified health provider with any questions you may have regarding a medical condition. Thanks for watching! Consider trying these remedies to help dissolve gallstones.

Download My FREE guide: First Signs of a Nutrient Deficiency 🖱️ <https://drbrg.co/4a0t2Xt>Are you deficient in vital nutrients? Learn how to spot the signs of a nutrient deficiency. STOP Asthma Symptoms Once and For All: ▶️ • STOP Asthma Symptoms O... Make Vitamin D Supplement: ▶️ • Make Your Own Vitamin ... Why Does Eating Sugar Deplete Vitamin B1?: ▶️ • Why Does Eating Sugar ... DATA:<https://www.sciencedirect.com/science...> 0:00 Introduction: Nutrient deficiencies 0:25 The main causes of nutrient deficiencies1:50 Signs of a nutrient deficiency 23:37 Check out my video on how to identify a liver problem by looking at the foot!23 different signs your body is deficient in nutrients and what to do:1. A white spot on the nail • Get plenty of zinc • Stop eating sugar 2. Oily skin • Get plenty of zinc • Control your blood sugar levels3. Cracking on the corners of the mouth or heels • Get plenty of B vitamins (nutritional yeast) • Get plenty of vitamin D4. Flaking skin • Get plenty of omega-3 fatty acids (cod liver oil) • Reduce your omega-6 fatty acids 5. Yellow eyes • Get plenty of purified bile salts 6. Chronic cough • Get plenty of calcium lactate 7. Bleeding/red gums • Get plenty of vitamin C • Avoid sugar 8. Poor night vision • Get plenty of vitamin A 9. Chapped lips • Get plenty of B vitamins (nutritional yeast) • Avoid grains • Avoid chapstick 10. Pitting edema • Get plenty of potassium 11. Craving ice • Get plenty of iron 12. Angina • Get plenty of vitamin E • Avoid refined grains 13. Leg/calf cramps • Get plenty of magnesium, potassium, sodium, and B114. Irritability and excessive thinking • Get plenty of B1 (nutritional yeast)15. Asthma • Get plenty of vitamin D 16. Loss of outer eyebrows • Get plenty of iodine (sea kelp)17. Tightness in the right trap muscle • Get plenty of purified bile salts 18. Nightmares • Get plenty of vitamin B1 (nutritional yeast) • Avoid sugar and refined grains 19. Craving salty chips at night • Get plenty of sea salt 20. Stiff/painful low back • Get plenty of vitamin D21. Craving dirt • Get plenty of iron 22. Erectile dysfunction • Get plenty of zinc 23. Depression • Get plenty of vitamin D Dr. Eric Berg DC Bio:Dr. Berg, age 57, is a chiropractor who specializes in Healthy Ketosis & Intermittent Fasting. He is the author of the best-selling book The Healthy Keto Plan, and is the Director of Dr. Berg Nutritionals. He no longer practices, but focuses on health education through social media.Facebook: <https://bit.ly/FB-DrBerg>Instagram: <https://bit.ly/IG-DrBerg>TikTok: <https://bit.ly/TikTok-DrBerg>

	<p>Disclaimer:Dr. Eric Berg received his Doctor of Chiropractic degree from Palmer College of Chiropractic in 1988. His use of “doctor” or “Dr.” in relation to himself solely refers to that degree. .</p>
<p>GROUNDING: &ELECTROMAG NETIC INFLUENCE JUMP TO TOP OF DOCUMENT</p>	<p>People typically perform grounding outdoors by lying on the ground or submerging themselves in water. You can also use grounding mats, sheets, or other equipment.</p> <p>Grounding, also called earthing, is a therapeutic technique that involves doing activities that “ground” or electrically reconnect you to the earth.</p> <p>This practice relies on earthing science and grounding physics to explain how electrical chargesTrusted Source from the earth can have positive effects on your body. This type of grounding therapy isn’t entirely the same as the technique that is used in mental health treatment.</p> <p>In this article, we’ll explore the science behind grounding energy, the risks and benefits of using earthing techniques, and how to perform grounding.</p> <p>What the science says</p> <p>Grounding is currently an under-researched topic and there are very few scientific studies on the benefits. However, the most recent scientific research has explored grounding for inflammation, cardiovascular disease, muscle damage, chronic pain, and mood.</p> <p>The central theory from one review studyTrusted Source is that grounding affects the living matrix, which is the central connector between living cells.</p> <p>Electrical conductivity exists within the matrix that functions as an immune system defense, similar to antioxidants. They believe that through grounding, the natural defenses of the body can be restored. Further research expands on this idea.</p> <p>In a small studyTrusted Source on grounding and heart health, 10 healthy participants were grounded using patches on the palms of their hands and soles of their feet.</p> <p>Blood measurements were taken before and after grounding to determine any changes in red blood cell fluidity, which plays a role in heart health. The results indicated significantly less red blood cell clumping after grounding, which suggests benefits for cardiovascular health.</p> <p>Another slightly larger studyTrusted Source examined the role of grounding on post-exercise muscle damage. Researchers used both grounding patches and mats and measured creatine kinase, white blood cell count, and pain levels before and after grounding.</p> <p>Blood work indicated that grounding reduced muscle damage and pain in participants. This suggests that grounding may influence healing abilities.</p> <p>This research is supported by a recent studyTrusted Source on grounding for pain reduction and mood improvement. Sixteen massage therapists alternated between periods of grounding and no grounding.</p>

Before grounding therapy, physical and emotional stress and pain were common side effects of their physically demanding jobs. After the earthing therapy, pain, stress, depression, and fatigue were all reduced among participants.

Most of the studies on grounding are small and rely somewhat on subjective measures, such as self-reported feelings, mood, or even self-administered treatment.

Some studies also rely on blood markers, such as those that detect inflammation, but the size and shortage of these studies suggests that more research is needed.

Types of grounding or earthing

There are many types of grounding. All of them focus on reconnecting yourself to the earth. This can be done through either direct or indirect contact with the earth.

Walking barefoot

Have you ever been outside on a warm summer day and felt the urge to run barefoot in the grass? One of the easiest ways to ground yourself to the earth is to walk barefoot.

Whether this is on grass, sand, or even mud, allowing your skin to touch the natural ground can provide you with grounding energy.

Lying on the ground

You can increase your skin-to-earth contact by lying on the ground. You can do it in the grass by the park or on the sand at the beach.

If you're going to ground yourself in this way, be sure to take the proper precautions and never lie somewhere you could be injured.

Submersing in water

According to advocates for grounding, water may be used to ground in the same way the physical earth is used for grounding.

They suggest simply wading in a clear lake or swimming in the ocean as a way to ground yourself. As always, be sure to stay safe when swimming, especially in murky or deep waters.

Using grounding equipment

When going outside to ground yourself isn't an option, there are alternatives [Trusted Source](#). One method of earthing involves connecting a metal rod to the ground outside and then connecting the rod to your body through a wire.

If you're not comfortable using a metal rod to ground yourself, there's other grounding equipment available. This equipment is an effective way to incorporate earthing therapy into your daily life and includes:

grounding mats

grounding sheets or blankets

grounding socks
grounding bands and patches
You can find grounding mats, sheets, blankets, socks, and bands online.

Why use grounding?

There's not much research on the benefits of grounding. However, people have reported improvement for conditions such as:

Chronic fatigue. In the study Trusted Source on massage therapists, many reported a decrease in their fatigue levels after four weeks of treatment with grounding mats.

Chronic pain. The study Trusted Source on grounding for exercise recovery found that those who used grounding patches reported lower pain levels.

Anxiety and depression. In one small study Trusted Source, it was shown that even 1 hour of grounding therapy can significantly improve mood.

Sleep disorders. The massage therapists also experienced an improvement in sleep length and reduce sleep disturbances with grounding therapy.

Cardiovascular disease. Results of one treatment study Trusted Source found that long-term self-administered grounding therapy helped to reduce blood pressure levels in participants with hypertension.

As mentioned above, many of these studies are small and require further research. Still, some health professionals believe that the benefits of grounding therapy may come simply from feeling like you're reconnected to nature. Regardless, there is little harm.

Risks of grounding

Many of the grounding techniques performed in nature, such as walking through the grass or swimming at the beach, are relatively safe.

Conditions like chronic fatigue, pain, and anxiety may have underlying medical causes that need to be addressed. Always visit your doctor for these types of conditions first before relying on grounding therapy as the first line of treatment.

HOW TO PRACTICE GROUNDING

Grounding can be performed both outdoors and indoors, depending on the technique you choose to use.

Outdoors. When you're outside, you can easily ground yourself by allowing the bottoms of your feet, palms of your hands, or entire body to touch the earth. Walk in the grass, lay in the sand, or swim in the sea. These are all easy ways to naturally reconnect.

Indoors. When you're inside, grounding yourself requires a bit more effort and in most cases, equipment. Use a grounding sheet or socks while you sleep. Use a grounding mat in your home office chair. This equipment has been thought to help ground you throughout the day.

The bottom line

Grounding or earthing is a therapeutic technique that focuses on realigning your electrical energy by reconnecting to the earth. There's little research behind grounding but smaller studies have reported benefits for inflammation, pain, mood, and more.

Grounding can be performed inside or outside, with or without grounding equipment. No matter how you choose to perform grounding, make sure that you're always aware of your surroundings outside and use earthing equipment safely to reduce risks.

The Science-Backed Benefits of Earthing

There are two fundamental changes that occur when you are grounded that are responsible for all of the science-backed benefits of earthing: reduced inflammation and regulated circadian rhythm.

What is Inflammation?

Inflammation is primarily caused by neutrophils, which are a type of white blood cell the body releases when it detects a pathogen or damaged cell. Neutrophils are sent to the site where the pathogen or damaged cell is located, encapsulate it, then release reactive, electron-deficient oxygen molecules.

earthing lowers inflammation

When a neutrophil does its job to destroy the pathogen or damaged cell, there are leftover reactive electron-starved oxygen molecule byproducts. If there are not enough electrons in the body, within seconds these reactive molecules are going to steal an electron from a healthy cell. Free electron deficiency is common in those who live an unnatural lifestyle and lack a whole foods diet and regular connection with natural environments.

When electrons are stolen from healthy cells, due to a deficiency in free electrons, the immune system is then triggered: "oh there's more damage," and sends more neutrophils to remediate the newly damaged cells, and so begins a chain reaction. Silent, chronic inflammation that can continue for years. To prevent this inflammatory domino effect, it's easy: get grounded.

When you are electrically grounded to the earth, free electrons spread throughout the body, which has a resulting antioxidant effect. After the neutrophils release their oxidative burst and seek out electrons, the electrons from earthing are there to neutralize the situation by offering electrons, which prevents neutrophils from stealing electrons from healthy cells, thereby staving off the inflammation cascade.[4]

What is Circadian Rhythm?

In short, circadian rhythm is your body's internal clock. Sunlight, forest bathing, groundwater submersion, and earthing all connect you with the extremely low frequency (ELF) of the earth's Schumann Resonance which informs our internal clock. Circadian rhythm encompasses much more than just the sleep-wake cycle—it's how your body coordinates the 24-hour cycle of precise biochemical reactions that are crucial for optimal health.

When we live disconnected from the harmonizing frequencies of unadulterated earth, our internal timing is off, which results in serious problems like inflammation, insomnia, mood affective disorders, and autoimmune disease.

Science-Backed Benefits of Earthing

Heart Health and Blood Flow

Earthing has been shown to increase the surface charge of red blood cells, thereby reducing blood viscosity and clumping. The red blood cells maintain separation as a result of their surface charge,

allowing for a more orderly single-file flow into the capillaries. Grounding appears to be one of the simplest and yet most profound interventions for helping reduce risk of cardiovascular events. The circulatory benefits of earthing increase the health and recovery of our body's tissue by improving the delivery of oxygen and nutrients throughout the body.

earthings effect on blood

earthing affects capillary blood flow

Further studies have shown earthing's effectiveness in improving heart rate variability (HRV). Variability in one's heart rate is linked with reduced stress and greater calmness. HRV is a widely accepted indicator of health—yet another reason why earthing is a powerful tool to use to minimize risk of a cardiovascular event.[5][6]

Pain Reduction and Expedited Wound Healing

Earthing after injury can reduce or even prevent the hallmark signs of inflammation: redness, heat, swelling, pain, and loss of function. Researchers have confirmed expedited recovery of painful chronic inflammation using medical infrared imaging.[7]

Pain reduction from earthing helps both newly formed wounds as well as the many types of chronic pain, such as arthritis. By producing measurable differences in the concentrations of white blood cells, cytokines, and other molecules, earthing benefits the inflammatory response.

Grounding after exercise is helpful in the speed of recovery. One study monitored pain and immune response and pain in response to injury employed delayed-onset muscle soreness (DOMS) of participants who wore grounding patches and slept on earthing sheets versus a placebo group. The grounded participants not only reported less pain, their immune system and healing process showed less inflammatory markers.[8]

Sync Your Internal Clock for Better Sleep

Earthing yields quantifiable changes in diurnal circadian cortisol secretion levels that improve sleep.[3] Grounding's regulating effect on circadian rhythm prepares your body for sleep hormonally, while its stress-reduction qualities lower anxiety and other symptoms that can make it hard to fall or stay asleep. Earthing helps prevent insomnia, quickens sleep onset, and results in a deeper, more restorative night's sleep.[9]

Earthing Infants and Vagal Tone

earthing protects preterm infants

Earthing preterm infants led to a 95.6% mean decrease in skin surface voltage at the onset of electrical grounding. The incubators in this study were outfitted with a power supply inches from the baby's mattress, which produced a sizable electromagnetic field (EMF) at the mattress level—meaning babies in the incubators were constantly exposed to EMF.

When researchers affixed grounding patches to the newborns (neonates), they found impressive improvements in the infants' vagal tone. The vagus nerve is a fundamental component of the parasympathetic nervous system balance, and vagal tone is linked to activity of the heart, vessels, lungs, digestive tract, and more.

The electrical environment of an incubator affects autonomic balance. Electrical grounding improves vagal tone and may improve resilience to stress and lower the risk of neonatal morbidity in preterm infants.[10]

Cognitive Function and Neuromodulation

If your body is experiencing chronic inflammation, one of the first functions to be affected is cognition. All-too-common results of this are brain fog, fatigue, irritability, and problems with mood, memory, and mental processing. The antioxidant and anti-inflammatory mechanisms of electrons via grounding make earthing a potent way to maintain normalized function in the brain. Clean up chronic systemic inflammation with regular earthing to experience life with minimal neurological impairment.

Earthing has significant influence on the electrical activity of the brain, generating an immediate change in brain scan results via electroencephalography (EEG), surface electromyography (SEMG), and somato-sensory evoked potentials (SSEPs). The normalizing effect of earthing on the brain, as indicated by the tests performed in this study, indicates that grounding may play a primary role in regulating neurological and nervous system function.[11]

Most people forget that they do run on electricity very low levels of amp and voltage but nevertheless were electrical human beings.

Use copper tubing to run one end into the ground and the other end into raised bed planter pots for better crops/blooms.

As more & more counties get more solar farms.....From a STEPHENVILLE resident, George Franklin: I should start by telling you what bonafides I have for writing this. I am a retired aerospace engineer. A literal rocket scientist if you will. I worked on MX (Peacekeeper) Space Shuttle, Hubble, Brilliant Pebbles, PACOSS, Space Station, MMU, B2, the Sultan of Brunei's half billion dollar private 747 with crystal showers, gold sinks and 100 dollar a yard coiffed silk carpets. I designed a satphone installation on prince Jeffry's 757. I did all of the design work for the structure of Mark 1V propulsion module currently flying on at least 3 spacecraft that I know of. Some of the more exciting projects I have worked on are not shareable. My personal projects include a spin fishing reel with a 4.5 inch spool which is entirely my own designed, machined and assembled. It has 2 features that are patentable. A unique true flat level wind and a unique line pickup mechanism. I am also am FAA certified glider pilot and FAI certified gold glider pilot. I fly both full scale and model sailplanes. I am Microsoft certified and ComTIA A+ certified. Solar panels are at best about 20% efficient. They convert 0% of the UV light that hits them. None of the visible spectrum and only some of the IR spectrum. At the same time as they are absorbing light they are absorbing heat from the sun. This absorbed heat is radiated into the adjacent atmosphere. It should be obvious what happens next. When air is warmed it rises. Even small differences in ordinary land surfaces are capable of creating powerful forces of weather like thunderstorms and tornadoes. These weather phenomena are initiated and reinforced by land features as they are blown downwind. It is all too obvious to me what will happen with the heat generated by an entire solar farm. Solar farms will become thunderstorm and tornado incubators and magnets. Solar panels are dark and they emit energy to the space above them when they are not being radiated. This is known as black-body radiation. Satellites flying in space use this phenomenon to cool internal components. If they didn't do this they would fry themselves. So

	<p>solar farms not only produce more heat in summer than the original land that they were installed on, but they also produce more cooling in winter, thus exacerbating weather extremes. So I conclude with this. There is nothing green about green energy except the dirty money flowing into corrupt pockets. There is not such thing as green energy. The science doesn't exist. The technology doesn't exist. The engineering doesn't exist. We are being pushed to save the planet with solutions that are worse than the problems.</p> <p>Sound Frequency: A farmer in Iowa asked himself? Why do the birds start chirping an hour before sunrise And he found out the chirping of the birds is a frequency that helps open up the plant cells stomata on the bottom of the leaf. And it lets the plant start breathing in the morning. It helps wake the plant up. He found out that that frequency is found in music, classical music, quite a bit. So he started playing classical music to his cornfield. His neighbors thought, you know, this guy is loco in cabaza. So, you know, he's a couple fries short of a happy meal, but then his corn grew 15 feet tall, then the neighbors said, what channel was that you are playing? He played the music to his squash on full blast. They produced five squash per leaf instead of one. He played it to his black walnut tree and it grew twice as fast as normal. Its called "Sonic Bloom". It's a combination of vitamins for the plant and special frequencies to open up the growth process. Never underestimate all the ways God has pre-packaged all the elements of nature to work together.</p> <p>So this is copper, a copper rod. This copper rod goes down into the bottom of that plant, goes West, comes out, goes underground, goes into this one on the ground through the it goes through all of them forming a pattern of protruding copper pipes. Then you bring it over here and hooked up to the bottom of this aluminum pole and they got a big zinc bolt in it. So it causes an electromagnetic field to go around the pattern of copper pipes sticking up from my garden and all interconnected. And there's no bugs here, no bugs anywhere. This unique set up is also good for disbursing man made weather conditions similar to the William Reicht set up.</p>
<p>HAIR LOSS: JUMP TO TOP OF DOCUMENT</p>	<p>The primary ingredient in many shampoos is "SODIUM LAUREL SULFATE" and it kills hair follicles and creates hair loss. Find a shampoo that does not contain this ingredient.</p> <p>Once a month rub coconut oil into your hair and pile it up on your head ALL day then wash it out. This will promote healthy scalp and promote hair growth and strength..and shine.</p> <p>Batana Oil: _____</p> <p>Throw rice in the conditioner. Hair will grow even on your forehead. If you have difficulties with the growth of your hair, if it's not growing for anything today, I'm going to share an amazing tip with you first. Take a pot and put a third of a cup of rice in it. Rice has incredible hair nourishing properties. It can't be missing from this tip. Also, core half a cup of water over the rice. This tip will solve 80% of your problems from the first time you do it. Heat the rice and wait for it to absorb most of the water in the pot. If your hair is falling out a lot when you comb it, stay until the end of this video, as I will show you how to solve this problem. In addition to improving hair growth, it also helps reduce brittle, elastic and constant hair loss. These problems with hair loss and elasticity can be caused by a lack of nutrition and hydration in the strands. Take a container and put two to 3 tablespoons of any conditioner or hair mask you have at home It's OK if it's the cheapest mask. After all, we're going to enhance it. Next, take the rice pot and pour the rice over a sieve. We're going to extract all the water from this rice, so don't let the rice cook completely.</p>

	<p>Now just mix it very well until it becomes thick. And the conditioner has incorporated well with the rice water, and it's ready now. Just apply this wonder to your hair. Apply this wonderful hydration from root to tip and let it sit for 20 minutes with a cap or a bag covering your hair. After 20 minutes, just rinse it out. Apply this mixture at least once a week I'm sure your hair will reach your feet. It will grow so much.</p>
<p>HEADACHES</p>	<p>WATER and HEADACHES: (See also "Caffeine")</p> <p>I never used to drink water. I was breastfeeding or pregnant non-stop for 14 years. So I am an expert on breastfeeding, child raising, childbirth, because I didn't for so many years. And I helped many, many people because of my experience. But I didn't drink water. I didn't think I need to. I would just have a cup of tea or a cup of echo or Cara. I thought I'm getting enough fruits and vegetables to know I often used to get migraines and headaches whenever we traveled. I'd get headaches. I hated traveling in the car. I'd always get headaches. I got Coles often, and I get terrible sinus. And then I started to study the body. And then I started to study how much work. We have. And then I started to look at what happens when you don't have the water. So I began to drink more water, you know, I never get a headache now. I can't remember my last headaches. I should never say never. That's very, very rare. I can't even remember my last cold. It was few years ago. And when I do get a cold, I don't get any sinus problems. That is so nice. We have a book in our health retreat and store "One of the body's many cries for water" by Dr Batman Gehledge. We'll just call him Dr B. And another title to his book is "He's not sick. He's thirsty".</p> <p>This book explains a new discovery that lack of water in the body-chronic dehydration-is the root cause of many painful degenerative diseases, asthma, allergies, hypertension, excess body weight, and some emotional problems, including depression. The book explains the damaging effects of dehydration in the fourth dimension of time. You will learn how to use water to: Prevent and reverse premature aging Eliminate pains, including heartburn, back pain, arthritis, colitis pain, anginal pain, and migraine headaches Cure asthma in a few days, naturally and forever Cure hypertension without diuretics or other medication Lose weight effortlessly and naturally, without strict dietin</p> <p>The author, a physician trained in Iran (Your Body's Many Cries for Water), not only believes that drinking water is healthy, but makes extravagant claims for its curative powers. He recounts here how he first discovered the healing abilities of water, when he was a political prisoner more than 20 years ago. While incarcerated, he successfully treated with plain water the stress-induced peptic ulcers that afflicted some of his fellow prisoners. According to Batmanghelidj, most people rely on dry mouth to signal thirst and as a result are seriously dehydrated. He posits that symptoms like fatigue, anxiety or depression indicate dehydration, which may result in serious conditions such as asthma, hypertension, brain damage, cancer, constipation, allergies and obesity. In order to compensate for fluid lost through urination, respiration, and perspiration, Batmanghelidj suggests drinking a minimum of two quarts of plain water daily (not alcohol, caffeine beverages or juices). In order to maintain good health, he also advises ingesting half a teaspoon of salt to balance water intake. In addition, a diet consisting of 80% fruits and vegetables and 20% protein should be followed along with an exercise program. To back up his theories, the author presents a wealth of somewhat confusing medical data as well as patient anecdotes that testify to water as a cure for various diseases. Batmanghelidj does state, however, that those diagnosed with specific conditions should not stop taking their medications abruptly, nor should they embark on a water regime until they have consulted with their physician. This controversial program will have the greatest appeal for devotees of alternative medicine.</p> <p>Copyright 2003 Reed Business Information, Inc.</p> <p>Fereydoon Batmanghelidj, M.D., an internationally renowned researcher, author and advocate of the natural healing power of water, was born in Iran in 1931. He attended Fettes College in Scotland and</p>

	<p>was a graduate of St. Mary's Hospital Medical School of London University, where he studied under Sir Alexander Fleming, who shared the Nobel Prize for the discovery of penicillin.</p>
<p>HEALTHY EATING: JUMP TO TOP OF DOCUMENT</p>	<p>BREAD: When considering what types of bread to eat, know that wheat has been genetically altered so that it is difficult for your stomach to digest KAMUT and SPELT have the same structure as it had in the 1950s, while wheat will never be the same. Sourdough Is made in such a way That your body can still process it while white bread and wheat bread is not processed that way is not healthy And is not good for your body.</p> <p>No one has cancer because of a lack of chemotherapy, radiation or tamoxifen. No one has high blood pressure because of a lack of hydrochlorothiazide or wrapping milk, clonidine or atenolol. No one has high cholesterol because of a lack of Lipitor, Crestor. What am I saying? What I'm seeing is that you cannot poison the body into hell. You cannot take more and more toxic drugs and already toxic body and expected to improve. So what do you do? Give them. Body wooden needs on a cellular level and the body will heal itself.</p> <p>BABY FOOD: (Barbara Oneil) What are Moms among us are told to give their babies today at 4 to 6 months of age? CEREAL! It makes no sense at all. So baby should have no cereal/starchy food until the molars grow in. What age is that? Anywhere between 14 and 22 months of age. I first heard this when my first daughter had whooping cough. She was hospitalized. And she went into breathing distress without coughing and a male nurse revived her. I got to know this male nurse. I was about 23. He was about 38. He said I'm in charge of the malabsorption syndrome ward in Camperdown Hospital Sydney. That's Australia's biggest children's hospital. He said this ward is full of babies with malabsorption syndrome in the gut because they were given starch too young. Starch! Before they had the teeth in. The presence of teeth in babies indicated that the enzymes were there to breakdown starch. Do you know it's only the last 100 years babies are being fed food? Did you know that? How long have we been on the planet? Long time. For thousands of years babies haven't been fed starchy food. And some authorities are saying to mothers if you don't feed the baby food at six months of age their brain won't develop. What about Einstein? What about Moses? What about Mozart? What about all the brilliant minds of the past? Do you know what that means? That weren't given food till sometimes 2 or 3 years of age. It makes no sense at all. My son James was not interested in food, not interested. He didn't eat food till it was 16 months of age. That's almost unheard of now. And so because he was my second child and I'd already heard about the danger of giving starch so early. I did not. I did not push it. If you look at James now, he's built like a bodybuilder He plays the pan pipes beautifully. He's a master builder. In other words, he didn't lack. He did not lack. Did God made a mistake with the breast milk? No. the breast milk is unique in that it is perfect at every single age.</p> <p>If you eat cooked spinach as opposed to raw spinach, you get more iron and you lower the oxalate content as well. If you eat cooked carrots versus raw carrots, then you absorb more of the heart healthy carotenoids. If you eat cooked tomatoes versus raw tomatoes, then you absorb more of the heart healthy compound lycopene. If you eat cooked asparagus versus raw asparagus, then you can absorb more of the cancer fighting compound for like acid.</p>

Did you know kale has more calcium than milk? Nor Iron Man Beef and 10 times more vitamin C than spinach. Papaya seeds kill intestinal parasites. And reduce loading. One apple gives you more energy than coffee. Eating cucumbers every day gets rid of eyebugs.

Did you know that when bananas turned brown, it means it has more antioxidants, wild blueberries have two times more antioxidants than regular blueberries. Did you know wild lettuce is a natural painkiller? Cantaloupe is high in potassium and reduces anxiety. Hemp seeds have all nine essential amino acids. 20 minutes of sunlight triggers over 200 microbes that fight fungi, parasites and viruses.

HEART:
[JUMP TO TOP OF DOCUMENT](#)

Apricot Seeds contain high levels of Thiamine also known as Vitamin B1, which some research shows may help lower blood pressure and maintain heart health. Thiamine may encourage pump (systolic) and fill (diastolic) pressure to and from the heart possibly aiding in the prevention of congestive heart failure.

Tobacco cessation, a healthy diet high in fruits and vegetables and routine exercise can prevent premature death from heart disease in those who choose healthier lifestyle options. Walking at least 10,000 steps per day is a good goal for most. A good night sleep also plays an important role in preventing heart disease.

Coconut oil is the treatment for heart diseases from Harvard. Harvard has now admitted that because we demonized coconut oil, millions of people have died all over the world.

Did you know the cayenne pepper unclogs artery? So if you're having a cardiac crisis, you want to take some immediately.

Cayenne pepper and water-- drinking it down can actually reverse and help prevent heart disease. This will actually help increase circulation throughout your blood vessels. It causes vasil dilation of a blood vessels. It can prevent excessive blood clotting as well as lower blood pressure. So they want to consider drinking some cayenne pepper, or putting it on your food because your body will bloody it.

There is a herb that strengthens the heart, and it's called the Hawthorne Berry. So I'm 104 verse 14. The Bible says God gave herbs for the service of men. He gave. Us cane pepper to keep that blood nice and thin. Best blood thermal. He gave us the garlic. He gave us the Hawthorne Berry. It's an English herd, but it loves growing in places like Victoria and New Zealand. And a lot. Of the English brought over the Hawthorne Berry because they make quite nice hedges. I don't know if you've got Hawthorne berries growing here. The Hawthorne Berry strengthens the heart. If the blood pressure is high, it'll bring it down. If it's low, it'll bring it up. It strengthens the heart.

6 common supplements for heart health

1. Fish oil (Omega-3 EPA/DHA)

Several different omega-3 fatty acids exist, but the majority of cardiovascular research focuses on two forms, EPA and DHA, which are found in seafood and fish oils.

While there are observational studies that link higher intake of fish and other seafood with improved heart health outcomes, other factors may be influencing these potential health benefits, such as diet quality or other lifestyle factors. As with many research studies, it's not all clear cut.

In a large analysis of research studies, omega-3 EPA/DHA supplements did not appear to significantly reduce the risk of most cardiovascular events, especially in healthy individuals. However, use of omega-3 EPA/DHA supplements in people with low dietary intake of omega-3s and with existing coronary heart disease may have some cardioprotective benefit.

Risks and side effects

There is an increased risk of atrial fibrillation with high-dose supplementation, so it is always a good idea to talk to your doctor before starting a fish oil supplement.

Recommended intake

For people with heart disease: The American Heart Association (AHA) recommends consuming about 1g (1,000mg) per day EPA/DHA, preferably by eating oily fish. Supplements may be an option under the guidance of a physician.

For the general population: The American Heart Association (AHA) recommends eating 1-2 servings (4-8 oz.) of seafood per week to reduce risk of some heart problems, especially if consumed in place of less healthy foods. The AHA does not recommend omega-3 supplements for people without a high risk of cardiovascular disease.

Optimize intake of seafood first. If you do not eat seafood and want to consider a supplement, talk to your doctor. They may test your blood to measure your omega-3 serum index and adjust your recommended dose accordingly.

Food sources of Omega-3 EPA/DHA

Salmon

Skipjack tuna

Sardines

Mackerel

Trout

Herring

Oysters

2. Coenzyme Q10 "CoQ10"

Coenzyme Q10 (CoQ10) is a substance the body makes naturally. Levels have been shown to naturally decrease with age. While there are theories that supplementation with CoQ10 may reduce muscle aches associated with statin medication use, research studies have failed to prove this.

There is some evidence that the addition of coenzyme Q10 to conventional therapy for congestive heart failure patients showed reduced hospitalization for worsening heart failure and reduced serious complications. However, keep in mind these studies are small and have limited application.

Risks and side effects

While no serious side effects have been reported, mild side effects such as insomnia or digestive upset may occur with supplementation.

Recommended intake

You can have your coenzyme Q10 levels checked with a blood test at your doctor's office if you're worried your levels are low. For most people, eating a healthy diet keeps their coenzyme Q10 level normal, even if they're taking a statin.

If coenzyme Q10 levels remain low after optimizing the diet, then taking a supplement may be appropriate. You may see CoQ10 supplements under the names "ubiquinone" or "ubiquinol." Ubiquinol tends to be better absorbed than ubiquinone. It should be taken with a meal that contains fat to increase absorption. Since there is no established recommended dose for CoQ10, talk with your doctor about if and how much CoQ10 supplementation may be appropriate for you.

Food sources of CoQ10

Foods that contain CoQ10 include:

Oily fish: salmon, tuna, trout, mackerel

Some plant-based foods: soybeans, lentils, peanuts, pistachios, soybean and canola oil

3. Red Yeast Rice

Red yeast rice is produced by fermentation of a specific type of yeast on rice. The active ingredient in red yeast rice, Monacolin K, is structurally identical to the statin medication lovastatin, which helps slow the production of cholesterol in the body.

Red yeast rice can be effective in lowering elevated cholesterol, but the amount of monacolin K in red yeast rice supplements can vary considerably. Product labels normally do not list the amount of lovastatin, so it's hard to know how much of the active ingredient the supplement contains and whether it will be effective.

Risks and side effects

Red yeast rice products that contain significant amounts of monacolin K can have the same potential side effects as statin drugs, including muscle, kidney and liver damage. They may also cause digestive problems. Moreover, Consumer Lab found that 30% of red yeast rice products contain a contaminant called citrinin, which is toxic and can damage the kidneys.

Recommended intake

For consistent cholesterol lowering, regulated medications, such as statin drugs, are more trustworthy and cost-effective compared to red yeast rice products. However, red yeast rice may be effective for some people who are intolerant to statins. Similar to statin drugs, it is best to take red yeast rice in the evening.

4. Vitamin D

Vitamin D is a nutrient needed for good health. It works with calcium and phosphorus to build and maintain strong bones, supports muscle and nerve function, and is necessary for a healthy immune system.

Vitamin D deficiency has been associated with increased cardiovascular disease risk factors such as high blood pressure, type 2 diabetes and obesity in observational studies. But clinical research studies have failed to show vitamin D supplements to be effective in reducing the risk of developing heart disease or dying from it, even if you have low blood levels.

Risks and side effects

Getting too much Vitamin D from supplements can be harmful. Very high levels of vitamin D in your blood can cause high blood calcium levels and lead to nausea, vomiting, muscle weakness, confusion, dehydration, kidney stones and cardiovascular events. In addition, cholesterol-lowering statins might not work as well if you take high-dose vitamin D supplements.

Recommended intake

The main source of vitamin D in humans is from a chemical reaction that occurs when our skin is exposed to the sun. However, clouds, smog, old age and having dark-colored skin reduce the amount of vitamin D your skin makes.

Food sources of vitamin D

Fatty fish: salmon, herring and sardines

Fortified foods: orange juice, cereals, dairy/dairy alternatives

Egg yolks

Mushrooms

Vitamin D deficiency is a prevalent problem caused mainly by low exposure to sunlight. If you are concerned that your Vitamin D levels may be low, ask your doctor to do a simple blood test.

5. Fiber

Fiber-rich foods play an important role in cardiovascular health and associated risk factors, such as high blood pressure, high cholesterol and inflammation. There are two main classes of fiber: soluble and insoluble. Both are important for health. However, research studies show that soluble fiber is most effective in lowering LDL cholesterol.

An analysis of 250 research studies confirmed that eating lots of fiber from vegetables, fruits and whole grains can decrease your risk of dying from heart disease and cancer. However, despite these proven health benefits, only about 10% of adults consume the recommended amount of daily fiber.

Recommended intake

Institute of Medicine recommendations

	Age 50 or younger	Age 51 or older
Men	38 grams	30 grams
Women	25 grams	21 grams

But what about fiber supplements? Fiber supplements do not provide the variety of fibers, vitamins, minerals and other beneficial nutrients that foods contain. Looking at fiber research studies, it's difficult to determine how much of the observed health benefits come directly from dietary fiber, versus other health-promoting factors associated with a diet rich in fruits, vegetables and whole grains.

In general, it's best to get your fiber from whole foods rather than a fiber supplement. However, if you are unable to meet the recommended fiber intake through diet alone, a fiber supplement may be used in conjunction with a healthy diet.

To reap the cholesterol-lowering benefits, choose a fiber supplement that contains a soluble nonfermenting fiber like psyllium, beta-glucan or guar gum. Remember to keep in mind the recommended fiber goals above. Consider how much fiber you typically get from your diet to determine how much may be supplemented to help meet your goals without overdoing it, and always talk to your doctor if you're unsure.

Risks and side effects

Depending on the type of fiber and amount, you may experience digestive symptoms, like gas, bloating, diarrhea and/or constipation. Consuming the right amount, slowly increasing your fiber intake and drinking plenty of water can help reduce the risk of unwanted side effects.

Food sources of fiber

Soluble fibers found in the following foods can help lower total blood cholesterol levels by lowering low-density lipoprotein (LDL), or “bad,” cholesterol levels:

Beans

Lentils

Oats

Ground flaxseed

Chia seeds

Apples

Blueberries

Pears

Brussels sprouts

Avocado

Sweet potato

Broccoli

6. Phytosterols

Phytosterols are natural fat-like compounds found in plants that can help lower cholesterol levels. They compete with cholesterol for absorption in the body and block the total amount of cholesterol that is absorbed. Other names for phytosterols include plant stanols, sterols and stanol esters.

Recommended intake

Clinical trials have demonstrated that daily consumption of phytosterols can significantly lower LDL cholesterol along with a healthy diet. An average of 2g/day (2,000mg) phytosterols is associated with a reduction of 8-10% LDL cholesterol. LDL lowering effects may be even greater if combined with statin drug therapy. However, the long-term effect of phytosterols on cardiovascular risk is not known.

Risks and side effects

Few adverse effects have been associated with plant sterols/stanols. However, it is advised to not exceed 3g/day as there are no additional benefits and this may increase the risk of undesirable side effects.

There is some concern that sterol/stanol supplements may inhibit the absorption of fat-soluble vitamins, but this potential negative effect can be minimized by increasing fruit and vegetable consumption throughout the day. Phytosterol supplements should be taken with a meal, but avoid taking with fat-soluble supplements like Vitamin D and CoQ10.

Food sources of phytosterols

Small amounts of phytosterols occur naturally in certain foods including:

Soybeans
Peas
Kidney beans
Pistachios
Cashews
Sesame oil
Safflower oil
Oranges
Bananas
Brussels sprouts

To supplement or not to supplement?

While supplements can be helpful in some cases, they can also be harmful if not medically necessary. If you're deficient in a vitamin or mineral or struggling with high cholesterol levels, it's important to get to the root cause—what may be causing the imbalance in the first place? Look to your diet first.

Remember, there are potential risks or harmful side effects of taking supplements because of their active ingredients and medicine-like effects. Always check with your doctor and dietitian before starting any supplements to ensure there are no possible interactions between the supplements and medications you may be taking and that you are taking a safe dose.

Choose the best quality supplement you can find

The supplement industry is poorly regulated, and the FDA is not authorized to review dietary supplements for safety and effectiveness before they are marketed.

Did you know if you can send one teaspoon of cayenne pepper, one glass of water, you can stop a bleeding hemorrhoid. Did you know that cayenne pepper orders the brain to burn fat cells? Did you know the cayenne pepper unclogs artery? So if you're having a cardiac crisis, you want to take some immediately.

Barbara Oneil: Did you know you have a second heart? It's your calf muscle. Do you ever wonder how the blood gets back to the heart? You see your arterial system is the blood coming away from the heart. And your venous system is the blood coming back to the heart. It is your calf muscles. And I think you'll agree with me when you've been on the rebounder. Those calf muscles, they're constantly working, say your second heart is getting those blood back. That's why rebounding is so effective for varicose veins. You don't get varicose arteries. Do you get varicose veins? It's that venous system that's affected. And that's why in the plane, they tell you to move your foot, don't you? Because when you move your foot, you're moving your calf muscle. And that pumps that heart muscle, this causes this muscular system around the capillary network to keep moving that blood, because the blood is the life of the flesh.

You need to be consuming olive oil everyday. I don't care if it's in the liver cleanse with the lemon and the cayenne pepper. Or if you're just taking a shot of olive oil, that's fine. You want extra virgin olive oil, organic cold pressed, unfiltered in a dark glass jar. And here's what. The first reason is heart health, blood pressure and cholesterol. Olive oil is the only monounsaturated fat that has been proven to reduce your risk of stroke and heart disease. The. Next one is your brain health. Olive oil increases brain function and cognitive function, and it decreases your risk for Alzheimer's. It's proven to increase brain cell growth. It helps. With memory, and it's proven to reduce your risk of depression. Olive oil is linked to increasing your mood and making your whole body function

	<p>and feel better. And last but not least, this is very important. It protects you against chronic and autoimmune disease. How does it do this by reducing inflammation in your body.</p>
<p>HEMEROIDS: JUMP TO TOP OF DOCUMENT</p>	<p>Barbara O'Neil suggests an aloe vera plant cutting inserted deeply into the anus for relief of hemorrhoids. Cut away the skin and insert (like a suppository) only the sticky gel like part. (about an inch and a half long by ½ inch wide if possible)</p> <p>Did you know if you can send one teaspoon of cayenne pepper, one glass of water, you can stop a bleeding hemorrhoid. Did you know that cayenne pepper orders the brain to burn fat cells? Did you know the cayenne pepper unclogs artery? So if you're having a cardiac crisis, you want to take some immediately.</p> <p>Because you know, if you consume one teaspoon of cayenne pepper and one glass of water, you can stop a bleeding hemorrhoid.</p> <p>Barbara O'Neil: There's another thing you can do, and that is to use castor oil. Now to use castor oil, you get a cotton ball and you soak it with Castor oil and you make it about like your little finger, which is about like that molded and freeze it. Now I'm warning you it'll take three days to priests and it must be frozen, otherwise you want will be unable to insert it. But you do the same thing as you would do with the aloe. So maybe you'll do aloe 1 night and castor oil the next night. So that's what you can do for hemorrhoids.</p>
<p>HORMONES: JUMP TO TOP OF DOCUMENT</p>	<p>Wild Yam Cream for Menopause & PMS: An herbal menopause and menstrual cramp relief cream made with organic herbs, oils, aloe. Our 100% USDA Certified Organic hormonal balancing cream is the perfect solution for PMS and Menopause symptoms.</p> <p>Effective: Our wild yam root herb cream relieves PMS and menopausal symptoms like moodiness and headaches, thanks to its ability to support the adrenal glands and promote hormonal balance. Give it time.</p> <p>No Estrogen or Progesterone: With anti-inflammatory properties, wild yam root is a powerful ally for women during menopause. Our PMS mood swing relief cream contains no estrogen or progesterone, ensuring a completely natural approach.</p> <p>Apply for 3 weeks on and 1 week off for 1 year..as per Barbara.</p> <p>BLACK BEANS: What is the best single food you can eat for hormone balance? My opinion, it's not healthy. Fats are fish oil, and it's not cruciferous vegetables, although those are very helpful. The food I'm talking about is high in both soluble and insoluble fiber and about equal amounts, which means it gets rid of hormone metabolites like bad estrogen, so they don't build up in your body. It balances cortisol and insulin both of which are crucial for weight and energy, and both. Of which have tremendous impacts on your sex hormones, especially testosterone, and that helps move toxins out of your body in a regulated way. This food is very inexpensive and is consumed all around the world. It has 15 grams of plant based protein per cup. It is low on the glycemic index, so it doesn't spike your blood sugar. It is extremely nutrient dense and antioxidant dense and is high in magnesium and potassium. Two of the main electrolytes that most people don't get enough of. It is a superfood and most people don't eat enough of it. What Beans, specifically black</p>

	<p>beans, if they give you gas, you need to work on your gut health. So you can just get a can of organic black beans. You can even find some pre soap so that the phytic acid is already minimized. If you want to save even more money, buy them in bulk and then suck them yourself. You can start with a teaspoon a day just from your fridge to start or I even had people start with literally one bean and work their way up simply upping your black bean intake might just change your life.</p> <p>When a woman applies or a man, the Annas Wild Yam cream to the skin, the fat cells take it up and It stimulates the body the pathway that the body uses to make its own progesterone. So what this Anna’s wide yam cream does, it stimulates the body to increase its progesterone production. And if you increase progesterone and your oestrogens high, it’ll breathe down. And if you increase progesterone and your oestrogens too low, it’ll bring it up. And if your test health strands too high, it’ll bring it down. And if it’s too low, it’ll bring it up. Can you see it’s your balancer?</p>
<p>IMMUNE SYSTEM:</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>SEE ALSO: LYMPHATIC SYSTEM:</p> <p>Coconut Oil is as good as mother’s milk and the best fat because coconut oil in mothers milk are the only two things that contain sodium monoloric acid, which is the basis of human immune system. It gets digested directly as ketones and that is why in America today Coconut Oil is a treatment for Alzheimer’s disease with very good results.</p> <p>Coconut oil is the treatment for heart diseases from Harvard. Harvard has now admitted that because we demonized coconut oil, millions of people have died all over the world.</p> <p>USNEA: also known as Old Man’s Beard, is a super important medicinal heart. It’s actually what’s known as a liking which means it’s made up of two or more things. In this case, it’s both a fungus and an algae, and probably yeast. Many people call this the West Coast echinacea This one is a powerful immune modulator. Maniate can help an overactive or under active immune system. Also antiseptic and antiviral and antifungal. But it’s got a special affinity for the lungs. When we take in extra toxins into our lungs were more susceptible to other disease and cold. And you know what? Please only ever collect usnea from the ground cause it grows very slowly and is very important to the forest ecosystem. By slowly, I mean as little as four millimeters per year. This can be made into a tea for immune system or a tincture to get the full array of benefits.</p> <p>Immuni-tea: oranges lemons red onion jalapeños parsley thyme oregano garlic cloves tumeric and ginger root black peppercorns cayenne pepper raw honey and covered in apple cider vinegar. It’s supposed to sit for a month and ferment then you strain it and take it as a shot or mixed in tea when you feel something coming on and it’s supposed to be great for boosting your immune system</p>
<p>INFLAMMATION & ENERGY:</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>Hydrogen water is said to increase energy, reduce inflammation, and reduce recovery times after workouts. A study of 10 soccer players showed that drinking hydrogen water may reduce muscle fatigue and muscle function decline caused by exercising. But more research is needed. Hydrogen water may contain antioxidants.</p> <p>Burdock Root: Benefits for liver is due to its antioxidant and anti inflammatory properties. It's been shown to heal liver cells from damage caused by alcohol acetaminophen or other liver damaging toxins.</p>

	<p>Comfrey-reduces inflammation but not as good as ginger.</p> <p>For Pain, A Ginger Poultice--Grate up Ginger (about a teaspoon)(Spread it out), wrap it in fabric, similar to a sheet type fabric, the skin will get warm..possibly even hot..but not burning..it is drawing the heat/inflammation out of the joint. It works on Gout also. When the pain goes away, remove the poultice or it will irritate the skin and blister. Don't sleep with a ginger poultice. ..usually 2-3 hours max 2x a day.</p> <p>Grated potato poltice is good for tissue inflammation.</p> <p>Every mother knows who's had a baby in the hospital, the midwives give cabbage leaves to new mothers. When the milk comes in and the breasts are very swollen, putting a cabbage leaf inside the bra is very, very soothing for the swollen breast. So you can use cabbage for swollen knees for sprained ankles and more. What you do is you dip the cabbage, leaf into boiling water just for about a minute, or you mash it up a little bit with a meat tenderizer, and then you can put it around the ankle, and then you might cover it with a cloth. So that's one of the wonders of cabbage. You can use it as a anti inflammatory for all tissue inflammation.</p> <p>SWELLING IN THE LEGS: Believe it or not, swelling in the legs, your kidneys, your kidneys, what balance the sodium and the water levels in your body. So it's an indication that the kidneys aren't very happy. So what you can do, you can increase your water intake and salt intake. Now, when the legs swell, do you know what that means? The water is not getting inside the cell. It's on the outside of the cell. And our cell has a bilayed membrane around it. Water cannot get in unless magnesium is there. Magnesium will pull the water inside the cell. And that's why a crystal of whole salt on your tongue before every glass of water, it gets the water into the cells. The quickest way to hydrate a body.</p>
<p>ITCHING TOP</p>	<p>Bartbara Oneil: I used to wake in the night with my husband scratching. He's scratching his toes against the sheets because he had quite bad itching, so I investigated. Where did this come from? About 10 years earlier, he had to get his wisdom teeth out, so he did it on the cheap, went to a hospital and the students worked on him and put him under general anesthetic. And they wide open his jaw and they broke his jaw And when he woke up, his face was swolen. It's just and he'd press his cheeks and the puss would come out. Antibiotics actually saved his life, he had a severe infection. But the antibiotic saved his life. But ever after he had use problems cause they'd given him 2 very strong antibiotics at once. And so now when I married Michael, he was 40. Now he's got this major fungal problem. And I used to put a bit of tea tree salve on and settle down a little bit. But one day I said, okay, we're going to put you on a strong program to knock this and so. What I did was I stopped all fruit or sweets for 6 weeks. He said that at first he thought his throat was cut. One Lady said. But isn't fruit good? It's very good. But fruit is high in sugars low in minerals Whereas vegetables are high in minerals and low in sugars After six weeks when he could start to have fruit agaun said actually can I stay on this mostly vegetable plan? I really like it and so even to this day I when I'm home I cook him just vegetables for breakfast. It's just very quick but his body goes very well with it. I am no longer woken to scratching in the night.</p>
<p>KIDNEYS: JUMP TO TOP OF DOCUMENT</p>	<p>https://www.facebook.com/share/r/8uGVNFj4yj8ncskH/?mibextid=D5vuiZ Cornsilk Tea with parsley and celery and carrot juice for flavor.</p>

	<p>Parsley, Celery, Cooch Grass—make a tea/juice out of it and drink daily. Chianca Piedra Drops are excellent “Stone Breakers” for kidney stones AND gallstones.</p> <p>Because of a high acid diet that many people are living today with a lot of sugars, a lot of caffienes, a lot of starches, cereals, breads, the body releases Calcium phosphate to neutralize the acidity. And that calcium phosphate can build up as crystals in the kidneys, in the gallbladder, on the eyes, cataracts, And there is a way that you can get rid of cataracts and floaters. And that is one drop of Castor Oil wiped over the eye lid. It will go through the lashes, the caster Oil will penetrate in through the eyelid, and also into the eye through the lashes. Caster Oil penetrates deeper than any other oil. And wherever it penetrates, it breaks up unnatural formations which are what cataracts are. I’ve had several people get back to me and testify that their cataracts are gone by doing the Castor oil. It works similarly on kidney stones, gallstones and other cluster formations in the body including cancer.</p> <p>Did you know that celery is an excellent kidney herb? Did you know that parsley is an excellent kidney herb? Couch grass is all through my yard and trying to get into my garden. I’m always pulling it out.. but it is another excellent kidney herb! So, I gathered all of this. And what I did was I made her up a litre or a quart of tea every day with the celery and I just put the tops in and I put some ginger in there to make it taste a little bit better so it didn’t taste like grass. As I’m consulting with this lady I discovered that she only drinks two, maybe three glasses of water a day. She would say, look at my legs. There’s there’s too much water in my body now. Can you see that reasoning? It’s because she’s dehydrated that the body is actually unable to handle that water. So Happens in this reabsorption here is not only ph’s balance, but so is sodium and water levels in the body.</p>
<p>KNEE PAIN: JUMP TO TOP OF DOCUMENT</p>	<p>What’s the history of backwards sled walking? Backwards walking was passed on from generation to generation in Asia to prevent arthritis in elderly. Then Louise Simmons, most successful power lifting coach ever, observed power lifters in Finland with a really strong legs and they credited to dragging trees as their dayjob in the forestry industry. So Louis Run forward and backward sledding into exercise. Derek, can I become obsessed with going backward? I use the backward to get off painkillers for my knees. Modern research has shown that for the knee, if you have pain, forward activity doesn’t shift you into position the way backward does. So if you go forward, the muscles don’t engage the same as someone who doesn’t have knee pain. If you have knee pain. But if you go backward, all of a sudden you can get that shift to angles that protects the need more. So Work the more protected you make the knee.</p>
<p>LIVER DETOX & GUT HEALTH: JUMP TO TOP OF DOCUMENT</p>	<p>Barbara O’Neil’s “GUT REPAIR” Tea: (will restore regular bowels-naturally) 1 Part Golden Seal (Powder) 8 Parts Slippery Elm 1 Part Myrrh (comes in lumps and can be ground up)(or use Myrrh Oil)</p> <p>After blending these herbals, use just ONE TEASPOON in ½ Cup of Water (will taste bitter) and drink before bedtime till the problem resolves itself. (Extreme cases may require up to three treatments per day) Once you become regular again, stop using the tea.</p> <p>Consider your diet and eliminate sugar and dairy to correct your gut health.</p>

Probiotics should be taken 1.5 hours before the first meal of the day.

The pyloric sphincter serves as a kind of gateway between the stomach and the small intestine. It allows the contents of the stomach to pass into the small intestine. It also prevents partially digested food and digestive juices from reentering the stomach.

Your Pyloric Sphincter is wide open in the mornings so start your day with a glass of room temperature or warm water and it will flush clean water all the way through your system to best prepare it for a new day.

Bentonite Clay and Aloe Vera Juice are also both good for Intestinal Issues.

1 Cup Cucumber, 1 Cup Pineapple, in the blender with 1.5 cups of water to make a drink..then drink it..it will detox your blood and clear out your intestines.

Magnesium--Magnesium Deficiency causes cold hands and feet and brittle nails.

Super aloe for digestion

Wormwood-used to eliminate intestinal worms, roundworms and pinworms.

Cloves: The main active ingredient in cloves is eugenol, known to help kill bacteria, parasites and viruses.

Chaparral: detox and eliminate parasites

Black Walnut: expel worms and parasites that live in the intestines

Pau D Arco: antiparasitic, antimicrobial, anti inflammatory, and antifungal.

Neem: antiparasitic and natural detox.

Milk Thistle: Acts as a powerful liver cleanser by rebuilding liver cells, reducing liver damage and removing toxins from the body that are processed through the liver.

Provitalize --Probiotic for Weight Loss

Activated Charcoal to remove toxins to streamline weight loss, your body adds weight when there are too many toxins to isolate.

Liver Detox: Burdock Root, Dandelion Root, Oregon Grape Root, Eleuthero Root, Yellow Dock Root, Milk Thistle.

Dandelion Root: Has long been held as a liver tonic in folk medicine in numerous studies have verified this traditional use.

Artichoke Leaf: May help heal and protect the liver. It also inhibits internal production of cholesterol in the liver.

Blessed Thistle: Stimulates the production of bile, which assist in detox of the liver.

Turmeric: Known to detox the liver and reduces the accumulation of fat in the liver

Schisandra Berry: regenerates liver cells, supports regeneration of the liver.

GUT HEALTH:

IRRITABLE BOWEL (Barbara Oneil)

1. Stop the foods that irritate the lining of the gut. What are the foods that do that caffeine? Refine sugar. The hybridized wheat dairy. If you feed the milk in the supermarket to a newborn calf the calf would die. Number one, stop all the things that can irritate the gut lining
2. Take a probiotic. What's a probiotic? Electrobicinos acidophilus. Bifus bacterium supplement. Do you know they are the two permanent. Permanent bacteria that live in your gut. All the others come from those two.
3. there are two herbs that coat and soothe and heal the lining of the gut. And they both a bit slimy because the lining of the gut is slimy. I think we all know aloe vera and aloe vera has a great simulator. It stimulates rapid healing in the lining of the gut. The other. Herb when you put water with it, it just goes a bit slippery. It's called slippery elbow and slippery elm coats, soothes and heels the lining of the gut.

Liver DETOX:

Your liver plays a very vital role in keeping you healthy and alive. It's essentially responsible for cleaning and filtering your blood from the digestive tract before flowing to the rest of the body. It also metabolizes drugs and detoxifies chemicals. More than that, your lover secretes bile that helps digest fat and carry waste away.

While the liver generally takes care of itself, there are certain foods and drinks that can help maintain and better its health. You might wonder, "What drinks are good for liver detox?" Well, below is a list of great drinks that will help in liver detoxing.

11 Drinks For Liver Detox

Lemon Water

Ginger and Lemon Drink

Grapefruit Juice

Tumeric Tea

Green Tea

Chamomile Tea

Oat Tea

Jujube Fruit Juice

Peppermint Tea

Schizandra Berry Tea

Coffee

Lemon water is a simple but effective drink to cleanse. It helps in purging the toxins out of your blood.

You can either squeeze a fresh lemon in water or slice one and add them to your water container. This drink works better warm, as colder drinks can shock your body and take heat from your digestive system to warm up.

Ginger and Lemon Drink

If you want to level your drink up, add some ginger. It stimulates digestion, circulation, and sweating, allowing a better cleanse. It also has anti-inflammatory properties.

Drinking this boosts metabolism, relieves bloating, and even prevents sickness.

Grapefruit Juice

A World Journal of Gastroenterology study says grapefruit is among the helpful foods. It contains two primary antioxidants— naringin and naringenin— that help reduce inflammation and protect the liver cells, saving the liver from injury.

These compounds can also reduce the buildup of fat in your liver and increase enzymes that burn fat. These characteristics make grapefruit great for fighting non-alcoholic fatty liver disease.

what drinks are good for liver detox

Source: Pexels.com

Tumeric Tea

Tumeric tea is considered one of the best drinks for liver detox. Studies show that turmeric has properties that can decrease the key pro-inflammatory molecules that initiate, develop, or worsen diseases like liver disease.

Green Tea

Another study by the World Journal of Gastroenterology mentions how green tea may help in reducing overall fat content and fight against oxidative stress. In addition, it may help lessen the symptoms of non-alcoholic fatty liver disease.

Chamomile Tea

Chamomile tea is generally regarded as a drink to calm down nerves and help wind you down before bed. However, it does have sesquiterpene lactone that allows the liver to prepare the detoxification pathways.

Additionally, the herb also has anti-inflammatory properties. Those help your body deal with the intermediates of detoxification, which can cause the levels of inflammation in your body to go higher than usual.

Oat Tea

High in fiber, vitamins, and minerals, oats help with digestion and are great for cleansing your liver and intestines. That's why many consider oatmeal drink the perfect detox drink. It helps flush out toxins from your body.

A study in the International Journal of Molecular Sciences found that beta-glucans in oats seem to help reduce the amount of fat stored in mice's livers.

best way to clean liver naturally

Source: The Owls Nest

Jujube Fruit Juice

Native to South Asia, the Jujube fruit has elements that aid in nourishing your liver blood again needed for fat burning and detoxification.

This herb also calms the mind and eases stress levels, allowing you to get quality sleep. In turn, that helps your liver function properly.

An overloaded liver leads to improper digestion, which then affects the Spleen-Pancreas. But in Chinese medicine, the jujube herb helps strengthen the Spleen-Pancreas.

Peppermint Tea

Peppermint contains large quantities of essential oil content, namely menthol, and menthone. These help in the digestive process, especially if you have a hefty meal at night.

Food stagnation may be a sign of overeating, which can cause disturbed sleep. Peppermint helps overcome that. As a tea, it aids the digestive process by helping your liver with its detoxification and digestive functions.

Schizandra Berry Tea

The schizandra is one that is not talked about much but holds plenty of health benefits. When infused in hot water, these berries can protect your liver from several harmful intermediates made through detoxification pathways. Plus, it's a nice fruity drink you may enjoy drinking.

Studies found that schizandra elements, like lignan content, have hepatoprotective capabilities. This means it can prevent damage to the liver. Additionally, schizandra berries are said to have an adaptogenic function on the whole body. That helps all the body processes function optimally without decreasing or increasing pathways out of normal range.

Coffee may be good for the liver, as it is said to protect against illnesses like fatty liver disease.

In a 2014 study in the Journal of Clinical Gastroenterology, coffee influences other enzymes, giving it protective effects. More than that, the journal mentions coffee seems to decrease fat buildup in the liver and increases protective antioxidants. Coffee also has compounds that help liver enzymes get rid of cancer-causing substances.

Taking Care Of The Liver

The liver is one of the vital organs in your body. It has over 500 functions and is responsible for essentially cleaning your blood. That means that it needs to be in optimal condition to function properly. And the best way to clean your liver naturally is to consume healthy and cleansing food.

10 Signs Your Liver is Detoxing from Alcohol--but what if it needs detox but not from alcohol?
The Owls Nest

The liver is the major organ involved in eliminating toxins from the body. When a person stops drinking, he or she experiences some physical and emotional effects. Therefore, it is essential to understand liver detox symptoms.

In fact, the liver must work overtime to help the body get rid of dangerous chemicals after binge drinking. When a person misuses alcohol, it is vital to comprehend how this organ helps to sustain life. At The Owl's Nest in South Carolina, we have a variety of treatment programs to help individuals live sober lifestyles and enjoy long-term recovery from alcohol use disorder.

Symptoms of a Detoxing Liver

Indeed, when an individual makes the decision to eliminate alcohol from his or her daily life, it is essential to have a number of resources available. The Owl's Nest provides people with insight and support so that recovery can become a reality. It is vital to make sure that symptoms of a detoxing liver are treated safely and effectively. In fact, it only takes hours of abstaining from alcohol to begin the detox process.

However, a person's liver detox symptoms vary according to his or her health and the severity of the alcohol misuse problem. Markedly, there are a number of steps to detox. Knowing what to expect prepares an individual for a healthy journey toward sobriety.

There is a timeline involved with understanding how long to detox your liver from alcohol.

First few hours: To be sure, symptoms of a detoxing liver start approximately 10 hours after alcohol abstinence. It is common for a person to experience nausea and abdominal pain. Psychological symptoms begin to appear, including anxiety. In general, a person feels tired but restless.

First day after detox starts: Fatigue continues the next day. Also, a person feels confused and finds it difficult to focus. In fact, the body works hard to eliminate all chemicals. A person's reaction time is lowered, which makes certain activities dangerous. To be sure, a person's body is under considerable pressure at this time.

Therefore, his or her temperature rises. Also, blood pressure increases. In other words, it is common to feel anxious. This is a critical period. It is common for individuals to be tempted to reach for a drink in order to curb anxious feelings. However, a person must have support to stay on the right path.

First week after detox: Two to four days after taking a drink, a person will notice increased irritability and agitation. Also, cravings increase. Frequently, a person may experience hallucinations. Tremors may occur as well.

10 Signs Your Liver is Detoxing

- Nausea
- Vomiting
- Anxiety
- Tremors
- Headache
- Confusion

Insomnia
Restlessness
Increased heart rate
Increased blood pressure

How Excessive Alcohol Abuse Affects Liver Detox

Binge drinking and heavy alcohol consumption harms a person's body and worsens liver detox. As a result, a person may suffer fatal consequences. When a person has a long-time alcohol misuse disorder, withdrawal without professional assistance can lead to deadly consequences.

Depression
Cardiomyopathy
Imbalanced hormones
Increased risk of stroke
Cirrhosis of the liver
Suicidal thoughts

The Process of Detoxification

In fact, a healthy liver always works to eliminate various toxins from the body. All sorts of items, including sugar, protein, and caffeine, are removed as waste. Besides detoxification, the liver stabilizes nutrients and pollutants that run through the digestive system. When alcohol elimination becomes a priority, the rest of the body suffers.

When a person suddenly quits "cold turkey," the liver begins the detox process but can become shocked and suffer from sudden withdrawal symptoms. On the other hand, a person may choose to wean off of alcohol in a slower manner. To prevent shock to the system, it is best to have medical assistance.

Flexibility: When a person has an important job or a family that requires care, outpatient treatment allows a person to receive treatment while living at home. Therapy is scheduled around a person's daily activities.

Increased Support: Indeed, when a person remains at home, he or she is close to his or her loved ones. Therefore, he or she has the comfort and knowledge that support is nearby. This increases morale and encourages an individual to continue with treatment.

Put Theory into Practice: When a person enters alcohol misuse treatment on an outpatient basis, he or she must deal with the outside world. Through therapy, an individual learns ways to cope and deal with cravings. These theoretical measures must be put into practice. When an individual encounters an uncomfortable situation that causes anxiety or cravings, he or she can be confident that he or she knows ways to handle the situation in a healthy manner.

Top Probiotic Strains & Their Benefits:

A Dietitian's Picks of the 9 Best Probiotics for Women of 2022 (healthline.com) Which Probiotics Strains are Best? When it comes to probiotic strains, not all are created equal. And while there are as many as 500 different strains, only a handful have substantial research supporting health benefits.²³

Below are the ones we feel can give you real results. Lactobacillus Gasseri (L. Gasseri)

1. Lactobacillus Gasseri Healthy Weight Support: A review of over a dozen human randomized controlled trials concluded that L. gasseri supports healthy weight management. Other studies have shown this strain to support the reduction of fatty tissue and improve metabolism.²⁴⁻²⁷ Bone Density: Shown to have anti-menopausal effects by increasing bone mineral density and lowering pain sensitivity.²⁸ Lactobacillus Rhamnosus (L. Rhamnosus)

2. Lactobacillus Rhamnosus Diarrhea: Helps protect against various causes of diarrhea, including acute watery, antibiotic-related, and traveler-diarrhea.²⁹⁻³² Vaginal Yeast Infections: Reduces the risk of yeast infections by helping inhibit the overgrowth of the harmful bacteria *Candida albicans*, the most common cause of genital yeast infections.³³⁻³⁶ Mood & Anxiety: Lowers anxiety, reduces stress and boosts mood by changing the expression of the chemical messenger, GABA, which communicates with the brain and produces a calming effect.^{37,38} Lactobacillus Reuteri (L. Reuteri)

3. Lactobacillus Reuteri Leaky Gut: Helps to strengthen and repair the intestinal barrier, which, when damaged, can allow harmful bacteria to enter the body and cause bloating, gas, cramps, and food sensitivities.³⁹ Urinary Tract Infections: Provides female support to combating and easing the effects of Urinary Tract Infections (UTI's).⁴⁰ Dental Health: As one of the few probiotics found in the mouth, studies have shown it helps deter the growth of *Streptococcus mutans*, the bacteria which causes tooth decay.⁴¹ H. Pylori Defense: May help reduce the presence of *Helicobacter pylori* (*H. pylori*), a harmful bacteria which researchers have linked to peptic ulcers and other digestive diseases.⁴² Lactobacillus Acidophilus (L. Acidophilus)

4. Lactobacillus Acidophilus Dairy Defense: Produces lactase, the enzyme needed to break down the sugar in milk called lactose, helping alleviate diarrhea.⁴³ Mineral Absorption: Helps to increase the absorption of minerals such as iron, calcium, and magnesium.^{45,45} Vaginal Health: Produces high lactic acid levels, promoting an acidic environment in the vagina necessary to keep proper bacterial balance and helping to avoid the harmful condition known as Bacterial Vaginosis (BV).⁴⁶ Bifidobacterium Bifidum (B. Bifidum)

5. Bifidobacterium Bifidum Constipation: Fights chronic constipation by increasing production of mucus in the colon supporting smoother bowel movements.⁴⁷ Allergy Relief: Reduces allergy symptoms by discouraging histamine production, the chemical that triggers an allergic reaction.⁴⁸

***Stack Tip: Look for a formula that pairs L. Acidophilus with B. Bifidum, as they have been shown to work well together to fight off the harmful effects of antibiotics. Bifidobacterium Longum (B. Longum) 6. Bifidobacterium Longum Gluten Defense: Shown to help reduce gastrointestinal symptoms in those with Celiac disease (CD) by reducing intestinal inflammation.⁴⁹⁻⁵¹ Liver Health: Human clinical studies show that B. longum paired with the prebiotic FOS plays a beneficial role in combating fatty liver.^{52,53} Immune Support: Helps to strengthen the body's natural defenses against harmful pathogens and improve resistance to respiratory tract infections.^{54,55} How probiotics work for weight loss Research shows that changes to the gut microbiome could lead to obesity, and lifestyle changes in addition to taking probiotics can impact weight. Balanced gut microbiota help regulate weight by controlling appetite, reducing inflammation, and managing fat storage, among other issues. While more research needs to be done on the connections between the use of probiotics and weight loss, preliminary research shows some promising results. Some studies show the effectiveness of

probiotics (as well as prebiotics and synbiotics) in weight management, while other studies show no change. Three probiotic strains have been tested for weight loss effects and have shown promise. Keep reading to learn about these probiotics' studies and potential benefits.

Lactobacillus gasseri In a 12-week study of 62 obese participants, those taking *L. gasseri* supplements reduced body weight and hip and waist circumference without making any other dietary or lifestyle changes. The researchers concluded that the difference between the placebo and probiotic groups was not statistically significant, but they observed a slight reduction.³ Another study with 90 participants compared low- and high-dose *L. gasseri* supplementation with a placebo group. After 12 weeks, the high-dose group had less visceral fat and smaller waist circumferences. The low dose group also had smaller waistlines, while the placebo group showed no change.⁴ **Lactobacillus rhamnosus** In a 24-week study of obese men and women, supplementation with *L. rhamnosus* showed promising results for reducing weight in women. At both the 12-week and 24-week mark, the women participants showed consistent weight loss as well as a reduction in fat mass. Male participants' weight management results were not significant.¹ **Bifidobacterium lactis** A 12-week study of overweight and mildly obese people showed that *B. lactis* supplementation significantly reduced abdominal visceral fat at both the 8-week and 12-week mark compared to a placebo group.² Another study showed that daily *B. lactis* supplementation could combat obesity and non-alcoholic fatty liver disease in mice.

I'll just simplify it. People are sick because they got bugs. That's it. You're your Hashimoto's thyroiditis, your rheumatoid arthritis, bugs caused this. It's not your body attacking itself. It's bugs. It's pathogens. It's viruses, it's bacteria. So when people have their fibro, there's a bug involved. That's what this is. Chronic fatigue syndrome. There's a bug. So what's going on is we're filled with bugs. I know that's kind of annoying. We've got viruses like Epstein Barr. We got the simplexes in us, wreaking havoc. We got the HHP sixes. We have shingles viruses. We have bacteria and people have these bugs in them. We live with them. They create inflammation. Meanwhile, the food wars that are going on, the vegans against the Paleos and and the keto and everything else, and everybody's fighting each other. But nobody realizes you guys are all dealing with Epstein bars, dealing with Shrek, a caucus. You're dealing with strep and Viruses. And the reason why celery juice is working is because the sodium cluster salts and celery juice is annihilating a lot of bugs in people. It's breaking it down. It's killing them. It's cleaning up their livers. It's getting the bugs out of the livers. And that's why their inflammation is actually getting better and better. Wow. Amazing. And I was looking at something you saying about how it's it's also stopping the vicious cycle of addiction. Yeah, which is incredible. How does that work? Well, yeah, that seems like a totally different challenge in in my head, at least, like, from an uninformed point of view. So how is celery juice even helping people with addiction? Well, you know what? It revives your liver. It starts restore.

LIVER: (Barbara Oneil)

Now, the herbs that stimulate healing in the liver. So these are your liver herbs. Remember, sweet to the mouth, bitter to the lever, bitter to the mouth. Sweet to the liver. All your bitter herbs. And that's dandelion. And that can be taken fresh or is a dried herbs. Mary's Thistle. And you can also get another herb which is very bitter. It's called Gentain and the sweet bitter is Ginger and Globe Artichoke. The livers are recoverable organ. So once you get the colon moving well, which it should with exercise and fiber, relax, and give it the the herbs that the liver will recover over a few minutes. So that's how you can strengthen your liver.

There are many anti-parasitics, but the problem is a lot of the herbal remedies like Wormwood. They're okay if you take them for mild condition. But if you have a condition where the parasite has burrowed in and set up a camp in your liver and your lungs and your brain, your pancreas, some other organ and it's established an environment for the life cycle to continue, it's going to be very resistant. It's going to be very difficult to get out. And so that's why we recommend using several anti herbicides at the same time. You know, not only I ever make them, but fenbendizol, bendazole nicosamide, prosequanto. There are other ones. And you use it use them in heavy doses for maybe a 3 week to 4 week period to get the active and hatching parasites. Depending on your liver function. And then you take a break for a week, and then you do it again, and you do this like three rounds, or 6 rounds, and you do that because you have to keep knocking them out, because it's easy to get the adults, but it's not easy to get the eggs. It's not easy to get the nests that are in there. Is there a kind of parasite eggs quickly other than ivermectin?

LUNGS & PNEUMONIA
[JUMP TO TOP OF DOCUMENT](#)



"See also ["Cough and Cold and Flu"](#) section.

Onion on the feet overnight to clear the lungs of pneumonia.

Which Vitamins Are Good for Lung Health?

Given below are some of the best vitamins for lung repair:

1. Vitamin A

A fat-soluble nutrient, vitamin A is one of the vital vitamins to strengthen the lungs. It also boosts an individual's immunity, thereby helping in the regeneration of cells in his/her body. Therefore, by raising the intake of this vitamin, one can allow his/her body to naturally repair its lung tissues. It is not necessary to consume excessive amounts of vitamin A. Due to its fat-soluble nature, this vitamin for lung repair remains stored in the body for an extended period of time and is needed in small amounts. Moreover, overconsumption of this nutrient can lead to issues in the bones and liver.

Some of the common sources of this important vitamin for the lungs include fish, fortified cereals, carrots, dairy products, squash, broccoli, and cantaloupe.

2. Vitamin C

This vital vitamin for the lungs prevents chronic lung diseases and is helpful in a number of ways. An adequate intake of vitamin C daily boosts the immunity of an individual. In addition to this, it is also known to promote the formation of collagen in one's skin.

Moreover, pollution and smoking result in the presence of toxins and free radicals in one's lungs. This can result in inflammation in the body. Here, vitamin C can be considered a vital vitamin for lung detox.

In fact, citrus fruits, which contain high amounts of vitamin C, help fight against these toxins and free radicals. They also prove to be helpful for the body in the removal of these toxins.

Additionally, it allows your body to undergo repairs by further lowering the rate of damage in the lung tissues.

Individuals wishing to increase their intake of this vitamin can opt for chilli peppers, kiwi, broccoli, guava, citrus fruits, berries and kale.

3. Vitamin D

Besides protecting an individual against respiratory infections, Vitamin D helps to reduce the risks of COPD flare-ups. Apart from being one of the top vitamins for the lungs, it also strengthens the bones and teeth of an individual.

Low levels of this vitamin can raise the risks of bronchitis, asthma, wheezing, and other respiratory ailments. Therefore, an adequate intake of this vitamin can improve lung function.

Individuals can obtain sufficient amounts of this vitamin through sunlight. Some food sources containing high levels of vitamin D include egg yolks, salmon, sardines, tuna, and oysters. Additionally, exposure to sunlight is important to acquire this sunshine vitamin.

4. Vitamin E

One of the vitamins for the lungs, vitamin E is a potent antioxidant. As a result, it helps one to deal with a chronic lung condition. The toxins and free radicals cause oxidative stress and harm to lung tissues, especially if one is suffering from a chronic lung ailment.

But vitamin E, with its antioxidant properties, removes these toxins from the body so that they do not harm the lungs. In addition, vitamin E is helpful in lowering inflammation in lung tissues. As a result, this is one of the best vitamins for weak lungs.

Some sources of this important vitamin include:

Spinach

Almonds

Avocado

Your lungs will love you: 1 cup water, 1/2 teaspoon ground Thyme, 1/4 teaspoon ground ginger, 2 teaspoons raw honey, boil water and mix, drink like a tea. (Saw this on Tik Tok but noticed on 90day fiancé that in India ginger is a standard additive to morning tea.)

Dice an onion and put in in a plastic bag and put the bag over your foot so the onion is resting on your foot bed, then put your sock on. So the onion is soaking into your skin. This is good for your lungs. It will help alleviate congestion in children and adults...even as problematic as pneumonia.

Cant get enough air? Your body is too acid and this is often a B-1 Vitamin deficiency.

Barbara O'Neil: "I had a lady ring me. She was about to be admitted to hospital with pneumonia. She's 23. She said, I don't want to go to hospital. I was admitted a month ago. I was put on strong antibiotics that made me so sick, and it didn't really help. So I said, come, we'll do what we can. I said to her just a little tip on your way. She had a 5 hour drive I said, cut up and cut up an onion, put half in one plastic bag, half in the other bag. And I said, put your feet in those plastic bags and put a sock on. Well, she thought that was pretty strange, but she was willing to do anything. When she got to our health retreat, she was just smiling. She said, I'm, I'm in the ball, she said, what that? She said, it lessened my tightness. She said it seemed to open my bronchus. This is on the feet. Very simple treatment. Now, she was with us when she came to us. She was on Ventolin. She was on cortisone drugs, and she was on anti inflammatory. And we did some hot and cold water fermentations on her lungs, her chest. And we put onion on her feet every night and we got her inhaling peppermint oil. And within the 3rd day, she was off all her medication. She started to walk up the hills with all the other guests. And she had just finished her nursing. And that was a year ago. She's now been six months, naturopathic student.

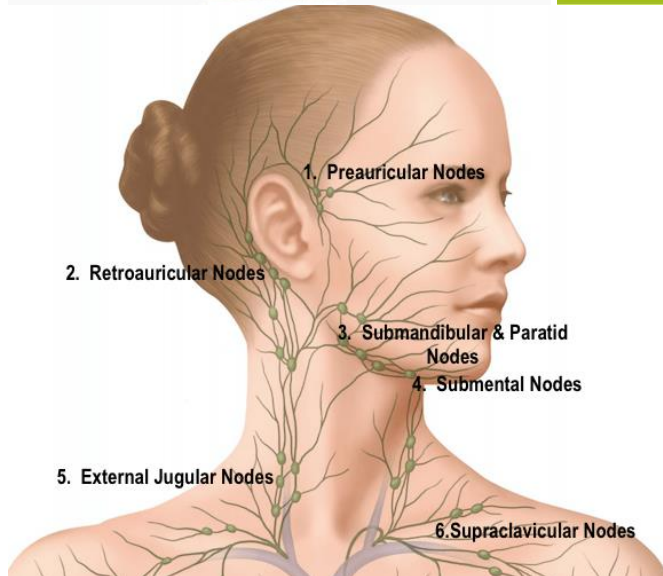
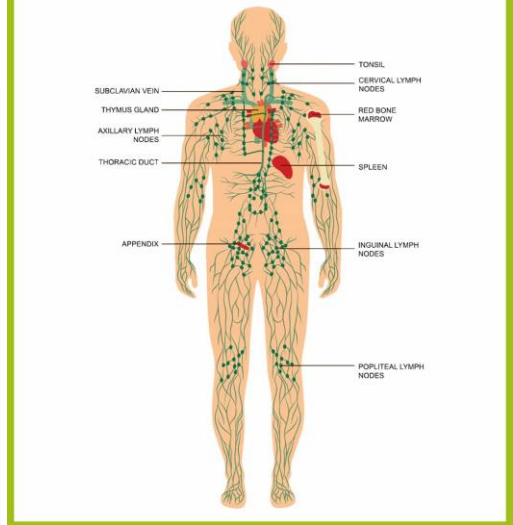
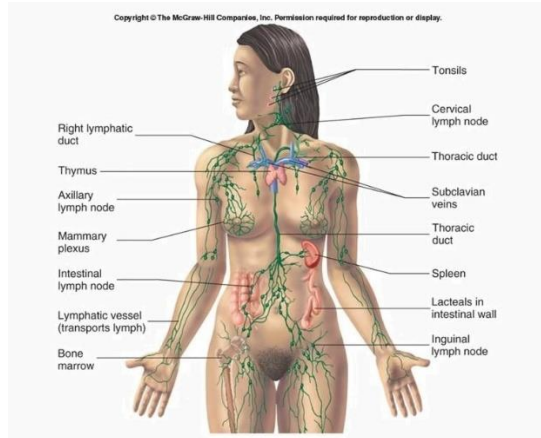
Barbara Oneil:

ONION: If you have a organic non geo onion and you cut it up, you'll start crying, won't you? That onion juice has an effect to stimulate the respiratory organs to clear and to thin the mucus. So the cooked onion, as I said, is for ear and fur. But the raw onion is used often mostly for respiratory.

Now you might be surprised that where I'm going to put this and that is on the bottom of the feet for a head cold or a chest cold. You see the biggest pause in the whole of your body on the soles of your feet. So what you do is you get a plastic bag thus and you put the onion in the plastic bag

	<p>in a foot. You put it on the onion in the plastic bag and then put a sock on and the body will take the onion Needs to go. And often it'll take it if you need it in the chest or to clear the head.</p> <p>The biggest pores on your body are on the soles of your feet.</p> <p>Dice an onion and put in in a plastic bag and put the bag over your foot so the onion is resting on your foot bed, then put your sock on. So the onion is soaking into your skin. This is good for your lungs. It will help alleviate congestion in children and adults...even as problematic as pneumonia.</p> <p>Put your feet in a bucket of hot water. It can pull the congestion down, 'cause we get a lot of guests on day one of Misty Mountain health retreat with headache from caffeine withdrawals. So we give them hot foot bath. And it certainly takes the edge off. And you keep the feet hot water for about 20 minutes.</p> <p>iodinated activated charcoal surprisingly and significantly improved lung function of patients with moderate COPD.</p>
<p>LYMPHATIC SYSTEM: JUMP TO TOP OF DOCUMENT</p>	<p>SEE ALSO: IMMUNITY</p> <p>Rebounding is the best way to get your lymphatic system moving. The goal of the lymph system is to absorb toxins from all over the body and deliver it to the kidneys to expel from the body but the lymph system isn't pushed along like the heart does for the blood so the body needs help clearing the lymph system.</p> <p>Your lymphatic system is a group of organs, vessels and tissues that protect you from infection and keep a healthy balance of fluids throughout your body. Lymphatic system organs include your bone marrow, thymus and lymph nodes.J</p> <ol style="list-style-type: none"> 1. Long downward strokes along the sides of the face and neck move toxins towards the kidneys (This is what a Jade Roller is designed for) 2. A rebounding trampoline helps to move toxins from all over the body to the kidneys. 3. Massaging the lymph system towards the kidneys will help move toxins.

Lymphatic System



MIND CONTROL

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The Nazis were studying mind control. And when the Nazis had settled on for mind control was that a person first needed to be malnourished. The 2nd thing was they needed to have heavy metals, aluminum was their one of choice at that time, deposited into their bodies. The 3rd thing that they needed was to have negative stimulus punishment. If you don't do what we tell you to do. And then the 4th thing repeat messaging when you do those four things, what you create as a person who is now willing to suggest ability and willing to be controlled in their mind In 1945 Alan Dulles brings 1600 Nazi scientists into the United States. It's an article called: "Operation Paper Clip". He clears all their records. He makes sure they avoid getting involved in the Nuremberg trials. All of them certainly would have been sentenced to death. He brought him into the United States, put him in our government and gave them unlimited funding because he loved what they were doing with mind control. These scientists brought all the Nazi science into the United States And so now you have roll out of the Nazi agenda in the United States and then starting to go

	<p>globally because everybody is taking what the United States do is doing as the way of the future. Those repeated messages that the Nazis were doing, those became commercials.</p>
<p>MUCUS: JUMP TO TOP OF DOCUMENT</p>	<p>Mucus is the root of 99% of all sickness: Thiamine Deficiency? 4 Herbals that flush mucus from the lungs: Elderberry, Muellin, Reishi and Ginseng. Basil [home remedy for gas and bloating]</p>
<p>MUSCLE WEAKNESS: JUMP TO TOP OF DOCUMENT</p>	<p>This is often a sodium deficiency. Celtic Sea Salt will help this. (Just a pinch daily, in the morning)..but using it to LIGHTLY season your food cant hurt..just DON'T OVER DO IT. Any good thing becomes a bad thing when it is overdone.</p>
<p>NEUROPATHY: JUMP TO TOP OF DOCUMENT</p>	<p>For peripheral neuropathy like numbness in feet, make a compress with a few drops of Caster Oil and some Cayenne Pepper and apply to the bottoms of your feet, cover with plastic and a sock and keep in place over night. By night 2 you should be able to sense the feeling return to your feet.</p> <p>Cold showers. Really? Yes. Cold therapy reduces pain, stimulates that parasympathetic nervous system. It actually calms down the stress system and stimulates the parasympathetic kicks in because the body goes into more of a protection mode and it will crank up that parasympathetic response, which Helps reduce pain and inflammation shows the studies. A cold shower. So what I do, is I will crank down the shower, stand under it for a count of 30. Try to include your whole head but especially the base of the skull. You want to target at least the back of the neck/skull base because this is where a lot of your receptors are. Your "Vagus" nerve, the Greek wanderer. Comes down into your chest, controls your heart, controls your organs, controls your digestive system. A cold shower will properly lower the stress responses in your system, your "parasympathetic" nervous system.</p> <p>Herbs that are in the "nervine" category can be very nourishing and soothing to the nerve tissue. Among the best are Chinese skullcap, lemon balm, wood betony, St. John's wort, chamomile, prickly ash and milky oats.</p>
<p>PAIN: JUMP TO TOP OF DOCUMENT PAIN RELIEF</p>	<p>See: "Inflammation" See: "Chicory"</p> <p>Aspirin: (Barbara O'Neil) Some people take or were told to take aspirin for a blood thinner. In fact, I have read where it is recommended that anyone over the age of 50 should be on half an aspirin a day. You might have heard that. But what the research is showing today is that aspirin causes stomach bleeds. It's the number one cause of stomach ulcers. It causes brain bleeds and eye bleeds. That's what the recent research is showing. Cayenne pepper will not cause that at all. But if cayenne pepper is in your blood and it sees a bleed, it will constrict the blood vessels to stop the bleeding. Yes, it dilates the blood vessels when it's in the blood, but if it sees a break, it'll constrict that flow. A beautiful illustration of Psalm a 104 verse 14 that God gave herbs for the service of man. Remember, they're there to serve you. Where would you like me? What would you like me to do? Seal that.. That's the cayenne pepper. In fact, it's just about a First aid kit all by itself. It's a cayenne pepper, and you'll get used to it.</p> <p>TYLENOL: How toxic is Tylenol? It's now the number two reason why people need liver transplants. As ACETAMINOPHEN is the active ingredient that's used in Tylenol in order to cog a cold, blue headaches, etcetera. But it draws on gluten thyroid in order to be metabolized. Glutathione is</p>

your master antioxidant that your liver needs to metabolize all other toxins as well. This puts a massive load on your detox system and eventually damages the liver, which eventually depending on how much use it could cause you to need a liver transplant when you pop it for a headache or a colon flu, please start taking out a different answer. Stop masking the symptom and start asking why do you feel the way you feel? Deal with a root cause and avoid further damage down the road.

IBUPROFEN: (vs. OLIVE OIL?)

If you swallow a good quality extra virgin olive oil, you should feel off burning sensation in your throat. If I take this pill, which is ibuprofen and mix it with water, and then I drink it down, you should feel the same exact burning because they both contain a very especially anti-inflammatory compound called oleocanthal. Here's the difference. One is natural and one is not.

For nature's answer to aspirin look no further than the white willow tree.

7 Natural Aspirin Alternatives

Anti-inflammatory Diet. If you take aspirin to reduce inflammation and swelling, there are other, safer and more natural ways to do so. ...

Ginger. Did you know that ginger has anti-blood-clotting abilities? ...

Turmeric. ...

Cinnamon. ...

MSM (Methylsulfonylmethane) ...

Bromelain. ...

Magnesium.

What plant is a substitute for aspirin?

Willow bark, the bark of several varieties of willow tree, has been used for centuries as a pain reliever. The active ingredient in the medicine made from willow bark is called salicin. Some people use willow bark as an alternative to aspirin, particularly those that experience chronic headaches or back pain. Is willow bark better than aspirin?

The multi-component active principle of willow bark provides a broader mechanism of action than aspirin and is devoid of serious adverse events. In contrast to synthetic aspirin, willow bark does not damage the gastrointestinal mucosa. An extract dose with 240 mg salicin had no major impact on blood clotting.

What is willow bark?

Willow bark, the bark of several varieties of willow tree, has been used for centuries as a pain reliever. The active ingredient in the medicine made from willow bark is called salicin.

Some people use willow bark as an alternative to aspirin, particularly those that experience chronic headaches or back pain. Willow bark is also used in some products to aid weight loss.

It comes from the branches of 2- to 3-year-old willow trees. Willow trees and shrubs grow all over the world, except for Australia and Antarctica. The white willow and black willow are two of the most common willows that are used medicinally.

Side effects: When taken in moderation, willow bark does not appear to have negative side effects. The salicin in willow bark converts to salicylic acid. Some believe that this makes it gentler on your stomach than lab-created aspirin. Too much willow bark, however, can cause stomach cramping and bleeding.

Forms and dose of willow bark

Capsules: Willow bark can be purchased from many drugstores and almost any health food store in a powdered, encapsulated form. The recommended dose for pain relief is 240 milligrams a day.

Bark: The active ingredient in willow bark is salicin, but the accompanying flavonoids and plant particles might be part of what make willow bark effective. For this reason, some people prefer to actually chew on the unprocessed bark of the willow tree. It is difficult to determine how much salicin you are getting from each piece of bark, so this method of consumption should be approached with caution.

Liquid: Willow bark can also be found in a distilled tincture form. Taking a drop or two per day for pain relief (up to 2 milliliters) can work as an anti-inflammatory and pain relief substitute for aspirin.

Tea: Some health food stores sell willow bark tea, advertising it as a pain reliever and anti-inflammatory. Steep willow bark tea for two to three minutes in hot water. When consuming willow bark in this form, it's hard to tell how much salicin you are getting in each serving of tea.

Topical: Willow bark can be used topically. Since it isn't absorbed digestively, topical willow bark is a good alternative for those who commonly experience stomach ulcers. However, topical use can be harsh and cause skin irritation.

Some of you who are allergic to aspirin can actually eat some salicylate-rich foods without a problem. And then there's a subset of people (maybe you) who eat foods and suffer, and don't know why. And finally, there are some of you who need the benefits of aspirin, and want to eat salicylates through natural sources. So the following list of foods high in salicylate will serve a different purpose for all of you, depending on what category you fall into.

Natural aspirin is found in the following (note, fruits and vegetables are higher in salicylates when not fully ripe): apples, apricots, avocados, blackberries, blueberries, broccoli, cantaloupe, cauliflower, cherries, chili peppers, cucumbers, currants, dates, dried herbs/spices, eggplant, figs, grapefruit, grapes, green peppers, guava, kiwi, licorice herb (candy is okay), meadowsweet, mint (gum, breath mints, toothpaste), nuts (all of them, pistachios, pine nuts, almonds, etc.), paprika, peaches, plums, prunes, radishes, raspberries, spinach, strawberries, turmeric, wine and zucchini.

Copper for Pain:

PARASITES:

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Parasite Cleanse: <https://www.facebook.com/share/r/GQsiTowefQoTHF3q/?mibextid=D5vuiZ>

How do you deworm yourself naturally? Eat more raw garlic, pumpkin seeds, pomegranates, beets, and carrots, all of which have been used traditionally to kill parasites. In one study, researchers found that a mixture of honey and papaya seeds cleared stools of parasites in 23 out of 30 subjects. Drink a lot of water to help flush out your system.

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Cloves kill parasites—works even better when used with black walnut and wormwood

What frequency removes parasites? Destruction Binaural Beats, Heal Body | Cell. Regeneration. Feb 12, 2021 [https://m.facebook.com › videos/1150 Hz Parasite Removal Frequency](https://m.facebook.com/videos/1150HzParasiteRemovalFrequency) | Viruses Destruction Binaural ...MORE RESULTS

How do you detox your body from parasites? Parasite Cleanse Diet Changes Avoid coffee, sugar, alcohol, and refined grains. Include more garlic in your meals.

9. Increase the amount of carrots, sweet potatoes, and squash you eat. ... Rebuild "good" bacteria in your gut with probiotic-rich foods such as yogurt. 11. Eat foods rich in vitamin C and B vitamins. More items... • May 30, 2023 <https://www.verywellhealth.com> › n...

You can include raw cranberry juice in your diet to improve your defense against parasites. Regular consumption helps improve the acidic level in your intestines, which in turn helps eliminate parasites from your system.

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Cinnamon kills many disease-causing fungi and viruses Preliminary results from test tube and animal studies suggest that cinnamon oil and cinnamon extract have anti-fungal, anti-bacterial, and anti-parasitic properties

Mebendazole is the main medication used to treat threadworm infections. It can be bought over the counter from your local pharmacy or prescribed by your GP. It's available as a chewable tablet or a liquid. Mebendazole works by preventing the threadworms absorbing sugar, which means they should die within a few days. May 29, 2023

Walnuts, Pumpkin seeds and garlic help eliminate worms in the colon...also a sugar free diet helps..and less meats more vegetables.

Papaya Seeds.

Parasites HATE these 15 Foods: Cleanse your body with a diet high in these foods.

1. Garlic
2. Onion
3. Pumpkin Seeds
4. Papaya Seeds
5. Coconut
6. Turmeric
7. Thyme
8. Raw Honey
9. Pomegranite
10. Walnuts
11. Blsck Walnut Hulls
12. Cloves
13. Wormwood

14. Neem
15. Myrrh

Worms will only live in a colon that is not working well..i.e. a dirty colon.

Avoid refined sugar, refined wheate, processed foods and over consumption of red meats.

Take these seven common foods to naturally deworm yourself

Nature has provided us with every solution to our problems. There are so many natural ways to treat your ailments. This might sound bizarre, but it is proven that many times, food does wonders when medicines fail to do the same. If you don't agree, read on to find out about natural foods that are effective against parasites and worms found in the human body and foods that should be avoided.

According to foodndtv.com, these worms and parasites are formed due to unhealthy eating habits and they develop inside the intestine, but you can get rid of them naturally by involving the following foods in your diet.

1. Ginger: Ginger is available most of the time. It has the ability to improve the acid production in the stomach, and it helps not only in destroying the bad bacteria and parasites but also helps in improving your digestion.
2. Garlic:Garlic has a special ability to fight parasites such as nematodes. It is considered best to consume garlic in raw form early in the morning as it gets absorbed by our body best at that time.
3. Carrots: Eating carrots does not actually eliminate the parasites, but it is a precautionary step. Carrots are very rich in vitamins and nutrients, including vitamin A and beta carotene. There are studies that show that deficiency of these vitamins can help the worms breed faster.

4. Coconut water: Consuming coconut water daily brings abundant health benefits. It has a special ability to combat the parasites that cause diarrhea. You can easily include coconut in your diet by preparing your meals with coconut oil.

5. Honey: Honey is a lifesaver for those who are looking forward to losing weight. But it is noteworthy that it also has antimicrobial properties. Pure honey has enough antioxidant compounds to boost your immunity naturally.

6. Onions: Onions have been the most trusted remedy for hundreds of years for killing parasitic infections or worms. Onions are rich in sulfur compounds that stop the worms from multiplying. It is best advised to have a combination of onions and garlic in the morning for the best results.

7. Berries: Berries are rich in a particular type of antioxidant known as polyphenols. They also have a compound called ellagitannin, which stops the spread and growth of the intestinal parasite Giardia. Add strawberries, blackberries, and blueberries to your diet to keep your intestines healthy.

These are some common foods that can kill intestinal worms naturally. As the saying goes, prevention is better than cure. It is always best to take some precautionary steps rather than deal with the aftermath.

To prevent intestinal worms from entering your system, you should always wash your hands with soap and a clean towel before preparing and having a meal.

There are medications on the market to kill parasites..but they can be very expensive however if you purchase the OVER THE COUNTER in the form of FENBENDAZOLE its much cheaper..and technically, under that name it is marketed for pets..but it is the exact same drug as for humans.

Parasites: People don't realize that the problem isn't only intestinal and systemic. It's in your bloodstream. They can get into your head, and they can release both poop and urine into your brain. So arginine or ornithine is an amino acid combo that helps to mop up that urea cycle, which is pretty much parasite poop and parasite urine. If you find yourself struggling with emotional issues like anxiety and depression, or perhaps feeling agitated and always have insomnia, perhaps now is a good time to not only explore doing a parasite cleanse, but it's also time to do it with arginine / ornithine in conjunction so you can minimize the unpleasant miserable side effects you get when you kill them. Go to healingarts.me. for arginine or ornithine.

What does fenbendazole do to humans?

In a study of the effects on a human nonsmall cell lung carcinoma cell line,15 fenbendazole was observed to distort the microtubules, resulting in mitotic cell death. This distortion occurred concurrently with the induction of elevated levels of p53 and reduced glucose uptake, both of which occur during apoptosis.

FENBENDAZOL: (KILLS PARASITES AND SUBSEQUENTLY, CANCER) I've already done my own research that once you have wide metastases, small cell lung cancer, you're literally a goner. The 0% chance of survival at three to six month life expectancy, and I was basically told to go home and get my affairs in order and think about hospice. And the next day I got a call from a large animal veterinarian in western Oklahoma who's a college friend and family friend. And he told me this crazy story about a scientist at Merck on the veterinary side who has been doing cancer research. She had hundreds of mice since she'd implanted cancers in all. Her mouse population came down with intestinal parasites, and so she had no choice but to save her research. She gave her all of her mice FENBENDAZOL. If you went out to any zoo in the world, they bring in truckloads of FENBENDAZOL because they give that drug to every single animal in the kingdom. And one of

the oldest and safest drugs around that's been around for 40 years. So she did. And fortunately for all of us, she also learned that she accidentally killed all the cancer. Well, that was that.

Is fenbendazole the same as ivermectin?

All treatment groups showed significant reductions in FEC when compared with baseline counts and control animals; however, fenbendazole may be more effective than ivermectin when used solely or in combination with other anthelmintic treatments.

Successful treatment takes approximately 3 days.

How often should I Deworm myself? Worms are a very common source of illness for both adults and children, so experts recommend that deworming should be done two times a year, or every six months, beginning at the age of two years. Deworming is the process of eliminating intestinal parasites, such as worms, using medication.

What is the generic for fenbendazole? Panacur® (fenbendazole) Granules 22.2% contains the active anthelmintic, fenbendazole. The chemical name of fenbendazole is methyl 5-(phenylthio)-2-benzimidazole carbamate. Panacur is a widely used and very popular broad spectrum wormer. Using the highly active Fenbendazole, Panacur treats and controls migrating larval and adult stages of all main species of Roundworms, in addition to destroying worm eggs.

Parasite Cleanse: Natural Ways to Get Rid of Parasites - What is the fastest way to get rid of worms in humans? Mebendazole is the main medication used to treat threadworm infections. It can be bought over the counter from your local pharmacy or prescribed by your GP. It's available as a chewable tablet or a liquid. Mebendazole works by preventing the threadworms absorbing sugar, which means they should die within a few days

Threadworms - Illnesses & conditions Will apple cider vinegar kill worms in humans?

What is the frequency of deworming adults?

When infected with worms, it should be dewormed periodically, for adults and children over 2 years old should be dewormed 2 to 3 times a year, ie every 4 to 6 months.

When is the best time to take dewormer?

What light kills parasites?

What is the fastest way to get rid of parasites?

Along with prescribed medications, strengthening your immune system through diet and supplements may help your body get rid of parasites faster. Before trying any alternative therapies, check with a healthcare provider.

How do you know if your body is full of parasites?

How do you know when parasites are leaving your body?

Die-off symptom: Increased GI upset, Diarrhea or constipation, bloating, gas and abdominal pain

are often reported as pathogens die and excrete toxins into the gut. This is where the infection is and the site of their cell death.

How to manage detox

How do you deworm yourself naturally? Eat more raw garlic, pumpkin seeds, pomegranates, beets, and carrots, all of which have been used traditionally to kill parasites. In one study, researchers found that a mixture of honey and papaya seeds cleared stools of parasites in 23 out of 30 subjects. Drink a lot of water to help flush out your system.

If you have worms, a GP will prescribe medicine to kill them. You take this for 1 to 3 days. The people you live with may also need to be treated. Any worms in your gut will eventually pass out in your poo.

How do you deworm naturally? Take these seven common foods to naturally deworm yourself

Ginger. Ginger is available most of the time. ...

Garlic. Garlic has a special ability to fight parasites such as nematodes. ...

Carrots. Eating carrots does not actually eliminate the parasites, but it is a precautionary step. ...

Coconut water. ...

Honey. ...

Onions. ...

Berries.

Take these seven common foods to naturally deworm yourself.

What happens when you don't deworm for years? In severe cases, the worms can cause bowel obstruction, which can be life-threatening. Long-term infestations with certain types of worms, such as hookworms, can also lead to chronic infections that can lead to iron-deficiency anemia, stunted growth, and impaired cognitive development, particularly in children. A deworming treatment takes only 24 hours!!

In this case, it takes a few weeks for adult worms to redevelop in the dog's intestine and for contagious eggs to be excreted. For roundworms this is approx. four weeks, for tapeworms this is usually longer and less than four weeks for the more rarely occurring hookworms.

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Cinnamon kills many disease-causing fungi and viruses Preliminary results from test tube and animal studies suggest that cinnamon oil and cinnamon extract have anti-fungal, anti-bacterial, and anti-parasitic properties

Mebendazole is the main medication used to treat threadworm infections. It can be bought over the counter from your local pharmacy or prescribed by your GP. It's available as a chewable tablet or a liquid. Mebendazole works by preventing the threadworms absorbing sugar, which means they should die within a few days.

I'll just simplify it. People are sick because they got bugs. That's it. You're your Hashimoto's thyroiditis, your rheumatoid arthritis, bugs caused this. It's not your body attacking itself. It's bugs. It's pathogens. It's viruses, it's bacteria. So when people have their fibro, there's a bug involved. That's what this is. Chronic fatigue syndrome. There's a bug. So what's going on is we're filled with bugs. I know that's kind of annoying. We've got viruses like Epstein Barr. We got the simplexes in us, wreaking havoc. We got the HHP sixes. We have shingles viruses. We have bacteria and people have these bugs in them. We live with them. They create inflammation. Meanwhile, the food wars that are going on, the vegans against the Paleos and and the keto and everything else, and everybody's fighting each other. But nobody realizes you guys are all dealing with Epstein bars, dealing with Shrek, a caucus. You're dealing with strep and Viruses. And the reason why celery juice is working is because the sodium cluster salts and celery juice is annihilating a lot of bugs in people. It's breaking it down. It's killing them. It's cleaning up their livers. It's getting the bugs out of the livers. And that's why their inflammation is actually getting better and better. Wow. Amazing. And I was looking at something you saying about how it's it's also stopping the vicious cycle of addiction. Yeah, which is incredible. How does that work? Well, yeah, that seems like a totally different challenge in in my head, at least, like, from an uninformed point of view. So how is celery juice even helping people with addiction? Well, you know what? It revives your liver. It starts restore.

How do you detox your body from parasites? Parasite Cleanse Diet Changes Avoid coffee, sugar, alcohol, and refined grains. Include more garlic in your meals.

Increase the amount of carrots, sweet potatoes, and squash you eat. ...Rebuild "good" bacteria in your gut with probiotic-rich foods such as yogurt.¹¹. Eat foods rich in vitamin C and B vitamins.

Methylene Blue: It's neuroprotective. It's an antidepressant. If you good for if you overdose on cyanide and/or monoxide poison. It's an anti malaria medication. And it kills parasites and antibacterial. And it's shown to improve short term and long term memory. It is in an ongoing clinical trial for Alzheimer's.

What do you have to do before you detox parasites? Heal the gut, cleanse the colon. Heal the intestines. Take binders. Binders are like negatively charged vacuums, substances, charcoals, clays, zeolites, pectins. Once you do that, the gut is clean and healthy, and you have good flora. Then You can start attacking the parasites. Cleanse the liver, kill the parasites, kill heavy metals.

Avoid simple carbohydrates, such as those found in refined foods, fruits, juices, dairy products, and all sugars, except honey. Eat more raw garlic, pumpkin seeds, pomegranates, beets, and carrots, all of which have been used traditionally to kill parasites.

PARASITE PUNCH:

Eliminate parasites and bacteria with this powerful natural mixture. You will need to a piece of aloe vera known for its purgative properties and its ability to eliminate intestinal parasites. 3 lemons cut into pieces which balance the PH and strengthen the immune system. A piece of ginger effective against infections and excellent for intestinal health. Three tablespoons of honey with anti-inflammatory and antibacterial properties Preparation blend the aloe vera, lemon and ginger, without adding water. Add the mixture to a container and add the honey. Mix well and store in the refrigerator. Consumption mode. Add a teaspoon of this mixture to a cup of water and drink it daily for a week.

Avoid these three foods because they can contain parasites that can cross into your brain. If you're new to my channel high, my name is Robert Love. I'm a neuroscientist. I specialize in helping people prevent Alzheimer's disease with science. You may have seen some of the episodes that I did with Dr Josh Hellman, a medical doctor from Harvard, about brain parasites. Here are three foods that can potentially contain parasites that can cross into your brain. Food number 1 if you like barbecue. I'm sorry about this one. It is pork. Pork is one of the most likely sources of protein of animal protein that can contain parasites. So if you're going to each pork, you. Want to know the farmer or you really want to cook it really well. Or I just avoid pork completely. Food number two. A lot of people think this one is healthy for them, but it actually can contain parasites. It is farm raised salmon. So farm raised salmon. So unlike being wild caught salmon, which is actually super duper healthy for you. That's great for your brain. Farm raised salmon. They're they're raising these small, small ponds and they can contain parasites. So I don't recommend doing farm raised salmon instead. Get wild con salmon food number three. This is going to have said a lot of people. It is really important to know about though. It is sushi. Research shows that those who eat sushi multiple times a week, about 30% of them have some sort of parasite. And once parasites get into your body, they can cross into your brain.

My name is Wayne Rolland. I'm just like you. I have heard that the secure for disease that's been suppressed. I have cancer. I'm not going to accept the modality of the day. I need to know if there's going to be. If there's a cure that's suppressed out there. And I offer a \$10,000 reward. But one man called me one. Man. And he impressed me. He sent me to somebody that had an original rife or a unit. And I used it three months later. The cancer was gone. So was my arthritis. And so Jacob showed me that I wasn't using the hurts rates to get rid of cancer at all. Not upset me because I paid good money for this. Now the cat. And why did the cancer leave? And I looked at the Hertz rates that I was using. And lo and behold, there were hertz rates to get rid of worms and parasites. And parasites It turned out that the lead poisoning was giving a bed for Paris. For parasites to breed infuriously. And it was their waste that had given me cancer. I was absolutely in shock. And the more research I did, and the further I got into this, the more I found out that pretty much all diseases caused by worms and parasites.

PARASITE CLEANSE TEA

1/2 pumpkin shredded
Zest of 1 lemon
1 tablespoon cloves ground
Tbs pumpkin seeds ground

	<p>1/4 cup olive oil Boil double boiler, cool, strain* 1 ts in glass water in morning.</p>
<p>POLTICES: JUMP TO TOP OF DOCUMENT</p>	<p>The biggest pores on your body are on the soles of your feet.</p> <p>You can do onion poltice, ginger, potato and more for absorption into the skin.</p>
<p>POLYPS: JUMP TO TOP OF DOCUMENT</p>	<p>Casteroil compress applied externally over the affected region...may take weeks.</p>
<p>RADIATION: JUMP TO TOP OF DOCUMENT</p>	<p>To balance Radiation in your system:</p> <p>1 Quart Distilled Water 1 Teaspoon Baking Soda 1 Teaspoon Celtic SeaSalt</p> <p>Divide into 4 Doses and Drink a dose every 2 hours.</p> <p>700 milligrams of apple pectin 2x daily will remove 40% of ionized radiation in just 4 weeks...imagine what it can do with even more time!</p> <p>Apple pectin was used at Chernobyl and Fukushima Nuclear Power Plant Leak to minimize health hazards.</p> <p>To balance Radiation in your system:</p> <p>1 Quart Distilled Water</p> <p>1 Teaspoon Baking Soda</p> <p>1 Teaspoon Celtic SeaSalt</p> <p>Divide into 4 Doses and Drink a dose every 2 hours.</p>
<p>REFERENCES: JUMP TO TOP OF DOCUMENT</p>	<p>The School of Natural Healing Dr. John Christopher Misty Mountain Health Retreat The Great Cholesterol Conn Dr. Peter Dingle The Cholesterol Deception The Cholesterol Lie Dr. Ansel Keys The Gift of Pain by Dr. Paul Brand The China Study Dr. Sebi</p> <p>Lots of info came from Barbara O'Neil of Misty Mountain Retreat. Lifestyle Retreat Misty Mountain Lifestyle Retreat Bellbrook (mmh.com.au)</p>

<p>REFLUX: JUMP TO TOP OF DOCUMENT</p>	<p>REFLUX & SALT CONNECTION: And sodium chloride salt is required to make stomach acid. People get acid reflux when they don't have enough stomach acid. Reflux is caused by insufficient stomach acid. You get reflux when you don't have enough sodium chloride to keep the stomach sterile so yeast begins to grow in the stomach. Then you eat carbs and sugar, and they ferment and produce gas and pressure. When your PH is above 4 all this is set into motion and begins to grow and trigger dysfunction. When your PH is less than one, your PH works to digest proteins and you absorb minerals, including B-12 better. But when your PH is at a 2 or 2.5 things start going downhill fast. Salt or "Sodium Chloride" is aromatural to make hydrochloric acid.</p>
<p>REPRODUCTION JUMP TO TOP OF DOCUMENT</p>	<p>Scientific discovery puts life in a new light. So some of you may have heard the scientists discover something lately, and it's extremely interesting. And we'll change the way that you view life itself. So in the past, it's always been widely believed that the quickest sperm is the one that won the race and fertilized the egg. We have always been told that female sperm swim faster, but die quicker. And that male sperm swim slower, but live longer. But recently, scientists discovered that this is not the case at all. It's not the quickest or the strongest firm that makes it to the egg. Instead, the egg chooses which sperm to let in. And it sends a signal to the spoon that it chooses, encouraging it to speed up. And in return, it sends a signal to all the other sperm encouraging them to slow down. Do you guys realize what this means? It means that each and everyone of us were chosen to be here. You were chosen to be here. So don't you dare sit here for one second and tell me that you're not special or meant to do something amazing with your life. I don't want to hear it, because out of millions, literal millions you were chosen. So you're meant for something great. Otherwise you wouldn't have been chosen at all. So go achieve your greatness. Reach for the stars and live your life with purpose, because it has one.</p>
<p>SCARS</p>	<p>Scars & Scarring: Tamanu Oil</p>
<p>SINUS ISSUES: JUMP TO TOP OF DOCUMENT</p>	<p>Golden Seal \$22.00 per ounce. Just put ¼ size of a pea amount and sniff it into your sinuses.</p>
<p>SKIN CONDITIONS /FACIAL: JUMP TO TOP OF DOCUMENT</p>	<p>Frankincense and Caster Oil (2 drops of Frankincense per 1 tablespoon of Caster Oil)</p> <p>Frankincense promotes collagen growth and helps eliminate scars and wrinkles and dark spots as well as cuts and bites. This mixture is a good moisturizer that will not rob your skin of needed nutrients. It is anti-inflammatory, antibacterial, and promotes circulation.</p>
<p>SLEEP: JUMP TO TOP OF DOCUMENT</p>	<p>See Also : "Anxiety and Sleep"</p> <p>6 ways to increase melatonin production for better sleep</p> <ol style="list-style-type: none"> 1. Get sunlight. Get at least 15 minutes of sunlight in the morning. ... 2. Sleep in a completely dark room. ... 3. Cut back on caffeine. ... 4. Reduce screen time at night. ... 5. Manage your stress. ... 6. Eat magnesium-rich foods.

Milk

A glass of warm milk is a well-known and common sleep remedy, and for good reason! Milk is one of the best dietary sources of melatonin. It also contains the amino acid tryptophan, which increases concentrations of melatonin and serotonin and helps you drift off to sleep easier.

Interestingly, milk from cows that were milked at night may contain higher melatonin content than that from cows milked during the day. This is because like people, other animals produce more melatonin at night as they prepare for sleep— this elevated melatonin level then goes into the milk.

Unfortunately, you can't tell what your carton of milk's melatonin content is at a glance nor if the cow was milked at night. But whether the cow was milked during the day or at night, milk remains a great source of natural melatonin.

If you are lactose intolerant you may want to skip the milk, but fortunately there are plenty more choices for you.

Pistachios

Many nuts including cashews and almonds contain melatonin, but pistachios have a higher amount than the others. Pistachios are also high in vitamin B6, which helps convert tryptophan into melatonin.

Pistachios are great sources of fiber, omega 3 fatty acids— which are linked to higher sleep quality— and antioxidants too.

Tart Cherries

As their name states, tart cherries are more sour than other sweeter cherries you can also find at the grocery store. Not only are they high in melatonin, but tart cherries are also rich in anti-inflammatory compounds that can help keep you healthy.

It's not just the cherries themselves that can help you sleep either. Tart cherry juice is a melatonin-rich food as well. According to one study examining seniors with [insomnia](#), drinking tart cherry juice increased participants' sleep time and sleep efficiency. A compound in the juice, procyanidin, increased tryptophan availability in participants and also reduced inflammation in their bodies.

Tart or otherwise, cherry juice can be high in sugar though, so it's important to keep that in mind if you're considering incorporating tart cherries into your diet.

Fatty Fish

Fatty fish like salmon and tuna are not only melatonin-rich foods, but they're also high in vitamin B6, omega 3 fatty acid, magnesium, and vitamin D— all of which are important to regulating serotonin, promoting healthy sleep, and promoting better function during the day.

One study found that participants who ate salmon three times a week slept better and showed improved daytime functioning compared to participants who did not.

Rice

Not all carbs are created equal. While some carbohydrates like junk food or sugary beverages can potentially harm your sleep, rice notably does not. Its carbohydrate content is actually conducive to sleep, as well as its melatonin and tryptophan content.

What you eat with the carbs may matter more than the carbs themselves though. For example, sweets before bed can negatively affect your sleep, while consuming rice with a tryptophan-containing protein, such as salmon, may encourage better sleep. More research is needed to determine the effects different carbohydrates have on sleep, but you should always prioritize eating healthier, more complex carbs over refined ones.

While these foods are known sources of dietary melatonin, the actual melatonin content of each food can vary depending on a number of factors, including where the food was produced and when it was produced.

Goji Berries

Goji berries are powerful sources of natural melatonin. Considered by many to be a superfood, these berries originally native to China are also rich in antioxidants, protein, and fiber.

Goji berries may also help improve depression or anxious behavior, which can also help sleep by calming your mind and allowing you to drift off more easily.

Oats

Like rice, oats are a “good” carbohydrate that can help lead to better sleep. Whole oats are a great source of melatonin, as well as tryptophan. Oats are also high in fiber, B vitamins, and lots of minerals.

A bowl of oatmeal is a great way to start your day, and it can be a great way to help you sleep too!

Mushrooms

Mushrooms are rich in melatonin, and also contain tryptophan. They’re also great sources of protein, fiber, and antioxidants.

Whether you like portabella mushrooms, button mushrooms, or their more exotic relatives, all kinds of mushrooms contain the same health and sleep benefits.

Corn

Whether you enjoy it off or on the cob, corn is another melatonin-rich food. Corn also contains tryptophan which is, of course, also conducive for sleep.

	<p>Corn is also high in vitamin C, antioxidants, magnesium, and fiber.</p> <p>Bananas</p> <p>Bananas are an amazingly healthy fruit. Bananas contain melatonin, tryptophan, vitamin B6, and magnesium, which are all great for producing serotonin and helping you sleep.</p> <p>Bananas are another “good” carb that can not only help you sleep, but feel more alert during the day. This is because bananas contain complex carbohydrates, which can give you energy all day long.</p> <p>Bonus: If you boil the banana and make my famous banana tea, the skins contain significant magnesium which is very supportive for sleep. While it may sound odd, banana tea is delicious.</p> <p>Snacking on pumpkin seeds before bed may help you get a better night's rest. Pumpkin seeds are a natural source of tryptophan, an amino acid that promotes sleep. The zinc, copper, and selenium in pumpkin seeds can also affect sleep duration and quality.</p> <p>Dave: The other things that work aside from dark about lowering the temperature of the room for people wake up late like 3 or 4 in the morning and can't go back to sleep racing thoughts. That's a cortisol and a fueling issue. Before bed, you need either raw honey or collagen or mct oil slash brain octane. Or maybe all 3. And there's different pathways, raw honey, not in hot water, because it's not raw anymore. Raises liver glycogen, but not muscle glycogen. And we're talking a small amount stabilizes it so you don't get a blood sugar crash. Brain octane provides ketones, which are the backup energy supply for the brain to pump itself out at night. And for. Some people, the amino acid glycine that's present in collagen can be calming and help them sleep through the night.</p> <p>I don't give me another example. So you ever heard of a plant called Valerian root? Laying root must people know about valerian root is well known to do what? Help sleep helps you sleep. You know the valerian root. Some chemists decided to figure out what is in this malaria route that puts people to sleep. So they. broke it all down, dissolved it, did all their testing to isolate all the different chemicals in it. And they found this element inside of Valerian root that ushers in beautiful sleep. And then they decided to synthetically replicate it and then package it into a pill. You know, they call it in a valium. The Valium has tons of toxin side effects that valerian root doesn't. Isn't that odd? This is the majority of drugs on this planet are derived from what's found in nature. And they figure out how to adulterate it, isolate it, then synthetically manufactured on their own. So they can patent it and sell it back to you in a toxic form. Your body is a natural organism, Who are you our nature? You put something unnatural in here. It starts behaving unnatural. So you're going to start developing symptoms, disease and death early.</p>
<p>SUNGAZING for vision</p>	<p>Can morning sunlight improve eyesight?</p> <p>Natural light in particular, which comes from the rays of the sun, has been reported to be essential to eye health, as long as overexposure to it is avoided. Good 'ol sunshine helps the human body produce Vitamin D, which plays an important role in slowing down the aging process and improving your vision.</p>

	<p>Does sun gazing improve vision? Though there are benefits to being outside and getting safe sun exposure using a strong SPF sunscreen, there are no proven benefits to eye gazing. Looking directly into the sun, even during non-peak hours like sunrise and sunset, can be permanently damaging to the eyes.</p> <p>Is it good for your eyes to watch the sunrise? Yes, staring into the sun can cause harmful damage because of the UV rays. That's why there are only certain hours of the day where you can practice safe sun gazing - 30 minutes during sunrise and 30 minutes before sunset.</p> <p>What is the sun gazing technique? Sun gazing is a meditative practice that involves staring directly at the rising or setting sun to help focus attention and clear the mind. Proponents of sun gazing suggest that the practice provides energy and promotes healing.</p>
<p>THYROID JUMP TO TOP OF DOCUMENT</p>	<p>I'm gonna teach you more in the next 60 seconds about the thyroid than most board certified endocrinologists know. I call it Hashimoto's nonsense, pushing thyroid medication. You want to talk about a pandemic in this country. If you have a pandemic of medicating organs in the body that have done nothing wrong. So bear with me here. And by the way, I'm a scientist and not an artist. OK, so thyroglobulin is right here in the neck. It produces two hormones. It produces T4 and it produces something called T3. Only here's the little known secret about the thyroid. It only produces 20% of this. Hormone of T3. But wait a second. We're diagnosing hypothyroid, but it's only responsible for 20% of the thyroid in my bloodstream. So the question is, where does the rest of it come from? Where does the 80% come from? I mean, if I was a detective and a crime had just been committed and there was an 80% chance that one guy did it and a 20% chance that somebody else did it, I'd probably investigate the 80% guy first, right? That's not what we do. We immediately hold the thyroid responsible for a crime. It only has 20% chance of committing. So where does the rest of that hormone come from? In Hashimoto's, it comes from T4. It's methylated. This doesn't even happen in the thyroid yet when it's low, we medicate the thyroid. The only guarantee if you're on thyroid medication is that your dosage will increase. That's the only guarantee. Why? Because you are killing the thyroid. Eventually it succeeds in completely beating the thyroid into submission. And now you are permanently reliant on levothyroxine Synthroid armor. But if we understood that T4 is converted into T3 by the process called methylation, and that is that is the suite of B vitamins, pure oestrogen, riboflavin, thymine, niacin and pantoic acid. And if we put those back into the human body, it can start to perform this function again. And the thyroid disease goes away. People say it all the time. Gary, you cured my thyroid. I said no, I didn't. There was nothing wrong with your thyroid. I think how your body uses the raw material. This is what 10X health does, right? It fits. People by empowering the human body to do what it does best. I promise you this. There is no better hormone in the human body than when you produce yourself.</p>
<p>TATTOOS JUMP TO TOP OF DOCUMENT</p>	<p>A tattoo requires 10s of millions of stitches. The needle goes back and forth over 200 times a second. How does the ink get implanted in your body and not lose its color? If you or someone close to you has ever thought about getting a tattoo, you'll have to revisit it after watching this tattoo process. In the first step of the tattoo process, you choose a tattoo design, and the tattoo artist reproduces the design on wax paper and then applies petroleum jelly to the area to be tattooed to help color the design better. The second. Step is to apply the color by placing the drawing close to the skin. The next step is to outline the design on the skin with a pen. The 3rd step is the exciting part. The tattoo gun is used to easily pierce the skin and inject the ink into the dermis. Let's zoom in and slow down. You'll see that there are several needles here and the ink</p>

	<p>will follow these needles into the dermis at the same time. The tattoo gun can deliver up to 200 strokes a second for a tattoo this small. It would have to go over your body at least 20 million times. What you. Can you imagine is that when you're being stabbed with a needle in addition to the pain you feel, what you don't realize is that there are countless cells in your body fighting for your tattoo and even dying. The body's immune system thinks something foreign is invading in order to protect your body. Countless macrophages in your body will instinctively swallow the dye and then the macrophage slowly die when the macrophage die, the ink is released back into your body and then new macrophages repeat the process over and over again. This is why the tattoo does not lose its color and is very difficult to remove. The tattoo is finished off with a coat of petroleum jelly. All of the above suggests that people with tattoos may have been struggling with their immune systems their whole lives. I'd like to say that having a tattoo doesn't necessarily make you a bad kid, but for the sake of your immune system, it's best not to get too many tattoos.</p>
<p>(TOXIC FOODS)</p> <p>FOODS TO AVOID: JUMP TO TOP OF DOCUMENT</p>	<p>Wheat, Oats, Dairy, Peanuts, Overly Processed or "Ready to Eat" meals, and Refined Sugar.</p> <p>The reason peanuts are not great is because of the way they are harvested. They end up being packaged in a moldy condition. If you grow your own you can harvest them, wash them then roast them and they will be safe.</p>
<p>ULCERS: JUMP TO TOP OF DOCUMENT</p>	<p>7 Home Remedies for Ulcers: Natural Herbs and Treatments</p> <p>Stomach pain, bloating, heartburn ... the discomfort of ulcer symptoms is no joke! If you'd like to try some simple home remedies for ulcers, here are seven to help soothe the fires within.</p> <p>If you're experiencing severe ulcer symptoms such as vomiting, dark bloody or tarry stool, faintness, trouble breathing, appetite changes, or unexplained weight loss, it's important to seek help from a medical professional.</p> <p>It's the end of February, which means Mardi Gras is almost here! When we think of Mardi Gras, we picture parties, parades, and beads.</p> <p>Onions Stock up on ONIONS! They might give you gas, but they also prevent the growth of ulcer-causing bacteria that can increase your risk of gastritis (stomach inflammation) and, over time, lead to stomach cancer. Add sliced onion to salads and sandwiches, or toss them into stir-fries, fajitas, and pastas—just avoid frying, which can upset your stomach.</p> <p>Yogurt Everyone's wild for yogurt these days, and for good reason: Most yogurts contain active cultures, lactobacillus and bifidobacterium, that can help digestion by balancing out bad bacteria with good bacteria. If you're on antibiotics, these yogurts can be especially helpful: They replenish the good bacteria that your meds have eliminated from your body, preventing diarrhea.</p> <p>Curious about candida and yeast? You'll find a confusing mix of true and false information about candida diet and nutrition online. Let's sort fact from fiction. Listen in the player below for more.</p> <p>Castor oil compress</p>

Calm a painful ulcer with a castor oil “pack” applied to your abdomen. Castor oil can reduce inflammation, relieve pain, and heal tissues beneath the skin, and a compress is easy and inexpensive to make. Place a towel in castor oil until completely saturated. Squeeze to remove any extra liquid and avoid dripping. Cover the painful area on your abdomen, then top with a dry towel and a hot-water bottle for added pressure. Leave the pack on for up to one hour.

Cabbage

Although it’s not the flashiest vegetable, cabbage offers some amazing ulcer-healing abilities: It helps protect the lining of the stomach and intestines and wards off the bacteria that cause ulcers. Try to eat two cups of raw cabbage every day (coleslaw, anyone?), or consider making a super-potent juice: Four cups of cabbage juice per day has been shown to heal peptic ulcers in less than a week! Choose fresh green cabbages for an optimal ulcer cure.

Aloe juice

You might use aloe vera gel for sunburns and other skin problems, but did you know that the plant’s juice can work its soothing magic on your inflamed stomach lining too? Pick up some juice at your local health-food store or drugstore, and drink a few sips before each meal and at night. Aloe juice will relieve ulcer pain and promote healing.

Garlic

Garlic is one of the world’s most effective and universal natural cures—and it can help prevent and heal stomach ulcers! If you can stand the strong taste, eat two cloves of raw garlic every day to control levels of the H. pylori bacteria in your gut. You can also chop up fresh garlic and add two tablespoons of raw, unprocessed honey. The benefits of honey are not limited to taste: Its antibacterial powers will double-team those nasty bad guys in your gut!

Tea

By now, you should know that coffee will irritate an already-existing ulcer. But not so for tea! In fact, peppermint and chamomile teas are anti-inflammatories that can soothe your ulcer pain and encourage healing. Brew your tea and allow it to cool until just warm—too hot and you’ll irritate your ulcer. Stir in some [raw honey for its antibacterial qualities](#) as well as for its sweet flavor.

[Peppermint can worsen gastroesophageal reflux \(or GERD\) symptoms](#), so steer clear of peppermint tea, oil, or other peppermint flavorings if you have this condition.

REFLUX & SALT CONNECTION:

And sodium chloride salt is required to make stomach acid. People get acid reflux when they don’t have enough stomach acid. Reflux is caused by insufficient stomach acid. You get reflux when you don’t have enough sodium chloride to keep the stomach sterile so yeast begins to grow in the stomach. Then you eat carbs and sugar, and they ferment and produce gas and pressure. When your PH is above 4 all this is set into motion and begins to grow and trigger dysfunction. When your PH is less than one, your PH works to digest proteins and you absorb minerals, including B-12 better. But when your PH is at a 2 or 2.5 things start going downhill fast. Salt or “Sodium Chloride” is aromatural to make hydrochloric acid.

**UTI's
Urinary Tract
Infection**

8 Natural Antibiotics to Prevent UTIs

If you're suffering from chronic bladder infections (ie. UTIs) that continue to return no matter how much water you drink or what kind of antibiotics you take, this article is for you. One of the most dangerous medical conditions that can occur is antibiotic resistance and for those with chronic bladder infections, this is a common issue.

But this doesn't have to be your reality. Doctors unfortunately are not aware of the multitude of natural antibiotics that can prevent bladder infections. There are several that work, and it's up to you to try them to see which one works best. We are not medical experts, but these suggestions come from real people living with paralysis and we hope their suggestions are of help.

Cinnamon

There are several varieties of cinnamon, but Ceylon cinnamon is the type of cinnamon you'll want to purchase as it contains a myriad of health benefits, including bacterial-killing properties. There are a variety of ways you can ingest cinnamon, from putting it in your morning coffee to stirring it into warm water, or in a pill form. And you'll want to take about 1 tablespoon per day. The cinnamon coats your bladder, making it difficult for bacteria to take root.

Oil of Oregano

Oil of oregano is another natural ingredient that can help treat bladder infections, especially if it's an E. Coli-based infection, as it has been proven in studies to be highly effective with this kind of bacteria. Doctors recommend mixing a 500 mg dosage with some water or coconut oil and taking it four times a day. This is not however something you should take long-term. Oil of oregano is best used when a bladder infection is present, and not as a prevention method because it is quite strong. Also, make sure you purchase oil of oregano that has a high "carvacrol" content, as this is where the oregano gets its healthy properties from.

D-Mannose

A highly common natural prevention method for bladder infections that doctors will actually prescribe is D-Mannose. D-Mannose is a type of sugar that is similar to glucose, is found in several fruits, and can occur naturally in the body. Some people with spinal cord injuries who have chronic bladder infections have found that taking D-Mannose daily helps prevent bladder infections. It comes in either a capsule or a powder and you will need to take around 2 g daily to use it to prevent bladder infections.

Raw Garlic

People have been using raw garlic for centuries to treat a multitude of infections in the body, so it should come as no surprise that raw garlic can treat and prevent bladder infections. There have been recent studies that have supported the health benefits of raw garlic showing that it truly can kill several kinds of strains of pathogenic bacteria associated with urinary tract infections. Typically, it is recommended to take around one clove of day for UTI prevention. You may get garlic breath, but if it works, it is a great way to keep yourself healthy.

Apple Cider Vinegar Capsules

Another natural antibiotic that humans have been using for centuries is apple cider vinegar, and it can help prevent bladder infections. While apple cider vinegar capsules can't treat full-blown bladder infections, they can prevent them. The theory is that the acid in the apple cider vinegar helps balance your bladder's pH levels, as bacteria love non-acidic spaces.

No Processed Sugar

For many, doing something as simple as limiting processed sugar from their diet has been massively effective when it comes to limiting how often they get bladder infections. Many believe that processed sugar causes bladder infections since bacteria thrive when around processed sugar.

Cranberries

Cranberries are a tried and true method for bladder infections in the world of spinal cord injuries. Unfortunately, many do not see the health benefits that others experience from ingesting cranberries, but for the right person drinking cranberry juice on a daily basis or taking cranberry capsules can be *highly* effective in preventing bladder infections/UTIs. Make sure that the cranberry juice you drink is low in sugar.

Lemon Essential Oil

A less popular natural antibiotic used to prevent bladder infections is lemon essential oil. There have been studies that have shown that lemongrass oil in particular can fight bacterial infections and kill some harmful pathogens. It's recommended to take 3 to 5 drops of lemon essential oil under the tongue each day to prevent bladder infections.

Vitamin C

There have been recent studies that have shown that Vitamin C is effective in preventing bladder infections if taken in high doses, typically around 100 mg daily. The large amounts of vitamin C help limit the growth of some bacteria by acidifying the urine.

Just like taking mental health medication or a new birth control pill, you will need to try a variety of the aforementioned natural methods to see which one works best or if at all (some may not work and that is ok). We above all hope that this article has opened your mind to the natural world of UTI prevention.

Topics: 8 Natural Antibiotics to Prevent UTIs, Raw Garlic, Apple Cider Vinegar Capsules, No Processed Sugar, Cranberries, Lemon Essential Oil, Vitamin C, antibiotics, Ceylon, Ceylon cinnamon, carvacrol, glucose, UTI prevention, acidifying the urine, Cinnamon, Oil of Oregano, D-Mannose, chronic bladder infections, lemongrass oil

VACCINES:

[JUMP TO TOP OF DOCUMENT](#)

Did you know that during are lockdowns of 2020 millions of babies missed their well baby checkup, which meant they didn't get their scheduled vaccines? Did you know that that same year, the sudden infant death syndrome was nearly nonexistent?

<p>WARTS: JUMP TO TOP OF DOCUMENT</p>	<p>Plantar Warts can be treated with “THUJA” put a tiny amount every day for 1 week, the thuja will break down the proteins and remove the wart.</p>
<p>WEIGHT LOSS: & THE SHOT JUMP TO TOP OF DOCUMENT Skip to Semeglutide</p>	<p>Did you know that cayenne pepper orders the brain to burn fat cells? HenryMeds.com \$297.00 per moth for Semeglutide or CareClinics.com Hormone Replacement Therapy Services Arise Medical Spa (arise-aw.com)</p> <p>The 30-30-30 Plan? (Book: The 4 Hour Body by Tim Ferris) So I have women all the time and not to pick on ladies with this happens in 3 to 1 of women coming into the clinic and said Gary, I don’t get it. I wake up in the morning, I’m fasted. I have a couple black coffee. I go to orange theory, I go hammer down for 55 minutes. I’ve been doing that five days a week for three months. I haven’t lost a single pound. How is that possible? Like I’m not even eating. I know. Well, you’re not eating, but your body is. It’s just eating you. Because what happens when you don’t have any sugar in your bloodstream is you get to the gym, and now you have a 20 minute reserve of glycogen. This is 20 minutes. Twenty minutes into your workout. You’re out of energy. Your body needs energy now. It takes three minutes to liquefy lean muscle. It takes 5 hours to turn fat into energy. Where do you think your body’s getting energy? Burning your own lean muscle. So what happens is you’re going hammer down on the treadmill. You are actually digesting your own lean muscle. And then that night you’re building it back. And then the next day you work out and then you build it back and you work out and you build it back. So I’m going to tell you something. There’s something called 30 30 30. I’ve never seen anything in my life. Strip fat off of a human being faster than this. I wish I could have patented. There’s an entire book written by Tim Ferris called the 4 hour body explaining this whole theory. It says 30 grams of protein within 30 minutes of waking, followed by 30 minutes of. Steady state cardiovascular exercise. Bring your heart rate down to blow A135 beats a minute. Do that for a month and watch it eviscerate.</p> <p>COLD THERAPY: There is nothing on the surface of the earth that will remove calories from your body or burn fat at the rate that getting in cold water well. If you actually read the story about Michael Phelps when he actually went into Beijing to compete in the Olympics, Gorgon take one to 10,000 calories a day. But why did go to 10,000 calories a day? Not because his training regimen changed because the poll he was in was four degrees colder than the pool he was used to training in. So water is 29 times more thermogenic than air. So when we get into cold water, 4 major things happen. Number one, our liver panics and it floods the bloodstream with something called a cold chalk protein. These are miracle proteins. These proteins will scour the body of free radical oxidation. They will quadruple the rate of protein synthesis, muscle repaired. The second thing this happens is you have a major peripheral vasophas. It drives oxygen into the core. It forces oxygen into the brain. The 3rd thing that happens is he. Now heat is flooding out of your body. There is no amount of hits cardio. There’s no amount of intense exercise, weight training, nothing even comes remotely close.</p> <p>Ground Lemon Peel, Cinnamon and Grated Ginger add pineapple to tame the flavor of the ginger. Make a “tea” of these items and drink daily to detox the body and lose weight.</p> <p>diabetes and weight loss</p>

Start your day with fruits and proteins like nuts and meats not carbs not breads not toast not doughnuts not kolaches not pancakes not biscuits not sugars not syrup

All of these except the proteins get absorbed as glucose and processed in the liver paired with oxygen...and create energy.

The liver causes some to be stored as glycogen. "Quick release every stores" the diabetics best kept secret.. accessed by demand..and with water.

The rest is stored as fat calls.

The pancreas lives under the left rib and releases insulin under demand..high glucose equals high insulin.

Fiber fat and protein stay in the stomach longer

It takes 3-4 hours to pass thru thr stomach then thr stomach needs an hour rest

This is an all-purpose anti-inflammatory beverage—a tasty food that is also good medicine. It can be used after trauma, to help recover from surgery, or to accompany a tea or tincture to best treat inflammatory pain in a multipart protocol.

What are the benefits of drinking pineapple and ginger juice?

This drink is rich in vitamins and antioxidants to improve digestion for weight loss. It's also a great source of fiber to help you feel full for a longer period of time. The beverage's detoxifying properties are powerful and truly effective.

Ginger also contributes benefits for cold and flu, nausea, stomach pain, cancer prevention, and more. While the drink is generally sweet, it is still low in calories if consumed in moderation.

Do pineapple and ginger burn belly fat?

Of course. In fact, the juice's anti-inflammatory properties are effective in promoting better digestion. If consumed appropriately, then it can reduce bloating and promote weight loss!

What can be mixed with pineapple juice?

There are plenty of fruits, veggies, herbs, and spices you can make with pineapple juice. The best options include oranges, strawberries, apples, mangoes, papayas, leafy greens, and zucchini!

You can also add seasonings such as sweeteners, sugar, honey, maple syrup, mint, basil, rosemary, and other herbs to make the drink tastier.

Can I have pineapple and ginger on an empty stomach?

I suggest drinking pineapple and ginger during or after your first meal of the day. Consuming it on an empty stomach can increase your acidity and cause discomfort.

healthy pineapple ginger juice

This Pineapple Ginger Juice is naturally sweet, nutritious, 100% pure, healthy, tasty, and refreshing. You'll be hooked before you take your first sip – seriously easy and fun to make.

2.87 lb ripe pineapple (1 medium-sized and fresh)
1 oz grated ginger

Peel the pineapple and slice it into pieces using a knife.
Scrape off the skin of the ginger with a spoon.
Then, finely chop the ginger.
Feed the slices into the slow juicer.
Transfer the pineapple ginger juice into a glass.
Enjoy it until the last sip!

See: "Berberine" (Natures Ozempic) but also consider MORE FIBER in your diet, Fiber increases GLP-1 (similar to how Ozempic works) and Fiber regulates sugar level in the blood.
Panax Ginseng is another weight loss power house.

Dr ZalZal and Dr. Weening from YouTube suggest: Healthy Keto and Intermittent Fasting for weight loss.

Where does fat go when you lose it? [The mathematics of weight loss | Ruben Meerman | TEDxQUT \(edited version\)](#)

Supplements/Research: Gymnema (reduces sugar cravings/treats diabetes naturally)
Coleus (breaks down body fat)

Midnight Booster: This before bed booster will help you relax, reduce anxiety, increase fat burning hormones and decrease fat producing hormones. It is a muscle relaxant and contains antioxidant and apigenin which lowers cortisol levels and increases metabolism while you sleep. Helps clear the body of toxins which makes your metabolism work at max level.

6 OZ Warm Water
Cammomile Tea
1 Tablespoon Apple Cider Vinegar
One Tablespoon lemon juice, fresh squeezed or organic bottled.

[Sono Bello | Laser Liposuction and Body Contouring](#) in Houston/Bellaire 888-965-1368 free consultations

Probiotics: for weight loss make sure your probiotic has "Christensenella"
IVIMHEALTH.com Alternative to Semeglutide

Klinino Diet?

Is there a substitute for semaglutide?

What weight loss pill is better than phentermine? Many people who want to lose weight choose a phentermine alternative over the prescription medication. **Adipex and Lomaira** are two of the best known phentermine alternatives. Both are available on the market and can be purchased online.

Semaglutide works to slow down the secretion of glucagon and help reduce the risk of heart attack, stroke, and death. Other alternatives to Ozempic include **Victoza (liraglutide)** and **Bydureon (exenatide)**. Dec 8, 2022

For fatty liver do 1/2 oz extra Virginia olive oil and 1/2 oz lemon juice and pinch cayenne pepper for 1 month..for great liver cleanse.

SEMEGLUTIDE, WEGOVY OZEMBIC & ETC:

Available from-:

1. Woodlands Compounding Pharmacy
2. Compounding Pharmacy of America: [Semaglutide and Weight Loss \(compoundingrxusa.com\)](http://Semaglutide and Weight Loss (compoundingrxusa.com))

With potent medications like semaglutide, it's extremely important to adhere to your prescribed dosing schedule. Your body needs time to adjust to such powerful medicine, so it is crucial to titrate your dose up slowly. A common injectable semaglutide regimen for weight loss is prescribed in the following schedule:

Weeks 1-4: 0.27 mg per dose

Weeks 5-8: 0.54 mg per dose

Weeks 9-12: 1.08 mg per dose

Weeks 13-15: 2.16 mg per dose

After week 15: 2.65 mg per dose

In this typical example, you'll notice that the dose starts very small then doubles every four weeks until the patient has slowly and safely worked up to their maintenance dose of 2.65 mg weekly. Please note that your dosage could be different depending on your individual medical situation and your doctor's orders.

During this gentle increase in dosage, patients should be aware of any unwanted side effects such as:

Loss of appetite (i.e., constant feelings of fullness that go beyond the desired results)

Light-headed or dizzy sensations

Persistent lethargic feeling

Gastrointestinal discomfort

Diarrhea

Nausea

How does Semaglutide work? (Rybelsus)

Semaglutide is in a class of medications called glucagon-like peptide 1 (GLP-1) agonists. GLP-1 agonists work by stimulating your pancreas to increase insulin. This additional insulin causes the stomach to empty over a longer period of time. The idea of the stomach processing food more slowly can seem counterintuitive to patients who have turned to stimulant-based diet pills in the past. However, this slow and consistent digestion is merely an early step in the chain reaction that makes semaglutide such an effective weight loss drug.

When your stomach takes more time to empty itself of food, it sends signals of "fullness" to the brain. This signal is sent throughout a larger portion of your day, even if you're eating less food than usual. The end result of this process is a powerful appetite suppression effect based on the patient's own natural insulin production. This means patients can benefit from medically assisted weight loss without any need for invasive surgeries or harsh stimulants.

A semaglutide regimen will also lead to healthier blood sugar levels, which can help you feel more energetic throughout your day. Stabilized and controlled blood sugar levels can also help improve other areas of your overall health. Even if you aren't at risk for diabetes, this effect can contribute to a general sense of well-being, which is a crucial component in any weight loss journey. From <https://compoundingrxusa.com/blog/semaglutide-weight-loss-drug/>

When will tirzepatide be FDA approved for weight loss?

And it has been shown to cause weight loss in people without diabetes, too. In **October 2022**, the FDA granted tirzepatide the Fast Track designation for the treatment of obesity and overweight.

From https://www.google.com/search?sxsrf=ALiCzsZcdW_u5Z2z11-oHjo0u7-5TBGyyw%3A1671918592251&q=when%20will%20tirzepatide%20be%20available&ved=2ahUKEwig5aKOnpP8AhV5lGoFHb7iCzEQmoICKAF6BAqlEAY&biw=1397&bih=639&dpr=2.75

Supplements/Research: Gymnema (reduces sugar cravings/treats diabetes naturally) Coleus (breaks down body fat) and also look at this probiotic "Sugar Shift" by "BiotiQuest".

Look up Hyperinsulinemia—compare results to using Semaglutide and real world blood results. Add to Loris Health Mater list under questions for doctor.

Natural alternatives to ozempic/Semaglutide/Wegovy

1) Berberine

Berberine is a compound we can find in some plants like European barberry, goldenseal, goldthread, Oregon grape, Phellodendron, and tree turmeric. Berberine is a natural alternative for treating insulin resistance and high blood sugar.

According to a small [study](#) on people with metabolic syndrome (a condition that can lead to type 2 diabetes), berberine improved insulin sensitivity and reduced participants' waist circumference (5).

Waist circumference is associated with insulin resistance. Therefore, reducing waist size can indicate improving insulin sensitivity and lower blood sugar levels.

A pilot study directly compared [berberine and metformin](#) (a popular pill used to treat diabetes) for their ability to help treat symptoms of type 2 diabetes (6).

The researchers found that **berberine produced identical results as metformin** in improving blood glucose metabolism. Berberine may help promote weight loss by improving insulin resistance.

You can take berberine in supplement form at a dose of up to 1.5 grams daily. However, the studies on berberine tend to be six months or less, so it's not as clear how safe it is to take the maximum dose indefinitely.

2) Magnesium

Magnesium is a well-studied mineral in terms of blood sugar metabolism. Many people can benefit from magnesium supplementation, not just those with diabetes.

Type 2 diabetes stems from insulin resistance, which is when your body doesn't use insulin effectively. [Magnesium supplementation](#) can help improve insulin sensitivity, which means it can help lower blood sugar levels (7).

People with diabetes tend to have lower levels of magnesium in their blood compared to people without diabetes, which suggests that magnesium may play a role in the development of diabetes.

According to a study, magnesium helps improve insulin sensitivity and boosts insulin secretion. Ozempic also promotes insulin secretion, so they have that in common (8).

3) Aloe vera

[Aloe vera](#) has been studied for its potential ability to help lower blood glucose levels. Bear in mind that some of the studies were done on animal subjects like mice and rats.

You can take aloe vera in capsule form to gain the potential benefits.

According to a 2015 [review of studies](#) (9), aloe vera gel complex may help lower blood sugar, promote healthy cholesterol levels, reduce body fat and weight, and reduce insulin resistance in obese subjects with prediabetes (borderline diabetes).

One study used aloe vera on diabetic mice to see if it could improve blood sugar and cholesterol levels. The mice received aloe vera gel extract at a dose of 300 milligrams per kilogram of body weight for 21 days. The result was a significant reduction in fasting blood sugar, cholesterol, and triglycerides (10).

From <<https://www.bensnaturalhealth.com/blog/diabetes-health/ozempic-alternatives/>>

WEB MED

In June 2021, the FDA [approved](#) semaglutide ([Wegovy](#)), a once-weekly injection, for chronic weight management when used in combination with a healthy diet and exercise. The medication had made headlines before its approval when the manufacturer reported [15% to 18%](#) weight loss findings during clinical trials. This is higher [than we tend to see](#) with other weight loss medications.

So, is semaglutide right for you? While it may work better than some other weight loss medications,

[Living With Extra Weight: A Mission to Get Rid of Obesity Stigma](#)

[Written by Natalie Pompilio](#)

What is semaglutide?

Semaglutide is an injectable glucagon-like peptide-1 ([GLP-1 agonist](#)) that's administered once weekly. It was originally approved in [2017](#) — at a lower dose under the brand name [Ozempic](#) — to help control blood sugar in [Type 2 diabetes](#). People taking Ozempic for blood sugar control also tend to [lose weight](#) as an additional benefit.

Because of this, Novo Nordisk studied the medication in people without Type 2 diabetes, but at a higher dose. Now, semaglutide (under the brand name Wegovy) is [FDA-approved](#) for weight loss. It can be used by adults with a [body mass index](#) (BMI) greater than or equal to 30 mg/kg² alone or 27 mg/kg² with at least one weight-related condition (e.g., [high blood pressure](#), [high cholesterol](#), Type 2 diabetes).

Semaglutide should be used in combination with lifestyle changes, including a [healthy diet](#) and exercise.

How does semaglutide work for weight loss?

GLP-1 is an [incretin hormone](#) that [plays a role](#) in your appetite and digestion. [Incretins](#) — hormones released by your digestive tract — are sent out by your body after you've eaten a meal. They help lower your blood sugar by triggering insulin release and blocking sugar production. They also slow down how quickly food leaves your stomach (called gastric emptying).

The result of these actions causes you to feel full — lowering your appetite and causing you to lose weight. Medications like GLP-1 agonists are referred to as incretin mimetics since they "mimic" these effects.

As mentioned above, GLP-1 agonists, like semaglutide, were originally used to treat Type 2 diabetes. This was due to their blood sugar-lowering effects. However, the weight loss side effect has been shown to benefit people without Type 2 diabetes as well.
How is semaglutide dosed?

Semaglutide is available as a single-use injection pen. This means that your dose is already pre-set for you, and that you'll discard the pen after your dose.

You'll give yourself the injection once a week, on the same day each week. It can be given at any time of day, and you can take it with or without food.

Semaglutide is typically injected just under the skin (subcutaneously) in your abdomen, upper arm, or thigh. Avoid injecting the medication into the same spot every time — change your injection site with each dose. But injecting in the same body area (e.g., thigh) is OK as long as you're rotating sites within the area each time.

Since semaglutide slows down how quickly food leaves your stomach, you may experience [side effects](#) like nausea and vomiting. Once you get started on the medication, your healthcare provider will slowly increase your dosage every 4 weeks. This can help make these effects more manageable.

The target dose is 2.4 mg once weekly. Before reaching the target dose, a typical [dosing schedule](#) may look like:

Month 1: 0.25 mg once weekly for the first month

Month 2: 0.5 mg once weekly for the second month

Month 3: 1 mg once weekly for the third month

Month 4: 1.7 mg once weekly for the fourth month

Target maintenance dose: 2.4 mg once weekly

Some people may not be able to reach or tolerate the target dose due to side effects. If this is the case, your healthcare provider may wait another month before increasing your dose. However, they may have you stop the medication if you're unable to reach or stay on the target dose.

What do we know about semaglutide side effects?

As introduced earlier, gastrointestinal (GI) side effects tend to happen most frequently when taking this medication. The most common are nausea, diarrhea, and vomiting. You may experience these effects more strongly when your healthcare provider increases your dose.

Additional common side effects can include:

Constipation, Stomach pain, Headache, Fatigue, Indigestion, Dizziness, Bloating, Burping

Serious side effects

In some cases, semaglutide may cause more serious side effects. The medication has a [boxed warning](#) — the FDA's most serious warning — for a potential risk for thyroid C-cell tumors. This risk has been seen in animal studies, but it hasn't been confirmed in people. Because of this, you shouldn't take semaglutide if you have a personal or family history of certain thyroid tumors.

Other serious side effects can include:

[Pancreatitis](#) (inflamed pancreas)

Cholelithiasis (gallbladder disease)

Kidney damage

Low blood sugar ([hypoglycemia](#))

[Allergic reactions](#) (including swelling of the face, tongue, or throat; difficulty breathing)

Certain eye problems in people with Type 2 diabetes

Fast heart rate

Suicidal thoughts and behaviors are another risk listed on the medication's labeling because it's been reported with other weight loss medications. Let your healthcare provider know right away if you're experiencing any changes in mood or behavior, or if you're having suicidal thoughts.

Can semaglutide interact with other medications?

Since semaglutide can lower your blood sugar, it can interact with other blood sugar-lowering medications. Examples include [insulin](#) and medications that cause insulin to be released, like [sulfonylureas](#). Combining these medications can result in dangerously low blood sugar levels. If you're taking one of these medications, your healthcare provider may lower the other medication's dose while starting you on semaglutide. And as a general rule, it's important to diligently monitor your blood sugar if you have Type 2 diabetes. This is especially the case before and during treatment to ensure that your readings stay within a safe range.

Another potential interaction is with oral medications. Semaglutide slows down how quickly food leaves your stomach. This may affect how certain oral medications are absorbed by your body when they're taken together. Your healthcare provider can determine which interactions potentially affect you and how to manage them

How does semaglutide compare to other weight loss medications?

One of the reasons there's a lot of buzz around semaglutide is the amount of weight people lost during clinical trials. Typically, we tend to see an average of 5% to 10% weight loss with other medications.

Oral weight loss medications tend to be less expensive than the injectable options, but you may not lose as much weight. Let's review a few of the more popular weight loss medications and how they compare to semaglutide.

Oral medications

[Phentermine](#) is a popular oral weight loss medication that has been around [since 1959](#). It's approved for short-term use (a few weeks), and it's inexpensive. However, it's possible to develop a tolerance to the medication where it's no longer working for you. And it's a [controlled substance](#).

Phentermine is also available in combination with topiramate under the brand name [Qsymia](#). Compared to phentermine alone, Qsymia [can be used](#) for a longer period of time. Study results [have shown](#) average weight loss ranging from about 5% (at lower doses) to around 10% (at higher doses).

[Contrave](#) (bupropion/naltrexone) is another medication used for weight loss. One study showed that people taking Contrave in combination with diet and exercise lost an [average of about 9%](#) of their baseline body weight after 56 weeks. This is compared to the largest semaglutide trial, where participants receiving the medication lost an average of almost [15%](#) of their baseline body weight after 68 weeks.

Injectable medications

Liraglutide ([Saxenda](#)), a once-daily injectable GLP-1 agonist, was the first medication in its class to be approved for weight loss. It's short-acting, which is why you need to administer it every day. It has also been shown to provide an average weight loss of about [8%](#) from baseline body weight. Semaglutide, on the other hand, works longer in your body. So, it's only given once a week. This makes semaglutide the first *once-weekly* GLP-1 agonist approved for weight loss — with [better results](#). However, Saxenda is [also approved](#) for use in children at least 12 years old. Semaglutide is only approved for use in adults (people at least 18 years old).

Medications being studied for weight loss

Tirzepatide ([Mounjaro](#)) is a new medication that was [approved in May 2022](#) for Type 2 diabetes. Like semaglutide, it mimics GLP-1. But it also mimics another incretin called glucose-dependent insulinotropic polypeptide (GIP). While tirzepatide has similar effects as semaglutide, it's the first medication in its class.

Tirzepatide was compared to semaglutide in a [head-to-head clinical trial](#) in people with Type 2 diabetes. It was more effective for long-term blood sugar control, and people taking it lost more weight compared to semaglutide.

While tirzepatide isn't currently approved for weight loss, [promising results](#) from a phase 3 trial for this use were published in July 2022. It's possible that we'll see tirzepatide approved for weight loss in the future.

How to save on semaglutide

There are ways to save on semaglutide, which is available as brand-name Wegovy. For example, a copay savings card can help make your prescription more affordable. If you have commercial insurance, you may be eligible to pay as little as \$25 for Wegovy using a [savings card](#) from the manufacturer.

The bottom line

Semaglutide is an FDA-approved injectable weight loss medication. Compared to other medications on the market, it may help you lose more weight. It takes a few months to reach the target dose, and you may experience side effects like nausea, vomiting, and diarrhea. But this is typically managed by slowly increasing your dose over time.

From <<https://www.goodrx.com/wegovy/semaglutide-for-weight-loss>>

Markas Doctor is at the Friendswood Clinic RXBodyFX and they prescribe Semaglutide. Other options include Ozempic which has different side effects. Then theres the drugs and options noted below:

Diabetes drug helps patients lose never-before-seen amounts of weight, study shows

A new study of the type 2 diabetes drug tirzepatide, Wygovy, Ozembic (Generic-Semaglutide) found it also resulted in dramatic weight loss, offering hope for those struggling with obesity.

Karen Weintraub USA TODAY

A drug approved to treat Type 2 diabetes is extremely effective at reducing obesity, according to a new study.

The drug works on two naturally occurring hormones that help control blood sugar and are involved in sending fullness signals from the gut to the brain.

Researchers noticed that people who took the drug for their diabetes lost weight. The new trial focused on people who have obesity without diabetes and found even more weight loss.

Those taking the highest of three studied doses lost as much as 21% of their body weight – 50-60 pounds in some cases.

Nothing has provided that kind of weight loss except surgery, said Dr. Robert Gabbay, chief scientific and medical officer for the American Diabetes Association. (published in The New England Journal of Medicine.)

Another obesity treatment approved last year called semaglutide, from Novo Nordisk, provides an average of up to about 15% weight loss. Previous generations of diet drugs cut only about 5% of weight and many carried prohibitive side effects.

"We've not had tools like this," Gabbay said. "I think it's really exciting."

For most of the trial participants, side effects from tirzepatide were not serious, said Jeff Emmick, vice president of product development for the diabetes division of drug giant Lilly, which makes the drug.

About 15% of participants who received the active drug dropped out of the 72-week trial, about a third because of gastrointestinal side effects. (Nausea)

On May 13, the Food and Drug Administration approved tirzepatide, under the trade name Mounjaro, for the treatment of Type 2 diabetes.

Weight loss of 15% to more than 20% has the potential to change the way doctors treat diabetes, Gabbay said, from focusing on reducing blood sugar to aiming for total remission.

What's not known, Gabbay said, is whether remission achieved this way will reduce the typical complications of diabetes, which can include cardiovascular disease, nerve and kidney damage and limb amputations.

It's also unclear whether tirzepatide will provide the cardiovascular benefits that semaglutide does, said David Rind, a primary care physician and chief medical officer for the Boston-based Institute for Clinical and Economic Review.

It would be helpful, Rind said, to run a head-to-head trial between the two drugs to see whether there are any differences in their health benefits.

"The question is, is tirzepatide a step better than all those (other weight loss) drugs?" Rind said. "There's certainly reason to think it might be, but I don't think it's been proven yet."

Mary Bruehl, 63, of Norman, Oklahoma. Mary Bruehl was able to go hiking again thanks to medication that helped her control her diabetes and lose weight. She joined the diabetes trial for tirzepatide in August 2019 because she'd heard weight loss might be a drug side effect. After years of her "doing everything right," Bruehl's diabetes and weight control slipped. A hip replacement nearly immobilized her, which led to weight gain and a lack of energy. "It just seemed like there wasn't anything I could do to get it off," said Bruehl, an attorney. "My stomach didn't know an end to all the food in the world." Diagnosed with fatty liver disease in June 2019, a worried Bruehl began skipping breakfast – except for coffee – to cut down on calories and lose a little weight.

Starting tirzepatide that September, she shed 5 to 10 pounds a month. By July 1, 2020, she'd lost nearly 60 pounds, giving her one of the best results seen from the drug. The more Bruehl lost, the better she felt and the more she was able to resume weekend hiking and other physical activities, she said, which helped her feel even better. The drug prevented her from overeating, Bruehl said. If she overindulged, the food would come back up. "I've learned to stop before I get that feeling,"

she said. Bruehl no longer needed metformin for her diabetes, and her fatty liver resolved. The one negative side effect was nausea, which Bruehl felt the day after each of her weekly shots of tirzepatide. An anti-nausea pill in the morning took care of it, she said.

Trial specifics

The new tirzepatide trial, called SURMOUNT-1, included more than 2,500 volunteers who either met the medical definition of obesity, having a body mass index of 30 or above, or had a slightly lower BMI but at least one weight-related health problem.

The average BMI for participants was 38, 70% were white and nearly as many were female. Nearly everyone on the drug saw an improvement in blood sugar, blood pressure and lipid levels. The trial started in December 2019 and was completed despite the COVID-19 pandemic.

Dr. Ania Jastreboff of Yale Medicine helped lead a study of the experimental weight-loss drug tirzepatide.

Dr. Ania Jastreboff, an obesity medicine specialist at Yale Medicine, who helped lead the trial, said her patients responded in a variety of ways to tirzepatide, just as they would to any other medication, including some who got no benefit at all. Nine out of 10 lost weight, and on the highest dose, 15 mg, they lost an average of 52 pounds each.

Medicines such as semaglutide and tirzepatide "are enabling us to actually take care of our patients the way we need to be taking care of them," Jastreboff said. "They effectively reregulate biology and help people restore their body weight."

Jastreboff said she's been able to help most of her patients through the side effects of the newer weight loss drugs, either by cutting back on certain foods or by eating less overall. "If you eat past the point of fullness" on these medications, she said, "you're going to feel like you ate three Thanksgiving dinners."

Jastreboff said she often has to help patients through the self-blame they feel for carrying extra pounds. She sees obesity not as an individual's fault but as a fight against biology's drive to hold on to extra pounds. "These medicines target that physiology safely and effectively," she said.

Patients will need to continue on weight loss medications, just as with drugs to treat other chronic conditions, such as diabetes, high cholesterol and high blood pressure, she said. It's possible that once they maintain a lower weight for a certain period, they'll be able to take a lower dose or even cut the medication completely, but that needs to be studied, she said.

One impediment for many people will be the price of weight loss drugs.

It's too soon to know what price Lilly will set for tirzepatide. Mounjaro, the same drug used to treat diabetes at the same doses, retails for almost \$1,000 a month.

Semaglutide went on the market last year for weight loss and has been in short supply ever since, Rind said. It costs about \$1,600 a month for the 2.4 mg weight loss dose, which is higher than the 1 or 2 mg doses used to treat diabetes. Like other weight loss drugs, semaglutide isn't covered by many insurance plans.

"Access and cost – that is something that as providers we work on every day," Jastreboff said.

Bruehl started on a low dose of semaglutide to treat her diabetes and the weight that has begun to creep back. Insurance covers all but about \$30 a month.

She's OK with the fact that she'll probably need to take it forever to keep the weight off, just as her hereditary risk for diabetes means she'll probably need to treat that forever, too. Exercise and careful eating will need to be part of her regimen, she said.

"This is going to take a lifetime dedication," she said. kweintraub@usatoday.com

What happens when you stop taking **semaglutide**?

The researchers found that **people who lost the most weight while taking semaglutide tended to then regain the most after stopping it**, although they still retained a larger reduction from baseline than participants who had lost less weight during the treatment period. May 9, 2022

How long does it take for semaglutide to start working?

How long does it take for Ozempic (Semaglutide) to start working? It may take Ozempic (Semaglutide) **up to 5 weeks** to start lowering your blood glucose levels but the maximum effect will not be seen for 3-6 months.

What happens when you stop taking semaglutide?

The researchers found that **people who lost the most weight while taking semaglutide tended to then regain the most after stopping it**, although they still retained a larger reduction from baseline than participants who had lost less weight during the treatment

Can you take semaglutide if you are not a diabetic?

The type 2 diabetes mellitus (T2DM) drug **semaglutide is effective for weight loss in non-diabetic, overweight or obese adults, when taken alongside a reduced-calorie diet and exercise**, researchers have found.

Is semaglutide safe long term?

In conclusion, this study demonstrates that long-term use of oral semaglutide with flexible dose adjustment results in durable improvements in glycemic control and further reductions in body weight and is **generally well tolerated**.

Can semaglutide cause weight gain?

Semaglutide, sold under the brand name Rybelsus, is approved to help boost glycemic control in patients with type 2 diabetes, leading to weight loss. A glucagon-like peptide 1 (GLP-1) receptor agonist, **the therapy has been associated with weight loss**, which is believed to be due to appetite control.

Does semaglutide make tired?

Swelling/redness/itching at the injection site, **tiredness, nausea, vomiting, diarrhea, or constipation may occur**. Nausea usually lessens as you continue to use semaglutide. If any of these effects last or get worse, tell your doctor or pharmacist promptly.

How long can you stay on Ozempic for weight loss?

In the phase 3 trial that measured outcomes at 20 weeks, most participants were able to reach the full dose and also lost weight as their dose was increased. They saw additional weight loss over the remaining **48 weeks** at the full dose.

Wegovy works by mimicking a hormone called glucagon-like peptide-1 (GLP-1) that targets areas of the brain that regulate appetite and food intake. The medication dose must be increased gradually over 16 to 20 weeks to 2.4 mg once weekly to reduce gastrointestinal side effects.

The most common side effects of Wegovy include nausea, diarrhea, vomiting, constipation, abdominal (stomach) pain, headache, fatigue, dyspepsia (indigestion), dizziness, abdominal distension, eructation (belching), hypoglycemia (low blood sugar) in patients with type 2 diabetes, flatulence (gas buildup), gastroenteritis (an intestinal infection) and gastroesophageal reflux disease (a type of digestive disorder).

The prescribing information for Wegovy contains a boxed warning to inform healthcare professionals and patients about the potential risk of thyroid C-cell tumors. Wegovy should not be used in patients with a personal or family history of medullary thyroid carcinoma or in patients with a rare condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

RYBELSUS® is a GLP-1 pill that works like your body's naturally occurring GLP-1 to lower blood sugar.

What is the most important information I should know about RYBELSUS®?

RYBELSUS® may cause serious side effects, including:

Possible thyroid tumors, including cancer. Tell your healthcare provider if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer. In studies with rodents, RYBELSUS® and medicines that work like RYBELSUS® caused thyroid tumors, including thyroid cancer. It is not known if RYBELSUS® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people

Do not use RYBELSUS® if:

you or any of your family have ever had MTC, or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2)

you have had a serious allergic reaction to semaglutide or any of the ingredients in RYBELSUS®.

See symptoms of serious allergic reaction in "**What are the possible side effects of RYBELSUS®?**"

RYBELSUS® (semaglutide) tablets 7 mg or 14 mg is a prescription medicine used along with diet and exercise to improve blood sugar (glucose) in adults with type 2 diabetes.

RYBELSUS® is not recommended as the first choice of medicine for treating diabetes

It is not known if RYBELSUS® can be used in people who have had pancreatitis

RYBELSUS® is not for use in people with type 1 diabetes

It is not known if RYBELSUS® is safe and effective for use in children under 18 years of age

Before using RYBELSUS®, tell your healthcare provider if you have any other medical conditions, including if you:

have or have had problems with your pancreas or kidneys

have a history of vision problems related to your diabetes

are pregnant or plan to become pregnant. It is not known if RYBELSUS® will harm your unborn baby. You should stop using RYBELSUS® 2 months before you plan to become pregnant. Talk to

your healthcare provider about the best way to control your blood sugar if you plan to become pregnant or while you are pregnant
are breastfeeding or plan to breastfeed. Breastfeeding is not recommended during treatment with RYBELSUS[®]

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. RYBELSUS[®] may affect the way some medicines work and some medicines may affect the way RYBELSUS[®] works.

How should I take RYBELSUS[®]?

Take RYBELSUS[®] exactly as your healthcare provider tells you to

Take RYBELSUS[®] by mouth on an empty stomach when you first wake up with a sip of plain water (no more than 4 ounces)

Do not split, crush, or chew. Swallow RYBELSUS[®] whole

After 30 minutes, you can eat, drink, or take other oral medicines

If you miss a dose of RYBELSUS[®], skip the missed dose and go back to your regular schedule

What are the possible side effects of RYBELSUS[®]?

RYBELSUS[®] may cause serious side effects, including:

inflammation of your pancreas (pancreatitis). Stop using RYBELSUS[®] and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back
changes in vision. Tell your healthcare provider if you have changes in vision during treatment with RYBELSUS[®]

low blood sugar (hypoglycemia). Your risk for getting low blood sugar may be higher if you use RYBELSUS[®] with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin. **Signs and symptoms of low blood sugar may include:** dizziness or lightheadedness, blurred vision, anxiety, irritability or mood changes, sweating, slurred speech, hunger, confusion or drowsiness, shakiness, weakness, headache, fast heartbeat, and feeling jittery

kidney problems (kidney failure). In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration), which may cause kidney problems to get worse. It is important for you to drink fluids to help reduce your chance of dehydration

serious allergic reactions. Stop using RYBELSUS[®] and get medical help right away, if you have any symptoms of a serious allergic reaction, including swelling of your face, lips, tongue, or throat; problems breathing or swallowing; severe rash or itching; fainting or feeling dizzy; or very rapid heartbeat

The most common side effects of RYBELSUS[®] may include nausea, stomach (abdominal) pain, diarrhea, decreased appetite, vomiting, and constipation. Nausea, vomiting, and diarrhea are most common when you first start RYBELSUS[®].

This trial showed that fasting LDL and total cholesterol concentrations were lower with oral semaglutide versus placebo. However, no effect on HDL was observed. In addition, oral semaglutide treatment resulted in lower fasting and postprandial triglycerides than with placebo. There were generally similar effects on fasting lipid concentrations with oral semaglutide 14 mg compared with placebo and non-GLP-1RA active comparators reported in PIONEER trials.^{6, 7, 11-13} The effect of oral semaglutide on triglycerides in this trial could be caused by the concomitant reduction of ApoB48 also observed after oral semaglutide treatment. The causal link could be the requirement of ApoB48 for the construction of chylomicrons, which are necessary for the absorption of triglycerides from the intestines.²⁸ Similar effects on triglycerides and ApoB48 were observed with s.c. semaglutide in subjects with obesity¹⁵ and with other GLP-1RAs in subjects with T2D.^{25, 29, 30} Furthermore, liraglutide has been shown to reduce postprandial

hyperlipidaemia by both increasing the catabolism of ApoB48 and reducing its production.³¹ However, care should be taken when comparing findings from different trials because there may be differences in the fat meal tests used. To address this, an expert panel has recently recommended the use of a standardized fat tolerance test where postprandial triglycerides are measured 4 h after a high-fat, sugary meal, such as 250 g of cream with 15 g of sugar (75 g of fat, 25 g of carbohydrates and 10 g of protein), for the evaluation of an abnormal (>2.5 mmol/L) response to fat indicative of increased cardiovascular risk.³² By comparison, the fat-rich meal in this trial contained approximately 60 g of fat.

Elevated total cholesterol, LDL and triglycerides, and reduced HDL, are associated with cardiovascular disease in people with T2D.³ Improvements in these parameters were reported with oral semaglutide in the PIONEER 6 cardiovascular outcomes trial,⁷ which met its primary objective of showing the cardiovascular safety of oral semaglutide. In addition, a cardiovascular outcomes trial with s.c. semaglutide has shown cardiovascular risk reduction.⁸ It has been suggested that the reduction of ApoB48 and subsequent decrease in postprandial dyslipidaemia could be one mechanism that may contribute to the beneficial cardiovascular effects observed with some GLP-1RAs.³³ As lipid-lowering agents, statins are recommended on an individual basis to people with T2D who are at risk of cardiovascular disease,³ and so it was relevant to investigate whether the beneficial effects of oral semaglutide on lipid parameters were also present with concomitant statin use. The results from this analysis are presented in Table S5, but the number of subjects using statins in this trial was too low to allow reliable conclusions to be drawn.

[Obesity and Eye Diseases - PMC \(nih.gov\)](#)

[Buy Semaglutide \(GLP-1 Analogue\) 3mg | 99% Purity \(USA Made\) | Peptide Sciences](#)

[Buy Semaglutide \(GLP-1 Analogue\) 3mg | 99% Purity \(USA Made\) | Peptide Sciences](#)

[Peptide Sciences: Buy Peptides For Sale Online \(USA Made\)](#)

Peptide Sciences apparently just re packages bulk peptides from the far east, so the authenticity of their product can vary somewhat. A lot of people on the forums are using the Peptide Sciences because of cost and seem to be getting the same results as the name brand stuff.

https://www.reddit.com/r/Peptides/comments/te7mok/anyone_try_semaglutide_from_peptide_sciences/>

Is Semaglutide safe for weight loss?

Obesity Reviews – Semaglutide is a glucagon-like peptide-1 receptor agonist (GLP-1 RA). A 2019 article highlighted one study demonstrating the magnitude of semaglutide-induced weight loss exceeded the criteria of the EMA and FDA for antiobesity drugs, with no safety concerns.

From

<https://search.yahoo.com/yhs/search;_ylt=AwrCwPNYSexiXwsArwoPxQt.;_ylu=Y29sbwNiZjEEcG9zAzEEdnRpZAMEc2VjA3JlbC1ib3Q-?p=peptide+sciences+semaglutide+reviews&type=fc_A30C76C6185_s58_g_e_d040122_n1009_c15¶m1=7¶m2=eJw1i92OqjAQhV9lLjUxZUr%2FsDzGXm2MF7WM2FAoAQzGp98xWW8m33fOmT51l%2Fb68ysRldLqcrpO7Gxnxk%2BFGmVds8RPbhjSzFRbRC8dHxM0%2BKYTayODN5Gsd%2FHufAiN43lPhfflFzZmMbyTjmHyqiEw56mruwrTBtIFNqCB1a38LL6CGGeM%2B10G9JWGeWEsnAYHtuYT5DTQNBTHMoR4mMpl1USIUBhOKKQSSMa7mFJ3z%2Fq%2Bv%2BBrKOWzv0B1u9HAW%3D%3D&hsimp=yhs-2212&hspart=fc&ei=UTF-8&fr2=p%3As%2Cv%3Aw%2Cm%3Ars-bottom%2Cct%3Aqossip&fr=yhs-fc-2212>

Is Peptidesciences a legit company?

IGF is a little known gold mine of a peptide that not many people know about and goes amazingly well when stacked with other AAS. Do your research on this peptide before use as there are a few different types of IGF. PEPTIDESCIENCES is 100% legit.

From

<[**QUESTION: Can I ask how you reconstituted it? I have 3mg semiglutide and 30ml of BAC. Just not sure how much BAC to mix with the GLP-1**](https://search.yahoo.com/yhs/search;_ylt=AwrCwPNYSexiXwsArwoPxQt.;_ylu=Y29sbwNiZjEEcG9zAzEEdnRpZAMEc2VjA3JlbC1ib3Q-?p=peptide+sciences+semaglutide+reviews&type=fc_A30C76C6185_s58_q_e_d040122_n1009_c15¶m1=7¶m2=eJw1i92OqjAQhV9lLjUxZUr%2FsDzGXm2MF7WM2FAoAQzGp98xWW8m33fOmT51l%2Fb68ysRldLqcrpO7Gxnxk%2BFGmVds8RPbhjSzFRbRC8dHxM0%2BkYTayODN5Gsd%2FHufAiN43lPhffPlfEZmMbyTjmHyqiEw56mruwrTBtIFNqCB1a38LL6CGGeM%2B10G9JWGeWEsnAYHtuYT5DTQNBTHMoR4mMpl1USlUBhOKKQsMa7mFJ3z%2Fq%2Bv%2BBrkOWzv0B1u9Haw%3D%3D&hsimp=yhs-2212&hspart=fc&ei=UTF-8&fr2=p%3As%2Cv%3Aw%2Cm%3Ars-bottom%2Cct%3Agossip&fr=yhs-fc-2212>></p></div><div data-bbox=)

ANSWER: You mix it with dosing in mind. This is what I did:

Starting dose is 250mcg

I'm using 31 gauge, 1ml syringes.

Reconstituted 1ml into 3mg

8 ticks is 240mcg, 16 is 480mcg

The math I use is this:

100 ticks per 1ml syringe

3mg = 3000mcg

$3000/100 * 8 = 240mcg$

[Chance Pear7283](#)

Thanks so much for this. It took me a while of practicing the formulas for calculating doses but I feel much more confident now. Thanks!

From

<https://www.reddit.com/r/Peptides/comments/te7mok/anyone_try_semaglutide_from_peptide_sciences/>

QUESTION: How do we get around them asking for a company name at checkout. Do they check if you just make up any old name?

ANSWER: They did not. I just made something up.

Also, if you want to use a credit card they use a third party service called MESH that charges an additional fee.

EDIT: Also, 48 hours after injection I'm definitely feeling the "fuller longer" affect, and being less hungry after hours of fasting. I skipped my usual breakfast and was fine till lunch which work brought in for once, and I don't think I'll be eating again today.

From

<https://www.reddit.com/r/Peptides/comments/te7mok/anyone_try_semaqlutide_from_peptide_sciences/>

I did a 500 microgram shot last night, I've not exactly been nauseous, nor would I say I've been feeling "fuller", but I haven't been feeling as hungry as yesterday, and the hunger I am feeling can be ignored more easily than normal.

Also, peptide sciences just raised the price from \$85 to \$120. From

<https://www.reddit.com/r/Peptides/comments/te7mok/anyone_try_semaqlutide_from_peptide_sciences/>

Does Ozempic Work? Benefits

Cardiovascular issues develop in people who are overweight. One off-label use for Ozempic dosing is to reduce these risks. The [American Heart Journal](#) states that GLP-1 is an appealing target for developing strategies for reducing cardiovascular risks in obese individuals. Ozempic demonstrates the concern between results and consequences. [Diabetes, Obesity, and Metabolism](#) did a systematic review and concluded that Semaglutide reduced HbA1c, body weight, and systolic blood pressure. However, it is associated with increased gastrointestinal adverse events. From <<https://www.dietspotlight.com/ozempic-weight-loss-review/>>

SUCCESS STORIES AND OTHER NOTES FROM THE FACEBOOK GROUPS

If your Primary care Doctor prescribes it, it may qualify for insurance coverage.

If your Primary Care doctor will prescribe it, you may be able to ask him to tell you who the manufacturer is and then go to that manufacturers web site and download the forms to apply for prescription "help" and in some cases get it for FREE.

TEXAS STAR COMPOUNDING PHARMACY is \$105 per month with Teledoc appointment.

Try www.CompoundingRXUSA.com

[Michelle Atwood, MD in Colleyville, TX | Push Health](#)® Will prescribe WAY cheaper.

Teledoc and "Texas Star Compounding"

I order from Marks Marine pharmacy in Vancouver. They are great. It's 1/4 the cost. They will contact your doc for a prescription. I pay \$115 with no insurance at a compounding pharmacy. It is located in Plano, TX, but they will ship!! <https://www.texasstarpharmacy.com>

I bought mine from BuyCanadianInsulin.com and it was 285.00

[Compounding Pharmacy in Frisco, TX | Drug Crafters](#)

Scared of a prescription? [Glucofort](#)

Hi everyone! I'm a nurse practitioner that is prescribing semaglutide compounded with Lcarnitine. I have had a couple patients get headaches if it's compounded with Lcarnitine but not if it's compounded with B12. Do any of you all have symptoms of headaches and if so, were you using Semaglutide with Lcarnitine? Thanks!

From <<https://www.facebook.com/>>

flhcg .com From <<https://www.facebook.com/groups/388990632691620/>>

Some say giving it (the shot) in the thigh helps to not have such strong side effects/nausea. From <<https://www.facebook.com/>>

I've lost 26 pounds total in 6 weeks on ozempic. I'm now moving on to mounjaro. From <https://www.facebook.com/>

Mounjaro™ acts on both GIP and GLP-1 receptors, Ozempic® acts solely on GLP-1 receptors Medicare wouldn't pay for ozempic and it was a \$1300 prescription, they finally did Truliciti and I've have great results other than heartburn that's the only side effect I've had

[Weightloss Support Group on Ozempic](#) [Jessica Deluca](#) · 1h ·

Y'all I'm so happy. I just did my first shot of 0.5mg last night after the four weeks of 0.25mg. I weighed myself and I've lost 10 pounds! I have the Spatz balloon installed and have had it since December 26th. I only lost 10 pounds on that over the course of 6 months but here I am a month on Ozempic and have lost 10 pounds in a month! I'm 201 right now! My goal is probably like 175ish. I would be happy there I think.

This was me a couple days ago. I haven't seen much change but I feel my face is slimmer, my bracelet is looser and so are my rings. Clothes aren't fitting too much different but I did wear a pair of capris yesterday that were too tight a month ago. I had liposuction in 2021 so my stomach is flattish compared to what it would look like. From <https://www.facebook.com/>

Have you tried Mounjaro? The weight loss is insane compared to semaglutide and my insurance covers it whereas it didn't cover semaglutide/Wegovy. Ask your doctor!!!!

Try express weight loss in Texas. I pay like 200 for 2 months. I at least save that much in groceries so worth it!

Wygovy is FDA approved for weight loss- you don't need to have a dx of diabetes. Ozempic and another one is only FDA approved for diabetes- so insurance won't pay. Wygovy they should.

Jillian Helwig I am just now getting ready to start I think. I had a telehealth visit with or physician, but they were \$350 for 4 weeks.

Cynthia Walden Sallee try the Texas one. \$25 plus your meds.

<https://alegrohealth.net>

I'm North of Houston. These guys do virtual appointments out of McKinney. \$250 for 7 weeks and that includes the consult and B12 shots.

Who has reached goal and now on "maintenance ". What are your drs. recommending. There is new information from studies coming out, most of it say this is long term or "for life" or you will regain. Yikes!! Did anyone have trouble stopping the weight loss (I did and it took almost 2 months to get it under control) I think this will be a useful tool to share as I am sure many are wondering "what next". And yes, always consult with your dr. as they know your medical history and what's in your best interest, or at least they should. From <https://www.facebook.com/>

[Semaglutide Weight Loss Support](#) [Lindsey Bruce](#) · 14h · Long read but PLEASE take advice from someone who already exceeded their goal weight: Make sure you're eating a TON of protein while losing so you don't lose excessive muscle mass in the process. Especially if you're not

working out during the weight loss phase (I was the epitome of a couch potato). I know every lb down on the scale feels like a triumph when you're losing and it can be super hard to envision yourself getting down to goal...but with time and this med you WILL get there. Now I'm attempting to increase my body's muscle mass and it is a TON of hard work that this gymphobe wasn't prepared for! Aim to get between .6-.8 times your goal weight in protein a day. So let's say 150 goal: $150 \times 0.6 =$ minimum of 90 grams of protein a day. If that seems like a lot to you (it was prob 3x what I was getting on avrg a day when I was actively losing)...adjust your diet NOW and increase that protein! I lost 23% of my original body weight in less than 5 months-but according to my fancy scale-over 20% of that loss was muscle mass. Now I am what they call "skinny fat"...low BMI but also very low muscle mass which means I also blew my body's metabolism in the process and now need to work hard to try to gain that muscle back. I bet you're thinking "well that's a future me prob...let me just lose the weight first" (like I did) but you'll get there too if you stick it out and future you prob doesn't want to be schlepping weights anymore than I do! Wish someone had set me straight early on and I had eaten correctly and incorporated more physical activity to preserve that muscle along the way in retrospect. From <https://www.facebook.com/>

[Weightloss Support Group on Ozempic](#)

[Tara McCarthy](#) · 8 July at 14:53 ·

End of week 9!

Down 17.4 pounds

Down 17.1 inches

Down -2.8 on BMI

I take 2 shots a week each of then a .25 shots (1 Friday and 1 Monday for a total of .50)

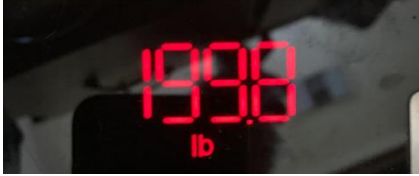
The last two weeks have been really hard both mentally and physically. Last week I was starving all the time and saw a small gain this week again I was hungry all the time but I added an extra spin class and saw a loss. Here's what I learned... I am addicted to eating and like any other addiction it will be a life long battle. I worked hard to control what I put in my mouth the the last two weeks. This is not a miracle drug, it still takes work. I upped my activity this week and had to call upon every bit of willpower I had. It's the first couple hard weeks I had on ozempic. I have to give myself time to teach my body the right way to cope, it won't come overnight. For those that are struggling hang in there. Gaining weight can be easy, losing weight is hard, but down is down. Celebrate every single time that scale moves down or you drop some inches - you are worth the work! From <https://www.facebook.com/>

<https://www.advisory.com/daily-briefing/2022/07/12/bootleg-semaglutide>

[Www.imperialhealthcc.com](http://www.imperialhealthcc.com)

Or cal 469 414 2615

Semaglutide Weight Loss Support
Florida Marie Faber · 39 m · 📍
Onderland! I am so happy!
4.5 months
40.2 pounds down
I'm on a compound of semaglutide.
I do 110 units (whatever that means)
Started at 5 units in late April.
I feel like a "normal" person when it comes to food. No cravings and I can only eat a few bites. I
have saved so much money on food so the \$335 a month is worth it!
Goal weight 160 ish
40 more to go!



MCT Wellness
Grapeseed Extract-Digestive
Red and Black Currants
SWAP from Olive oil to coconut oil
MCT Extracts from Coconut Oil
Polyphenols & MCT's produce ketones

The keto diet=90% of people on the keto diet are not even in ketosis.

MCT= Medium Chain Triglycerides

12 hours between means creates a "fasting" that is ideal for weight loss, aim to eat only once a day and you can loosen up on WHAT you eat.

Order # 075999091 \$47.98 (on recurring order) call 800-852-0477 to cancel recurring order.

Andrea says: It targets the pancreas and encourages insulin production, which is a game changer for people who are insulin resistant or diabetic. When you feel full longer AND blood sugar is under control, the weight starts melting off.

Hillary says: Delays stomach emptying. This leads to a feeling of fullness and satisfaction with smaller meal sizes. Slows intestinal motility. Lowers blood sugars, in part by reducing the production of sugar in the liver. Stimulates insulin secretion by the pancreas. Additionally- it has taken away my obsession about food. My weight loss has been slow and steady- 44 lbs since May. I don't cut calories- I eat what my body tells me and when. I stick to mostly lean proteins first, veggies, some fruit and a bit of complex carbs. Simple carbs/sugar and fatty meats make me feel unwell.

About

MCT Wellness[†]

MCT Wellness contains my uniquely potent blend of caprylic acid — one of the most powerful medium-chain triglycerides known to man — and bioflavonoids. This formula has been found to help support a healthy metabolism, help increase your energy, and help you to enjoy clear mental sharpness

Gundry MD MCT Wellness is perfect for anyone who wants help to experience:

- A body that may act like a fat-burning furnace — so you LOOK as good as you FEEL^{*}
- A sharp mind that stays focused^{*}
- A healthy, radiant complexion that seems to “glow” every single day of the week^{*}
- Manufactured in USA / 90-Day Money Back Guarantee / GMP Certified Facility

^{*}All individuals are unique. Your results can and will vary.



What is in MCT Wellness

Supplement Facts

Serving Size: 1 Scoop (8.3 g)	
Servings Per Container: 30	
Amount Per Serving	%Daily Value
Calories	30
Total Fat	2.5 g 3% [*]
Total Carbohydrate	3 g 1% [*]
Dietary Fiber	2 g 7% ^{**}
MCT Prebiotic Blend	
CS MCT Oil Powder (medium chain triglycerides from coconut or acacia), Acacia Gum	5500 mg **
Redurant and Blackcurrant Extract (whole fruit)(as Mitol-Heal [®])	400 mg **
Red Grape Extract (full juice) (as CogniGrape [®])	250 mg **
<small>[*]Percent Daily Values are based on a 2,000 calorie diet. ^{**}Daily Value not established.</small>	

OTHER INGREDIENTS: Malic Acid, Natural Flavor, Enzymatically Modified Stevia, Citric Acid, Silica, Reb M (from Fermented Sugarcane)

CONTAINS: Tree Nuts (coconut)

goMCT[™] is a trademark of Compound Solutions, Inc.
Mitol-Heal[®] is a registered trademark of Spectrova.
CogniGrape[®] is a registered trademark of BICKNAP S.r.l.



HOW DO I USE MCT WELLNESS? Simply mix one scoop of this delicious powder into a beverage of your choice — water, nut milks, coffee, tea, etc. — and it's ready to go. Drink just one glass a day on a consistent basis. Some people use it as an afternoon pick-me-up as well. The formula digests easily, so you can take it with or without a meal, whenever you'd like.

Compared to Morning Complete:

8 Unique Wellness-Support Blends in 1 Drink*

- ✓ Green Superfoods Blend
- ✓ Metabolic Blend
- ✓ Cellular Function and Liver Support Blend
- ✓ Prebiotic Fiber Blend



- ✓ Adaptogen Blend
- ✓ Antioxidant Blend
- ✓ Sugar Balancing Blend
- ✓ Probiotic Fiber Blend

Ingredients

Chicory root fructooligosaccharides, cinnamon bark, Spinach, broccoli, kale, mulberry leaf extract, alfalfa leaf, barley grass, berberine HCl, Green tea leaf extract, ginger root, white tea leaf extract, turmeric root extract, bitter melon fruit extract, black pepper fruit, Lycium berry, pomegranate fruit extract, Polygonum cuspidatum root extract (50% resveratrol), Gymnema sylvestre leaf, fennel seed, pine bark extract, Astragalus root extract, Rhodiola rosea root extract, DIM (diindolylmethane), Organic aloe vera leaf, milk thistle seed extract, B. coagulans, L. gasseri, L. plantarum, L. rhamnosus, B. bifidum, B. longum, L. acidophilus, L. casei, S. thermophilus, natural flavors, guar gum, citric acid, rice hull concentrate, monk fruit extract

What To Know About Ozempic: The Diabetes Drug Becomes A Viral Weight Loss Hit (Elon Musk Boasts Using It) Creating A Shortage

Dec 26, 2022,04:30pm EST

Updated Dec 27, 2022, 03:21pm EST

TOPLINE Ozempic, the “worst kept secret in Hollywood,” has become increasingly popular due to its weight loss results—hyped even by billionaire Elon Musk—causing a shortage, even though it’s really meant for use in patients with type two diabetics.

Consortium Of Hospitals To Launch Own Drug Company To Counter Rising Prices

A pharmacy technician grabs a bottle of drugs off a shelf.GETTY IMAGES

KEY FACTS

Ozempic (known generically as semaglutide) is an injection used to lower blood sugar and hemoglobin A1C (the part of red blood cells with glucose attached) in type two diabetics; low A1C levels decrease diabetes complications like stroke, high blood pressure and blindness.

Manufactured by Novo Nordisk, the drug is a glucagon-like peptide-1 (GLP-1) receptor agonist (a class of drugs used to treat diabetes) that was first approved for use in type two diabetics in 2017.

To lower blood sugar and A1C, the drug reacts with the body in three ways by helping the pancreas produce more insulin when blood sugar is high, slowing down the process of food leaving the stomach and stopping the liver from making and releasing too much sugar.

It’s meant to be injected once weekly in either the thigh, stomach or upper arm, with or without meals at any time of day, and patients typically start out taking a dose of 0.25 mg, though after four weeks it’s bumped up to 0.5 mg and then up to 1 mg if “more glycemic control is needed.”

Out of the more than 37 million Americans with diabetes, the vast majority—between 90% to 95%— have type two diabetes, according to the Centers for Disease Control and Prevention.

One of the side effects of Ozempic is weight loss, so some doctors have been prescribing the drug as an off-label use (the unapproved use of an approved drug) for weight loss in those without diabetes—Ozempic has not been approved by the FDA as a weight loss drug.

A study published in The New England Journal of Medicine found those who took Ozempic for 68 weeks, paired with a reduced calorie diet and a more active lifestyle saw an average change of body weight of 14.9% compared to a 2.4% change in the placebo group.

These findings have caused both obese people and those slightly overweight to request Ozempic prescriptions from their doctors.

Although Ozempic isn’t approved for weight loss, Wegovy, a higher-dose version of Ozempic, was approved for weight loss by the U.S. Food and Drug Administration in 2021 for obese or overweight adults with at least one weight-related condition like diabetes or high blood pressure.

NEWS PEG

Wegovy and Ozempic are both listed by the FDA as two of almost 200 medications in a supply shortage, their recent rise in popularity for weight loss is believed to be the reason for their shortage. Francisco Prieto, a California-based physician told the Los Angeles Times that due to the shortage, his patients who take Ozempic have to “call multiple pharmacies and drive around town to see if it’s in stock,” with some still not being able to fill their prescriptions.

CHIEF CRITIC

According to the chief of clinical nutrition at the David Geffen School of Medicine at UCLA, Dr. Zhaoping Li, people should be wary of using diabetes drugs for weight loss. "The issue is that this is one of the tools in our box, it is not the end-all," she told Variety. "The longest study done on these injections was conducted over less than two years. A lot of questions have not been answered."

SIDE EFFECTS

Some of the most common side effects that Ozempic causes are nausea, diarrhea, constipation and stomach pain. However, more serious side effects may occur, like possible thyroid tumors and cancer. According to Novo Nordisk, if someone takes the drug and feels a shortness of breath, a lump or swelling in the neck, trouble swallowing or hoarseness, they should contact their primary care doctor.

TANGENT

Ozempic and other diabetes drugs like Mounjaro have made their way around Hollywood, with different celebrities and influencers boosting their weight loss as a result of the drugs. For example, when someone pointed out Elon Musk's weight loss on Twitter in October, Musk responded that he achieved the look through fasting "and Wegovy." His comment was met with a mixture of praise and criticism, with someone bringing up the drug shortages, claiming Musk didn't "need it for weight loss, diabetics ACTUALLY need it." According to Variety, the drugs have "devotees from every corner of the industry," with actors, executives and agents alike glorifying them on Signal, an encrypted instant messaging service used to hold confidential conversations. Even just speculation is enough to draw controversy, and hashtag #ozempic has over 350 million views on TikTok. Thousands of videos are posted with the hashtag with people sharing their weight loss journeys and before and after pictures, with some attributing the drug's rise in popularity on the app to its supply shortage.

FURTHER READING

What Is Ozempic and Why Is It Getting So Much Attention? (New York Times)

Hollywood's Secret New Weight Loss Drug, Revealed: The Hype and Hazards of Ozempic (Variety)

TikTok trend wipes out Ozempic supply, leaving people with diabetes dizzy, scared (Los Angeles Times)

CORRECTION (12/28): This article has been updated to correct its description of Ozempic.

Doctors who may prescribe Mounjaro/Tirzepatide:

- 1. Dale Messer 711 Sidnor Alvin, TX 77511
281-331-5953 Semaglutide \$25 from GoodRX.com???**
- 2. Kerry McCarroll 1100 Smith Dr. Alvin, TX 281-331-0082**
- 3. [Weight Loss, Peptide Therapy, Telehealth \(alegrohealth.net\)](http://alegrohealth.net)**

What is Saxenda?

As of 12-28-22 I am on 5mg/mL Semaglutide (50 units) 1st shot of the 5th month.

	<p>ICE PACK DIET HACK</p> <p>So I've got a fantastic ice pack weight loss tip. So this is a great pack if you're looking for a fast and easy way to burn some extra fat and to help with your left of signaling and left in resistance, this is super easy. So tip number one is to put the ice pack on your fat on your abdomen. You're going to hold it here for about 20 minutes. So I just tuck it into my pants, my yoga pants when I'm watching television 20 minutes. Great for activating those left in receptors. Okay tip number two you're going to use it on an acupuncture point in the lower back. And this is really important. It's called GV4. When you put something cold here, it cools yours higher bodies. So you're going to do that again. 20 minutes. You could use two or three ice packs because the third place you're going to put it is on your upper back. This is where the most brown fat In your body accumulates. That is thermogenically active, helping you to burn more calories, helping to create that body heat, especially with that cold. Follow for more natural health tips.</p>
<p>WORMS IN THE COLON/PARASITES:</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>See: "Parasites"</p>

HYPERLINKS TO VIDEOS AND ORIGINAL SOURCES

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[Section 1: Herbals](#)

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[Section 3: Illness & Remedy](#)

[Section 4: Links](#)

[Section 5: Other](#)

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<p>Barbara O'Neill Naturopathic Healer Notes (VIDEOS)</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>27.02.2016 - Barbara O'Neill - Natural remedies - YouTube</p> <p>Balancing Your Hormones - Barbara O'Neill - YouTube</p> <p>Intimidated And Censored: What Really Happened To Barbara O'Neill? TM Episode 6 - YouTube</p> <p>Caring For The Gut - Barbara O'Neill - YouTube</p> <p>Cancer Causes and Treatment--Barbara O'Neill - YouTube</p> <p>Self Heal By Design - YouTube</p> <p>Heart Health And High Blood Pressure--Barbara O'Neill - YouTube</p> <p>25.02.2016 - Barbara O'Neill - Healthy Heart - YouTube</p> <p>Sweet Potato vs White Potato: Which is Better? Barbara O'Neill#shorts #health - YouTube</p> <p>Barbara O'Neill salt and water is vital for the human body Video By LivingSpringRetreat - YouTube</p>
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[Interesting from Barbara O Neill - YouTube](#)

[Barbara O'Neill on avoiding fast food and chemicals, and trying to eat more organic foods - YouTube](#)

[Greens have the highest source of minerals - Barbara O Neill #shorts #nutrition - YouTube](#)

[Food - How it affects you - Barbara O'Neill - YouTube](#)

[The Liver - Barbara O'Neill - YouTube](#)

[Barbara O Neill Poultices CASTROL - YouTube](#)

[Natural Remedies | Barbara O'Neill | Castor Oil Compress - YouTube](#)

[Lecture 5 - Conquer Arthritis and Skin Disease - Barbara O'Neill - YouTube](#)

["The colon; simple rules to ensure regular activity" With Barbara O'Neill \(03-10-23\) - YouTube](#)

[26.02.2016 - Barbara O'Neill - The Acid/Alkaline Balance - YouTube](#)

["Mental Health & Rewiring the Brain" by Barbara O'Neill \(9/10\) - YouTube](#)

[Insomnia--Barbara O'Neill - YouTube](#)

[Salt & Water - Barbara O'Neill - YouTube](#)

[Barbara O'Neill - Hormones - YouTube](#)

[23.02.2016 - Barbara O'Neill - The Truth Cause of Disease - YouTube](#)

["Mental Health & Rewiring the Brain" by Barbara O'Neill \(9/10\) - YouTube](#)

[Barbara O'Neill - The Frontal Lobe - YouTube](#)

[BRSDA 20180531 31 May 2018 Health Camp Talk 03 Eyes Ears Nose and Hair by Barbara O'Neill - YouTube](#)

["Sinus and Respiratory problems" With Barbara O'Neill \(03-06-23\) - YouTube](#)

[Natural Remedies | Barbara O'Neill | Ginger Poultice - YouTube](#)

["Sunshine & Rest" by Barbara O'Neill - YouTube](#)

[Heart Health And High Blood Pressure--Barbara O'Neill - YouTube](#)

["The colon; simple rules to ensure regular activity" With Barbara O'Neill \(03-10-23\) - YouTube](#)

[Barbara O'Neill - Journey Through the Gut - YouTube](#)

["Empowering the Immune System 3PM "Fungus, mushrooming epidemic 4PM With Barbara O'Neill \(03-06-23\) - YouTube](#)

[Living with Fabry: A Holistic Approach - YouTube](#)

[Barbara O'Neill 8/4/2015 Keene NH - YouTube](#)

	<p>Home Remedies - Barbara O'Neill - YouTube</p> <p>Cayenne pepper: Health benefits, nutrition, and tips (medicalnewstoday.com)</p> <p>HEAL WITH HERBS 207 Harmony Drive, Mifflintown, PA 17059 (Amish Catalog of Herbs) (Parasite Cleanse and More)</p> <p>References:</p> <p>The School of Natural Healing</p> <p>Dr. John Christopher</p> <p>Misty Mountain Health Retreat</p> <p>The Great Cholesterol Conn</p> <p>Dr. Peter Dingle</p> <p>The Cholesterol Deception</p> <p>The Cholesterol Lie</p> <p>Dr. Ansel Keys</p> <p>The Gift of Pain by Dr. Paul Brand</p>
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OTHER: PHARMACEUTICALS/WARNINGS/GENERAL INFO

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JUMP TO:

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<p>Hydroxychloroquine (Oral Route)</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>Description and Brand Names</p> <p>Before Using</p> <p>Proper Use</p> <p>Precautions</p> <p>Side Effects</p> <p>Proper Use</p> <p>Drug information provided by: Merative, Micromedex®</p> <p>Take this medicine only as directed by your doctor. Do not take more of it, do not take it more often, and do not take it for a longer time than your doctor ordered.</p>
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Swallow the tablet whole. Do not crush, break, or chew it. Take this medicine with meals or milk to lessen stomach upset, unless otherwise directed by your doctor.

Keep using this medicine for the full treatment time, even if you feel better after the first few doses. Your infection may not clear up if you stop using the medicine too soon.

For patients taking hydroxychloroquine to prevent malaria:

Your doctor may want you to start taking this medicine 2 weeks before you travel to an area where there is a chance of getting malaria. This will help you to see how you react to the medicine. Also, it will allow time for your doctor to change to another medicine if you have a reaction to this medicine.

Also, you should keep taking this medicine while you are in the area and for 4 weeks after you leave the area. No medicine will protect you completely from malaria. However, to protect you as completely as possible, it is important to keep taking this medicine for the full time your doctor ordered. Also, if fever develops during your travels or within 2 months after you leave the area, check with your doctor immediately.

If you are also taking kaolin or antacids, take them at least 4 hours before or after using hydroxychloroquine.

Dosing

The dose of this medicine will be different for different patients. Follow your doctor's orders or the directions on the label. The following information includes only the average doses of this medicine. If your dose is different, do not change it unless your doctor tells you to do so.

The amount of medicine that you take depends on the strength of the medicine. Also, the number of doses you take each day, the time allowed between doses, and the length of time you take the medicine depend on the medical problem for which you are using the medicine.

For oral dosage form (tablets):

For prevention of malaria:

Adults—400 mg once a week on the same day of each week starting 2 weeks before traveling to an area where malaria occurs, and continued for 4 weeks after leaving the area.

Children weighing 31 kilograms (kg) or more—Dose is based on body weight and must be determined by your doctor. At first, 6.5 mg per kilogram (kg) of body weight, not to exceed 400 mg, once weekly on the same day of the week starting 2 weeks before traveling to an area where malaria occurs, and continued for 4 weeks after leaving the area.

Children weighing less than 31 kg—Use is not recommended.

For treatment of malaria:

Adults—At first, 800 milligrams (mg) (4 tablets) taken as a single dose. Then, 400 mg taken 6 hours, 24 hours, and 48 hours after the first dose.

Children weighing 31 kilograms (kg) or more—Dose is based on body weight and must be determined by your doctor. At first, 13 mg per kg of body weight taken as a single dose.

Then, 6.5 mg per kg of body weight taken 6 hours, 24 hours, and 48 hours after the first dose. However, dose is usually not more than 800 mg for the first dose and not more than 400 mg for the next doses.

Children weighing less than 31 kg—Use is not recommended.

For treatment of arthritis:

Adults—At first, 400 to 600 milligrams (mg) taken as a single dose or in two divided doses per day. Then, 200 mg once a day or 400 mg taken as a single dose or in two divided doses per day. Your doctor may adjust your dose if needed.

Children—Use and dose must be determined by your doctor.

For treatment of lupus:

Adults—200 milligrams (mg) once a day or 400 mg taken once a day or in two divided doses.

Children—Use and dose must be determined by your doctor.

Missed Dose

If you miss a dose of this medicine, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not double doses.

Side Effects

Drug information provided by: [Merative, Micromedex®](#)

Along with its needed effects, a medicine may cause some unwanted effects. Although not all of these side effects may occur, if they do occur they may need medical attention.

Check with your doctor immediately if any of the following side effects occur:

Incidence not known

Anxiety

black, tarry stools

bleeding gums

blindness

blistering, peeling, loosening of the skin

blood in the urine or stools

blurred vision or other vision changes

change in how colors look

chest discomfort, pain, or tightness

chills

cold sweats

confusion

cough or hoarseness

dark urine

decreased urination

defective color vision

diarrhea

difficulty seeing at night

dilated neck veins

dizziness or fainting

fast, pounding, uneven heartbeat

feeling that others are watching you or controlling your behavior

feeling that others can hear your thoughts

feeling, seeing, or hearing things that are not there

fever

headache

inability to move the eyes

increased blinking or spasms of the eyelid

increased hunger

joint or muscle pain

large, hive-like swelling on the face, eyelids, lips, tongue, throat, hands, legs, feet, and sex organs

loss of hearing

lower back or side pain

nervousness
nightmares
noisy breathing
painful or difficult urination
pale skin
palpitations
pinpoint red spots on the skin
red irritated eyes
red skin lesions, often with a purple center
seizures
severe mood or mental changes
shakiness
slurred speech
sore throat
sores, ulcers, or white spots on the lips or in the mouth
sticking out of the tongue
stomach pain
swelling of the eye
swelling of the face, fingers, feet, or lower legs
swollen or painful glands
trouble with breathing, speaking, or swallowing
uncontrolled twisting movements of the neck, trunk, arms, or legs
unusual behavior
unusual bleeding or bruising
unusual facial expressions
unusual tiredness or weakness
weight gain
yellow eyes or skin

Get emergency help immediately if any of the following symptoms of overdose occur:
Symptoms of overdose
Drowsiness
dry mouth
increased thirst
loss of appetite
mood changes
no pulse or blood pressure
numbness or tingling in the hands, feet, or lips
unconsciousness


Some side effects may occur that usually do not need medical attention. These side effects may go away during treatment as your body adjusts to the medicine. Also, your health care professional may be able to tell you about ways to prevent or reduce some of these side effects. Check with your health care professional if any of the following side effects continue or are bothersome or if you have any questions about them:

Incidence not known
Continuing ringing or buzzing or other unexplained noise in the ears
darkening of the skin
feeling of constant movement of self or surroundings
hair loss or thinning of the hair

	<p>increased sensitivity of the skin to sunlight</p> <p>irritability</p> <p>loss of appetite</p> <p>nausea</p> <p>redness or other discoloration of the skin</p> <p>sensation of spinning</p> <p>severe sunburn</p> <p>shakiness and unsteady walk</p> <p>uncontrolled eye movements</p> <p>unsteadiness, trembling, or other problems with muscle control or coordination</p> <p>vomiting</p> <p>weight loss</p> <p>Other side effects not listed may also occur in some patients. If you notice any other effects, check with your healthcare professional.</p> <p>Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.</p>
<p>Statin Drugs (Heart)</p> <p>JUMP TO TOP OF DOCUMENT</p>	
<p>Valtrex (Coldsore)</p> <p>JUMP TO TOP OF DOCUMENT</p>	

SECTION 6:

GARDEN, LAWN AND HOUSEHOLD PEST CONTROL, WITH HERBAL SOLUTIONS AND NATURAL REMEDIES:

<p>ANTS:</p>  <p>JUMP TO TOP OF DOCUMENT</p>	<p>ANTS: Fun fact about ants. If you see a couple of ants in your house, do not squish them. And the reason why is because when you do that, an order then gets released that will then attract all of the other ants from that calling you to go and retrieve the body. You want to know why? Because ants actually buried the other ants that pass away. So if you were to squish and hint All the other ints going to come by to get the body, bring it home and then bury it, right? So what you want to do is, if you have a couple of ants in your house, you want to get these liquid ant traps right? Open the top of this. It releases a sweet smell. It takes all the ants and puts them in here, and then you got all the ants out of your house. Now to avoid more ends going into your house, you want to get a white vinegar, mix it with peppermint oil. Now, if you don't have peppermint oil, you can use toothpaste. Makes a wipe in it or a toothpaste, and then spray around the whole entire circumference of your house After that, no ants will go in your house. You won't have any problems, so don't squish that as well.</p>
<p>PLANTING GREEN ONIONS</p> <p>JUMP TO TOP OF DOCUMENT</p>	<ol style="list-style-type: none"> 1. take an egg carton, punch a small hole in it, put green onions inside and water them. You'll have a continuous supply of green onions, 2. Place a paper towel in a vegetable basket spread cilantro seeds on it. Cover with another paper towel, mist with water, and place it in a bowl of water. Soon you'll have cilantro to eat. 3. Don't throw away the base of carrots, soap them in Clearwater, one sprouts and roots. Appear, plant them in soil.

	<p>4. take a bottle, drill holes, fill it with soil and insert garlic cloves into the holes. Pour some water from the bottle stop and in time you'll have an endless supply of garlic sprouts.</p> <p>5. grab a handful of moms mung beans, place them in a bottle, soak with water and cover with cheesecloth in two days. You'll have tasty bean sprouts.</p> <p>6 take the tomatoes your neighbor gave you. Cut them into pieces and plant. Lemon soil, water regularly and soon you'll have delicious tomatoes.</p> <p>7 poor soil into a storage box. Place on eaten mushrooms neatly into the soil. Cover with shredded paper and missed with water and cover with plastic wrap in a couple of days. You'll have fresh mushrooms.</p> <p>8 make a cut at the base of celery. Stick a few toothpicks into its base and immerse it in water in just a few days. You'll have an endless supply of celery.</p> <p>9 insert bamboo stewards into a sweet potato. Flex it in a cup of water. Once the sweet potato absorbs water, it will soon sprout leaves.</p>
<p>REMOVING PESTICIDES FROM FRUIT AND VEGETABLES</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>REMOVING PESTICIDES: I'm gonna show you how to remove pesticides and reproduce and not toxic wet. So I got some tomatoes here. And first off, I will show you some tap water cause all these are rinsing these fat water These tomatoes are gonna rinse off in 11.5 high alkaline water that comes from my holistic their device that I have here at home. All those tomatoes soak for a few minutes. I'm gonna show you with the 11.5 PHI outline water is doing. So put a little bit of oil in this cup in a little bit of oil in this cup. And I'll show. You'll show you how the 11.5 water emulsifies keep oils. Tap water. You all know oil and water don't mix, but you take 11.5 high alkaline water. So high alkaline so strong that it emulsifies the oils. Oil based pesticides and produce. It's also doing it for your body as well. Tomatoes, rinsed in water. Let's see what comes off these tomatoes. Not so much. Great. Tomatoes rinse in 11.5 high alkaline water. Let's see what comes off of these tomatoes. Herbicides can set the sides. Pesticides. Life is safe. I'm gonna show you.</p>
<p>NATURAL FERTILIZER</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>NATURAL FERTILIZER: Soaking banana peels makes fertilizer, watermelon Watermelon peels create enzymes orange peels soaked or insecticides. Apple Peel soaked make nutrient water. Beer makes soil loose and airy. Ginger water helps with yellow leaves and rotten roots.</p>
<p>FOOD STORAGE TIPS</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>Food storage tips</p> <p>1. Store shrimp in a water bottle. Cram the shrimp into a mineral water bottle and fill it to the brim with water. Tighten the cap and freeze it. They'll last up to a year without going bad.</p> <p>2.keeping watermelon fresh. If you have too much watermelon, don't just put it in the fridge. It can develop bacteria. Place two fresh garlic cloves on either side of the watermelon, cover with plastic wrap, and then refrigerate. It will stay fresh for days.</p> <p>3.Long lasting bananas. Bananas spoiled quickly. Wash off the right thing agent from the Peel, dry with a paper towel, then wrap a damp paper towel around the base of the bananas. They will remain in good condition until you're ready to eat them.</p> <p>4. Prevent onions from molding. Onions can mold or rot get stored for long periods. Place them in stockings to keep them fresh for up to a year.</p> <p>5 keeping tomatoes fresh. Put tape on the bottom of tomatoes to lock in moisture, and they'll stay fresh for up to three weeks.</p> <p>6. potatoes and apples are best friends. The gas released by apples can help keep potatoes fresh for a long time without sprouting.</p> <p>7.Prevent garlic sprouting. Garlic can easily sprout. Add salt and tea leaves to deter this</p>

	<p>process. And your garlic will stay fresh for up to six months.</p> <p>8 keeping green onions fresh. Moisten the roots of green onions and arrange them on a paper towel. This will help maintain root moisture and keep them fresh for half a month.</p> <p>9. Prevent bread from molding. If your bread tends to mold, discreetly place a celery stick in the bag and seal it and will stay fresh for up to a week.</p>
<p>MAGNETISM & ELECTROMAGNETIC INFLUENCE ON PLANTING</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>COPPER: (Magnetic Pull)</p> <p>So when you create these antennas and you start placing these into your garden, you'll start to notice your plants will grow faster. You start to yield more food, your plants will be bigger, right? You will get bigger food, like tomatoes that are maybe 2 3 times a size, potatoes that are 23 times the size to. Start to notice that you'll have more fees come around. You'll have more insects. You'll have more birds your whole entire area will begin to change because you're increasing the magnetism. What's happening now is with all these cell phone towers and antennas and all this other nonsense that they're rolling out, it's impacting our soil and decimating the magnetism of that area. So it starts to dead in the soil and the soil becomes dry. But it's just. It's crazy because when you look at all of this, you know, we could be yielding so much food and that's what they were doing back in the day. They understood the magnetism of the earth. And if you harness it, you can grow abundance amount of food without using anything but the energy that's all around us.</p>
<p>GARDENING BASICS & MUST HAVES</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>Tomato Peas Green Onion Yellow Onion Beans Lettuce Squash Cucumber Parsley Carrots Potatoes</p> <p>GARDENING</p> <p>TOP 10 plantings for the best small garden</p> <ol style="list-style-type: none"> 1. Lettuce, easy to grow 2. Carrots (Luten and Beta Carotene) 3. Cabbage (cabbage eaters less likely to get heart disease) 4. Beet Roots 5. Onions 6. Cucumbers (96% water) 7. Peas 8. Beans-great survival food high in protein, fiber and B vitamins 9. Tomotos-benefits increase when cooked

	10. Potatos (more potassium than banannas, good for muscle health)
<p>WASHING FRUITS AND VEGTABLES</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>I always heard never washed berries until right before you're going to eat them. But I have a few problems with this one. It's more likely that we're going to end up wasting berries if they're not ready to grab and eat. Two, they inevitably have mold scores in them, which can end up causing fuzzy berries the day after you bring them home. And three, it's not true if you get there as a 3 to 5 minute soap in lightly acidic water, it will kill the molds floors and remove the majority of pesticide residue. I had anywhere from two teaspoons to a tablespoon White vinegar to tap water and let themselves or giving them a swish every once in awhile. And I scooped them out to keep from pouring any dirt back over the clean berries. Here's the best part. You don't have to rinse the berries off because you won't taste the vinegar, and it'll help keep your berries from getting moldy for a couple of weeks if needed. I have found this method better than using a salt solution, better than using baking soda and vinegar, which just releases carbon dioxide and leaves you with a salt solution And don't even get me started about buying plastic bottles of produce wash solution. This works best when I immediately wash the berries the same day that I bring them home. And it does take a little bit of time, but it keeps us from wasting berries, which is saving money, reducing food waste and making sure that we're getting all that good nutrition. Just make sure you let them dry thoroughly and store as you wish. I like putting them back in their original, but rinsed containers with a clean paper towel. And if we somehow don't eat them in the next couple weeks, they'll start to dry out.</p>
<p>LEGAL ADVICE</p> <p>JUMP TO TOP OF DOCUMENT</p>	<p>Can I get that money back in a divorce? We call this the "hookers, drugs and girlfriend exception". Here's the thing, generally, marital money spent during the marriage is just considered marital expenses or marital debt, and therefore is equal in the divorce. But if you're spending it on drugs, or you're spending it on the craps table, or you're spending it on your girlfriend, or your boyfriend, the other. Side can call that wasteful dissipation and ask for that money back. If my staff is spending money on their side piece, can I get that money?</p>

STUFF I HAVENT ORGANIZED YET: [JUMP TO TOP OF DOCUMENT](#)

ROSEMARY - Rosemary prevents hair follicles from being starved of blood supply, dying off, and leading to hair loss.2. AVOCADO - Massaging avocado oil into your scalp also stimulates blood flow to your hair follicles.3. ARGAN - Argan oil is rich in natural phenols that are beneficial to hair follicles. Not only does it promote new hair growth, but also will help you grow healthy, thick looking hair.4. JOJOBA - Jojoba oil is capable of moisturizing hair and its follicles without leaving any residue. It can help hair cells to reproduce themselves at a rapid pace.5. LAVENDER - 2016 study found that lavender oil applied to mice made them grow more hair. Their hair also grew thicker and faster than normal. Per these studies, lavender oil may help with issues like pattern baldness or alopecia.6. EUCALYPTUS - Eucalyptus is a great way to stimulate hair follicles. This is likely because eucalyptus can bring down inflammation in the scalp which helps create an ideal environment for hair growth.7. LEMONGRASS - Lemongrass is oil is antibacterial and strengthens hair follicles, it creates a conducive environment on your scalp for healthy hair growth.8. TEA TREE - Tea tree oil helps to unclog hair follicles and nourish your roots.9. CASTOR - Castor oil for hair loss and hair growth is one

of the best organic solutions. What are the unique properties of castor oil? It has a special fatty acid concentration containing omega essential fatty acids, including the very rare ricinoleic fatty acid. This composition is what makes castor oil such a robust excipient.¹⁰ AMLA - Massaging your scalp with amla oil helps boost blood circulation. This, in turn, optimizes nourishment to your follicles and increases hair growth. Additional Ingredients: Geranium, Thyme, Spanish Sage, Cedarwood, and Juniper Berry Hair Envy is a careful combination of all 15 of these amazing plants in 1. 🥰 65% OFF TODAY!
<https://www.vitalityextracts.com/pages/how-15-plants-prevent-female-pattern-hair-loss>

CHILDHOOD DEFICIENCIES:

Stop washing your produce with baking soda and vinegar. If you took basic chemistry, baking soda is alkaline. Distilled white vinegar is acidic. You're neutralizing it. That's why you see these beautiful bubbles. Don't you remember that from like high school chemistry? OK, so the three things that you wash your produce back by sides is salt, distilled white vinegar and baking soda. You don't believe me about salt? Look it up. Baking soda is generally regarded as the best because most of the pesticides that are used are acidic. So the baking center will get rid of it really well. OK, so for your nice berries like you see all here, you're going to use vinegar three cups of water till one cup of vinegar. So I washed all my berries, usually about 10 minutes, is what you soap. And then so anything soft. Vinegar soft. OK, cucumbers, celery, all your hard things Baking soda. Stop mixing them together. You're wasting your money. You only need one.

Life Hacks:

If you fart under a blanket, do not smell it. A fart that deadly could kill you. Facts that could save your life if someone needs CPR. Start listening to the song Nellie the elephant and press down on each foot. The song has the correct rhythm for CPR. Did you know that Tik Tok knows who your worst enemy is? Your secret hater is the 3rd person that appears when you click on share, then more. If you think you're having a heart attack, you should chew aspirin, not swallow. If you sleep with the doors closed, the fire will have a lower chance of spreading to you. If you comment thinking with brackets and small letters, you will unlock a new secret emoji. If you're lost in the wilderness and need a weapon, you can make a spear using a soaked branch put over a fire. If you're ever about to throw up, start humming. It eliminates your gag reflex. If you're lost in the wilderness, remember the rule of four. You can survive four minutes without air, four hours in harsh weather without shelter, four days without water and four weeks without food, before revealing the most important fact. Follow me and share It could save someones life if someone grabs you, scratch them. Their DNA will now be in your nails. Stop biting your nails.

CRAVINGS:

If you crave chocolate, then you need magnesium. So eat some nuts. If you crave candy, then you need chromium. So eat some grapes. If you crave chips, then you need calcium. So eat some leafy greens. If you crave ice cream, then you need tryptophan. So eat some dates. If you crave bread, then you need nitrogen. So eat some grapes.

COPPER:

Copper has more benefits for your body than it does for electricians, depending on your use of comfort. Depends on the type of benefits you get from our ancestors used to use copper cups, which slows down Asian. It brings the electricity from your body into the water so you can charge the water as you're drinking it. And it also stimulates the brain function. Another way to use copper is like this. These are called the rods of Maya. You hold the copper in your right hand and the zinc in your left hand. The zinc is a negative charge on the copper is a positive charge, and it creates an electrical flow through your whole body People also wrap crystals with copper. The copper is a conduit for the transferring of energy from the crystal to the person

wearing it. It boosts your electromagnetic field. As we all know, this is your aura. So by wearing copper, you can enhance the electrical flow in your body.

GENIUS:

Study that was done in the 1960s. And it was really commissioned by nasa because they wanted to know how to hire more geniuses. So they hired George Land and his team to go out and figure out, like, what makes a genius. So they started with a group above five year olds, and they gave them a creativity test. So the way they define genius was, how do you use your creative imagination to solve problems? And what they found was of this group of 5 year olds, 98% qualified. As geniuses. Then it came back five years later, when this group is 10 years old, and it was down to 30%. Five years later, at 15 it was down to 12%. And then I think they just kind of gave up in like, discussed. But George land took it further and went out and surveyed adults and found that only 2% of adults. And the thing that's also very interesting is he'd attributed this to school 100 percent to school that you would take a population 98% genius and dumb them down to 2%. And one of his quotes that I love is he said, uncreative behavior and thinking is learned .

STRONG WILLED CHILD: (Barbara Oneil)

So if your kids are not listening to you, they know that ultimately they have a choice. Everything depends on the right action of the will. **The power of choice God has given to mankind is alive and well in your child.** It is theirs to exercise. It is inherent. Many people think that the goodness of God is naturally in every in every person so when our kids act out in defiance we think there is a problem. Consider this: What if the problem is not your child, but in your parenting style? God gave mankind a choice. God gave mankind choice. That is why the choice factor is such a valuable tool in parenting.

I know when raising children the easiest way to raise children is 2 things.

1. Give them good food, no junk food.
2. You work with the will. The will is the governing power and the nature of man.

You've probably heard the saying, "A man convinced against his will, will be of the same opinion still". I still work with my children, and I'd watch them. And when I got the nod of approval, I knew I had their will.

And when I got that nod, I could turn my back. And know that child, would perform in a way that we agreed upon because I had that nod of approval. In other words, they were convinced that they would do it.

A Lady said to me one day, my 10 year old daughter has got to have olive leaf extract for a urinary tract infection, and she won't take it. So my husband holds her down, and I force it into her mouth.

I said, never do that. I said, you must never do that again. That is a violation that goes against the will and makes the problem far worse. She said, well, what do we do?

I said, this is what I would do. I would say to my daughter, you have a urinary tract infection. Does it hurt? (Yes). I'm so sorry it hurts. I have a medicine that will heal it, but it's very bitter. The child is watching. So you haven't got a nod yet. What if when you take it, I'll take it? Haven't got a nod yet. What if? When you take it and I take it, we start dancing around the room, clapping our hands? Still no nod of approval yet. What if, when you take it, it'll just be before a meal. I'll have strawberry there for you and I'll wait for the nod. Are you willing? I don't think I have, because I haven't got the nod of approval yet. I'm so sorry, darling. I'm so sorry, and I'll leave it.

LEAVE IT. A difficult choice for a parent but CRUCIAL to the development of a child in learning to trust the parent and also in developing their own sense of self confidence and security.

And she comes crying to me after she's been to the to the restroom. "it's hurting" she says.

I reply: " I'm so sorry, my darling, Do you want to try the medicine?" Finally, she gives her acceptance and approval and I know then that I have won her will. I know that I have worked with the will that God placed in her and I have honored God and my child and even my own self.

As a parent, you need to be willing to exercise self control more than force. You are raising independent, self aware, confident, successful grown ups and it starts with childhood.

Plants from the bible: Olive, Willow, Wormwood, Mint, Rue, Caster Oil, Stinging Nettle, Cannabis, Pomegranite and Poison Hemlock.

Mucus: Coconut Oil, Cayenne and SeaSalt